

marriage matters

WITH DOUG FIELDS

a better us

November 2022

A Note from Doug

A friend recently told me, "My marriage is in trouble. It used to be really good, but I've noticed that we've stopped doing some of the basic, small things that were once so meaningful."



He didn't need counsel, my friend actually knew the symptom to the problem he was describing. His marriage was slowly deteriorating and the obvious answer came from his own mouth: "we stopped doing some of the small things that were meaningful!"

My response was simply, "You should probably start doing those again." He said, "Yeah, you're right... thanks for the counsel." I wanted to laugh! I didn't counsel him... he already knew what was lacking in his marriage.

It's the small, basic actions that are often the key to healthy marriages. When we stop doing the small, meaningful acts our marriage can end up in a condition we never intended. Think of it this way: if a ship sets out on a long journey just one degree off course, over time it will radically miss its destination. That's what can happen in marriage when the small acts go missing.

If you're thinking, "Doug, you don't understand—we've got BIG problems." I actually do understand! Problems get compounded when we stop taking small meaningful actions. Start small and see what happens.

I'm so glad you're with us tonight! I LOVE that Mariners' couples care so deeply about their marriage!

— Doug

"Do nothing out of selfish ambition or conceit, but in humility consider others as more important than yourselves."

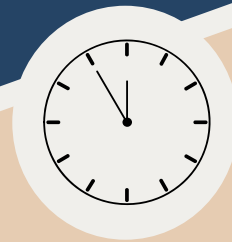
Philippians 2:3 CSB

"Go small, start now."



One Minute Marriage Challenge

Grab a gift! Find something small that you can give your spouse this week (cupcake, favorite salty snack, book, beanie, blanket, candle, socks) no cleaning supplies or carrots please.



• Next Steps at Mariners •

- Weekend Worship Series
"How to be Grateful in an Ungrateful World"

- **November 9**
Women's Night
with Christine Caine



- **November 10**
Men's Bro-B-Que

- **January 14**
Marriage Matters





You got a pizza my heart

Thick, thin, New York, or Chicago, no matter your style, pizza is a bit like duct tape-it fixes everything. Here are a few good finds from our best pizza hunt:

- **Folks Pizzeria - The Camp** in Costa Mesa
- **Loosie's - 4th Street**, Santa Ana
- **Rance's - Costa Mesa**
- **Bello - Newport Beach**
- **Pizza X - Anaheim**
- **Filomena's - Costa Mesa**
- **Pitfire - Costa Mesa**

Cultivate Conversation

Whether you go on a walk, take a drive, talk over dessert, or sit on the patio, here are seven questions to ask your spouse:

1. What is the best thing about our relationship?
2. What qualities or character traits do you want to work on?
3. If you had a bucket list, what would be on it?
4. What's your favorite activity that we do together?
5. What is something I could do to make you trust me even more?
6. What's another career that you think you would love?
7. What would you do with an extra \$1,000 to spend only on yourself?

Cozy up with your Cutie and some Coffee? Mmm Hmm!

- **Hidden House Coffee Santa Ana & San Juan Capistrano**
Order: Pumpkin Spiced Latte + the Maple Bourbon Latte
(maybe mention Mariners Church at the Santa Ana location *wink*)
- **Lola's Cafe Ladera Ranch**
Order: La Vie en Rose (Rose Cardemon Latte)
- **High Tide Coffee Laguna Niguel & San Clemente**
Order: Pumpkin Spice Chai and the Cozy Cardamom Latte
- **JC Beans Coffee House Dana Point**
Order: Vanilla Chai Freeze - this gives real winter vibes
- **Contra Coffee & Tea Old Towne Orange**
Order: The Patagonia - Orange-Tinted Thai Tea with notes of Pumpkin Spice + Welcome Great Pumpkin - their take on a pumpkin spiced caramel latte
- **Ellie's Table San Juan Capistrano & Irvine**
Order: The Dirty Pumpkin Chai Latte AKA a Pumpkin Chai Latte with a shot of espresso
*This also pairs well with their Pecan Sticky Roll

2023

Save the date for our
upcoming Marriage Matters:

01/14

02/11

03/18

04/15

05/20