



Abundant Living Ministries
Encouraging Christian Living since 1978

February 2019

National Marriage Week USA - Feb. 7-14

Let marriage be held in honor among all... (Heb. 13:4)

What a wonderful life - God gave me a wonderful WIFE! Sharon is such a blessing!

***Then the Lord God said, "It is not good that the man should be alone;
I will make him a helper fit for him." (Gen. 2:18)***

He who finds a wife finds a good thing and obtains favor from the Lord. (Prov. 18:22)

***An excellent wife who can find? She is far more precious than jewels.
The heart of her husband trusts in her, and he will have no lack of gain. (Prov. 31:10-11)***

I asked our other two staff counselor couples what they appreciate and enjoy about marriage:



Thinking back over 56 years, what have we enjoyed as a couple? Hmmm... with seven children, I guess we enjoyed a lot of romance. And with our bathroom sinks side by side, we spent quite a bit of time brushing our teeth together. But I'm not sure these are the kinds of examples John is looking for. World travel, family vacations, building our own house... were all good times, but what really comes to mind are the nights we lay in bed discussing a sore point between us. Sometimes we were able to talk it through. But sometimes we just had to say, "Jesus, we don't know how to solve this. Will YOU please work it out, while we sleep?" Most times, waking in the morning, we would look at each other and ask, "What were we upset about last night?" God has truly been so faithful! We praise Him and thank Him for Who He is and for what He has done, in bringing us together all those years ago! (Lamarr and Naomi Sensenig)



Four words come immediately to mind when we think of our marriage:

FAITH - encouraging and growing together in our shared mission and in our relationship with Christ.

FUN - enjoying each other through 45 years of shared activities and projects.

ADVENTURE - accepting new challenges and discovering exciting places to go.

QUIETNESS - yes, relaxing, and being quiet... always knowing that we are here for each other.

We are so reassured by Philippians 1:6 ***Being confident of this very thing, that He who has begun a good work in you will perform it until the day of Jesus Christ!*** (Joe and Linn Falvey)

May we all enjoy our special **marriage-focus** week!



You may wish to check out some helpful resources at the following site:
NationalMarriageWeekUSA.org .

***Above all these, put on love, which binds
everything together in perfect harmony. (Col. 3:14)***

John (for Sharon and the rest at ALM)



A Little Goes a Long Way

One small act of kindness can have a big impact on marriage satisfaction. Sometimes couples think their marriage needs a major overhaul, when actually a little “tune-up” would work wonders. Consider implementing one of the following suggestions throughout the next month. Ask the Lord to help you stick with it. You’ll be amazed at the positive difference a simple change can make.

- Each morning, I will verbally “bless” my spouse, praying with or for him/her.
- Each morning, when we part for the day, I will “officially” say goodbye to my spouse and include some tender physical touch.
- Each time I speak to my spouse, I will begin by saying his/her name and smiling.
- I will spend more time each day interacting with my spouse than I do watching TV and surfing the net.
- I won’t allow our children, except in an emergency, to interrupt when my spouse and I are talking.
- I will not use sarcasm in speaking to or about my spouse.
- Once a week, I will do a chore normally done by my spouse, “just because.”
- Three times a week, I will do an unnecessary act of kindness for my spouse.
- I will read Scripture or a devotional aloud with my spouse three times a week.
- I will put photographs of my spouse in my work setting, wallet, purse or other places where I will see them frequently.
- I will go on a “date” with my spouse (and make the necessary plans) at least once this month... even a walk together in your neighborhood can be a fun date.
- I will contact my spouse at least once a day when we’re apart just to stay connected and to say, “I love you!”
- If my spouse wants to talk to me, I will stop what I’m doing, give eye contact and focus on what he/she is saying.
- I will give warm physical affection (hug, kiss, holding hands, loving touch) to my spouse at least two times each day.
- I will thank the Lord every day for the gift of my spouse.

People often fail to establish a new habit because it seems overwhelming. They procrastinate, thinking, “I’ll begin tomorrow... or next week...or next month.” Yet the above suggestions require only minimal amounts of time, energy and/or finances. Jesus routinely called people to *immediate* action. Perhaps He’s calling you and your spouse to immediately begin implementing one of these improvements during this month when we focus on love and marriage. If so, why delay even a day, when you could begin experiencing a deeper love and connection right now? A little can go a long way to building a great marriage!



Sharon Charles

Open Arms Childbirth Class

**Five Consecutive Thursdays
April 4 - May 2, 2019**

Taught by an experienced childbirth educator, this class covers the same information offered in a hospital course, but includes a distinctively-Christian perspective. You will meet and connect with other expectant couples and gain many practical helps as you prepare for a great labor and delivery. There is no cost for this course. Please register by contacting the ALM office (see contact information below).



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