

# marriage matters

WITH DOUG FIELDS

*a better us*

March 2023 | Mariners Church

i'm sorry.

**Be kind and  
compassionate to  
one another,  
forgiving each  
other, just as in  
Christ God.**

Ephesians 4:32

## A Note from Doug —

Since the last time we were together in February I've spoken at three different marriage events in Minnesota, Anaheim, and Texas. As much as I love helping other couples and teaching content I've taught before, I have fallen in love with our monthly Marriage Matters gathering and feel persuaded to think of new ways to help you have a BETTER US.

I'm so grateful for those of you who come regularly and have turned Marriage Matters into something that has a buzz and has become an easy event to invite your friends to. I really am thankful for the care that you have for your marriage and how one changed/helped marriage can have an impact on so many others.

Glad you're here tonight!

- Doug

PS: Mark your calendar for **April 15 & May 20** (we have 2 more events before we return in September).



## Get Your Grown-Up Convos Going

Healthy communication is a cultivated characteristic  
—it takes practice and effort.

1. Grow up!
2. Couch talk time: Set a weekly time to talk about what might be causing drift when you're both calm, well-rested, and have enough time to discuss the issue thoroughly. Weekly "couch talk time" is also great for other "family business."
3. Use "I" language... as opposed to "you" language.
4. Listen actively and empathetically: avoid disengaging, reassuring, giving advice, interrupting, making assumptions, or jumping to conclusions. Validate their feelings (even if you disagree).
5. Keep the conversation considerate: avoid insults, sarcasm, or belittling language. Communicate calmly.
6. Camp in the current: focus on the issue not each other by avoiding past conflicts or unrelated topics.
7. Offer up an "I'm sorry" or "I forgive you." Forgiveness is a decision and a major course correction to a stronger connection.
8. Remember that you've been forgiven. Jesus is your source of forgiveness (and life), not your spouse.

## NEXT STEPS

### Rooted



### Good Friday Services

Fri. Apr 7  
12p | 3p | 5p | 7p

### Easter Services

Sat. Apr 8  
4p | 5:30p

Sun. Apr 9  
6:30a | 8:30a | 10:30a | 12:30p

### Freed Up



### Emotionally Healthy Relationships



CONTACT LINDA AT LVUJNOV@MARINERSCHURCH.ORG FOR ANY ADDITIONAL INFORMATION

## You Are Berry Special!

Strawberry picking season at Tanaka Farms in Irvine begins March 13! Enjoy a wagon ride around the farm, pick some fresh strawberries, and leave with a 11lb basket of deliciousness.

Other fun fruit options:

- South Coast Farms U-Pick-San Juan Capistrano
- The Original Manssaro Farms-Irvine
- Boysenberry Festival at Knott's Berry Farm March 10-April 16-Buena Park



## Take Me Out to the Ballgame!

- **Dodgers Home Opener**  
3/30 vs. D-Backs
- **Padres Home Opener**  
3/30 vs. Rockies
- **Angels Home Opener**  
4/7 vs. Blue Jays



## • Let's Be Better Together •

Use these questions to keep the conversation and connection going with your spouse:

1. What things about our life together makes you happy?
2. What's the best part about being together?
3. What makes us a good team? What can we do to be better?
4. What is something that you would like to do together that we have never done? (one easy, one medium, one hard (lots of planning))
5. What's the last thing I did for you that you really enjoyed?
6. What is something you want to discuss that you have been hesitant to ask?

## Coffee is ALWAYS in season

Take your "hottie" to these "Hot and New" Coffee Shops:

- Coffee Dose Clubhouse  
Laguna Hills
- Raised by Lions Coffee  
Tustin
- Huskins Coffee  
Costa Mesa
- Zero&  
Mission Viejo
- Smoking Tiger Coffee & Bread  
Brea



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