

NOVEMBER 23 | MARINERS CHURCH

# MARRIAGE MATTERS

## NEXT STEPS

CHRISTMAS SERVE



WEEKEND SERIES:  
PROMISED CHRISTMAS



JAN 11  
REGISTRATION



MARRIAGE MINISTRY  
CONNECT CARD



## FIVE COMMUNICATION BARRIERS

THESE HABITS CAN PREVENT THE SPEAKER FROM SAYING WHAT THEY'RE FEELING, WHICH MAY EVENTUALLY CAUSE THEM TO SHUT DOWN.

1. **DISENGAGING** - WHEN WE HAVE A SEPARATE CONVERSATION IN OUR HEAD OR WE ARE NOT LISTENING PROPERLY BECAUSE OF OUR PHYSICAL ENVIRONMENT.
2. **DISMISSIVE** - NOT ALLOWING OUR PARTNER TO VOICE NEGATIVE EMOTIONS.
3. **GIVING ADVICE** - FOCUSING ON THE SOLUTIONS RATHER THAN EMPATHIZING WITH OUR PARTNER.
4. **GOING OFF ON A TANGENT** - TAKING OVER THE CONVERSATION WITH OUR OWN AGENDA.
5. **INTERRUPTING** - FAILING TO LET OUR PARTNER FINISH WHAT THEY WANT TO SAY.

## HOW GOOD IS YOUR COMMUNICATION?

HERE ARE SOME QUESTIONS TO ENGAGE IN BETTER CONVERSATION:

1. IN WHAT WAYS DO WE COMMUNICATE EFFECTIVELY?
2. WHAT DO WE AVOID TALKING ABOUT THAT YOU WISH WE TALKED ABOUT MORE?
3. WHAT IS THE BEST WAY TO BRING CONCERNS ABOUT OUR RELATIONSHIP TO YOU?
4. WHAT SHOULD A HEALTHY MARRIAGE PROVIDE?
5. WHAT DESIRES DO YOU HAVE THAT ARE NOT BEING FULFILLED IN THIS MARRIAGE?
6. WHAT COULD WE DO TO BECOME A BETTER TEAM?
7. HOW CAN I BETTER MEET YOUR EMOTIONAL NEEDS AND DESIRES?

IT TAKES TWO TO RECONCILE. IT ONLY TAKES ONE TO FORGIVE.  
FORGIVENESS IS TAKING THE WEIGHT OF WHAT HAS BEEN DONE TO YOU AND GIVING IT TO GOD.

*"IN THE RIGHT LIGHT, AT THE RIGHT TIME, EVERYTHING IS EXTRAORDINARY."*

— AARON ROSE



## NOVEMBER MARRIAGE CHALLENGE

FIND OUT WHAT INTERESTS  
YOUR SPOUSE AND LEARN  
MORE ABOUT IT!

# • A BETTER US •

## WOULD YOU RATHER

HAVE FUN ON YOUR NEXT DATE NIGHT ASKING THESE SILLY AND ENGAGING QUESTIONS.

### WOULD YOU RATHER..

- LIVE WITHOUT MUSIC OR MOVIES
- HAVE A PAUSE OR REWIND BUTTON IN LIFE
- CHANGE YOUR PAST OR SEE YOUR FUTURE
- RIDE A GIRAFFE OR ELEPHANT
- SING IN A BAND OR PLAY IN A BAND
- HAVE A RODENT OR REPTILE FOR A PET
- DO SOMETHING HEALTHY FOR YOUR MIND OR BODY
- LEARN A NEW HOBBY OR LEARN A NEW LANGUAGE
- BE A CHEF OR FARMER
- HAVE YOUR PET TALK FOR ONE HOUR OR TALK TO A CELEBRITY FOR ONE HOUR
- VISIT A NATIONAL PARK OR MUSEUM
- SHARE YOUR FEELINGS BY TEXT OR IN PERSON
- WASH YOUR CAR OR DO LAUNDRY

## NOTES

## THE MOST WONDERFUL TIME

CHECK OUT THESE GREAT PLACES TO SEE CHRISTMAS LIGHTS IN DECEMBER:

- **DANA POINT HARBOR**
- **NEWPORT DUNES WATERFRONT RESORT**
  - NEWPORT BEACH
- **CHRISTMAS BOAT PARADE**
  - NEWPORT BEACH
- **SHERMAN LIBRARY AND GARDENS**
  - CORONA DEL MAR
- **THE MISSION INN HOTEL AND SPA**
  - RIVERSIDE
- **TRAIN OF LIGHTS (IRVINE REGIONAL PARK)**
  - ORANGE
- **MISSION INN LIGHTS**
  - SAN JUAN CAPISTRANO MISSION
- **CASA LUMINA (HOLIDAY GARDEN WALK)**
  - SAN CLEMENTE

