

**From:** Every Marriage Matters  
**Sent:** Wednesday, October 1, 2014 12:06 AM  
**To:** tomdressel@comcast.net  
**Subject:** Five Minutes for Marriage: What Is The Hottest Thing You Could Do For Your Marriage?



## Five Minutes for Marriage October 2014

**"The best time to work on your marriage is before you have one. ...  
Be as intentional with love as you are with work."**

[Meg Jay](#) (TED: Ideas Worth Spreading)

Dear Thomas

Why is it that the ability to forgive is one of the hardest things to do, yet it can be one of the most rewarding? "The Hottest Thing I've Done for My Marriage" article and the Bulletin Insert (linked above) both have a focus on forgiveness. They can be great teaching tools.

### **In This Issue:**

[Bulletin Insert](#) a marriage-nurturing handout for distribution to your congregation or business  
[Upcoming Events](#) around Portland. We'd like to include the event/class you are hosting  
[October's Video Clip](#) is a humorous skit about the importance of marriage preparation

#### **Articles**

Encouragement:

[The Hottest Thing I've Done for My Marriage](#)

[10 Thinking Errors That Can Destroy Your Marriage](#)

[10 Things People Who Are At Relationships Do Differently](#)

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Cohabitation:

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Parenting:

[Secrets of New Moms and Dads](#)

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Last Words: [Love is unfair](#)

[The Hottest Thing I've Done for My Marriage](#). Okay, okay...one of the hottest things. But you don't get to hear about the others : -) I didn't expect it to mean what it did to him. I definitely didn't expect it to be attractive. (Cara Joyner, ibelieve.com)

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[10 Thinking Errors That Can Destroy Your Marriage](#). Fortunately, there are many mistakes we can make in our marriage and survive. We can overreact in anger at times and receive forgiveness. We can miss an important anniversary and still be able to make amends. We can even experience the occasional unkind action and make it up to our mate. There are other 'mistakes' however, that are not so easily forgotten. There are actions taken which, if they occur consistently, erode the very fabric of our relationship. Here are some of the major 'thinking errors' that interrupt our ability to take responsibility. (by David B. Hawkins,

CrossWalk.com)

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**10 Things People Who Are At Relationships Do Differently.** Do you ever wonder why some relationships fail while others are totally rocking it? I know that I have for a long time. And still do. Now that I'm married, this quest seems more compelling than ever. Having been through the divorce of my parents and many of those around me, this question has burned in my mind. So, I sought answers from the relationships of my friends and clients, extensive research and most importantly, my heart. I've put together a list of the 10 essential qualities of people who are great at relationships. Maybe you can add your own. The good news is that these qualities don't need to come naturally, they are skills that can be learned. (by Alexis Meads, GoodmenProject.com)

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**Superglue Your Marriage.** When two people get married, they have high expectations about their relationship. An unspoken assumption by each one is that the other will "meet me halfway." Many times in a marriage, both partners are busy, overworked, and feel taken for granted. The real question isn't who faced the most pressure that day. The important issue is how do you build oneness and teamwork instead of keeping score and waiting for the other person to meet you halfway. (by Dennis Rainey, FamilyLife)

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**Who Needs a Second Honeymoon?** You! Staying faithful doesn't involve just not sleeping with someone other than your spouse. It means putting your best effort and energy into enhancing the romance you have with your mate. Faithfulness is more than saying no to others; it's also saying yes to your spouse. (By Steve Chapman, GrowthTrac.com)

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**Moving In and Moving On: Cohabitation is Less Likely Than Ever to Lead to Marriage.** In a new paper, Bowling Green State University sociologist Karen Guzzo analyzes how the odds of cohabitation leading to either getting married or breaking up have changed over the years. (By Scott Stanley, Sliding vs Deciding blog)

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**The Cohabitation Complication.** Living together cannot work as a trial run before making the commitment of marriage, because that commitment is what sets marriage apart from every other relationship. It changes everything. Another problem with living together is what researchers call "relationship inertia." Couples grow accustomed to living together, and they decide to get married because that seems like what they should do next. They may give in to pressure from parents, or they may feel they "owe each other" after investing so much of their lives in the relationship. As Dr. Scott Stanley, a professor of Family and Marital Studies at the University of Denver, says, "People who are cohabiting might end up marrying somebody they might not otherwise have married." They are "sliding, not deciding," he says. (by Dave Boehi, FamilyLife)

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**New Mommy Secrets.** Husbands, your wives are already a mystery, right? Then comes your first baby. Now throw raging hormones, criminal doses of exhaustion, body pain of uncharted scope and proportion, identity crises, and helplessness into the mix, and you've got quite the challenge on your hands. The author offers some secrets to help you unlock the mystery of your wife after childbirth? (By Lindsay Hall, GrowthTrac.com); also

**New Daddy Secrets.** You've just delivered your first child and are in the throes of first-time parenthood. In the midst of this indescribable joy and overwhelming chaos, you might not notice that your husband has some uncomfortable feelings about you and your baby he is terrified to express (you're a bit of a postpartum mystery to him, after all). Here are five things

your husband secretly wishes you knew about his being a first-time daddy. (By Lindsay Hall, GrowthTrac.com)

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**The New Progressive Argument: For Kids, Marriage Per Se Doesn't Matter.** We now acknowledge that children do better in married families, but it isn't marriage per se that matters for the kids. It's the "money," "time," and "good parenting" found at higher rates among the types of parents who are married that really "drive" children's outcomes, not "marriage itself." And that's a good thing because "family income and parenting skills are more realistically addressed through public policy than marriage anyway." Not so fast. The new progressive line on marriage fails to appreciate three truths about contemporary family life and public policy. (By W. Bradford Wilcox, blog of Institute of Family Studies)

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### Last Words

Love is unfair... and that's what makes it so amazing and beautiful.

When we aren't afraid to be the one who loves the most, and we find a partner who is also committed to loving big, we get the experience of receiving love even (and especially) in the moments we least deserve it.

That is what true love is all about. Don't miss out on true, deep, meaningful, connected love. Don't be afraid to be the one who loves the most.

[Tyler Ward](#)

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Dave and Margaret Armentrout, Directors. Dave before retirement was a manager and Margaret a former high school teacher.

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**Treasure your spouse:** Consider your spouse and your marriage a high priority and a gift from the Lord. Pray together! Take the Date Night PDX challenge! Have fun! Laugh together! Respectfully,

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