

August 2009

From the Pastor



Three "T's" for Marriage
(Part Three: Talk)

Remember **the goal of marriage is to become one**. There are three ways couples can work toward oneness in their marriage: time, talk and touch. Last month we looked at time. This month I'm writing to you about the "talk" of marriage.

Talk

With God

The next "T" in oneness is talk. Again, the first person you need to talk with is God. When you spend time with God, you need to talk with Him. If you want your marriage to grow, you have to be talking with the author of marriage to find out what He wants you to be doing in your marriage. I go to God about our marriage all the time. I think part of the reason is because my father died long before I met Mindy. The scriptures say that God is a Father to the fatherless (Psalm 68:5). I have gone to God in times when I probably would have gone to my earthly father. You need to talk to God like you talk to your father, because He is your heavenly father. Bring your marriage concerns to Him.

Not only should you pray alone about your marriage, you and your spouse should be praying together about your marriage. Pray for each other. A good time might be just before you go to bed at night. I have to admit this is a difficult one for Mindy and I. We pray together often but not on a regular basis. We are constantly working on this area. I feel like I have to tell you this, because I don't want you to think that we have it all together. We don't, but we are working on it.



With Your Spouse

It is important to talk with your spouse. In a marriage, not only do you need to talk with God, but you need to be talking with each other. The most important tool to use in a marriage is communication. It is through communication that couples become one. To grow together you have to talk with your spouse. Too many times couples expect their spouses to be mind readers. There have been times when I have come home and asked Mindy, "How are you doing?" and she says "Fine!" However, she really isn't fine,

and I'm supposed to know it. If you want your spouse to know what you are thinking, then you will have to tell your spouse what you are thinking! You can't just assume your spouse knows. I'm terrible with this when it comes to giving Mindy directions on any task I want her to do. I assume she knows what I'm thinking, so my directions are very poor. One of the best examples is when I'm at church and I need her to email a file to me from home. I just assume she knows where to find the file and how to email it to me the way I want. I feel I don't need to give specific instructions. I just say, "Send me this file". She then starts to ask me all sorts of questions, and I get frustrated. I figure, "She knows what I'm thinking! Everyone would do it the way I would want it done!" After this type of phone conversation, Mindy does what I request, but I usually end up bringing flowers home with a big apology for being such a jerk on the phone.

When you get together with your spouse and want to talk, let me give you a few tips. First, if you haven't been out alone for quite a long time, don't expect it to be a wonderful night. The first time Mindy and I got out alone after Ryan was born we had a huge fight. Mindy and I remember the restaurant, and we never wanted to go back there again. We fought due to the amount of things that were bothering us, and we wanted to talk about them all. After that night, we got back on track and started going out regularly again. Our big blowout became history. Remember, the first time you go out, if it's been awhile, you might argue. That's okay, you're communicating. If you keep spending time together talking, it gets better real quick.

Make sure that you and your spouse are communicating. Talk is a key element in striving toward to the goal of becoming one in your marriage.

In Him and for His glory,

A handwritten signature in black ink that reads "Pastor Art". The word "Pastor" is written in a cursive style, and "Art" is written in a more stylized, blocky cursive.