



MARRIAGE matters

OCT 2025

NEXT STEPS

NEW SERMON SERIES: HOW TO LEAD

Oct 23 - Dec 7



FALL FEST Sat, Oct 25



SEEK THE GOOD



MARRIAGE MATTERS NOV 18



5 Healthy Habits of Healthy Couples

by Biola University Center for Marriage & Relationships

According to research, healthy communication is one of the biggest differences between married couples who are happy and those who are not.

1. Create a space to calm down

Take a "time out" and reflect on the deeper feelings going on inside you.

2. Soften hurtful responses

Healthy marriages are emotionally and physically safe. Interactions are free from chronic, negative patterns such as contempt, criticism, and defensiveness.

3. Care for your mate's heart

Caring means empathy. The goal is to care about their feelings, emotions, and heart, trying to see the issue from their perspective.

4. You do this by listening

Help your spouse feel heard, understood, and cared for by being curious and not judgmental, by seeking forgiveness for the hurt you've caused.

5. Value your spouse more than yourself

This is the basis for empathy and intimacy in relationships.

Get connected!

Contact the Marriage Team at marriage@marinerschurch.org with any questions about our ministry, getting marriage help, or ways to serve alongside us!

"Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love."

- Ephesians 4:2 (NLT)

our marriage matters



MARRIAGE MATTERS 2026

SAVE THE DATE!

- **January 17**
- **February 7**
- **March 21**
- **April 25**

NOTES

Pick of the patch

Put on a flannel and make a date out of pumpkin picking with your mate!

Here are some we recommend:

- **Tanaka Farms**
📍 Irvine
- **Irvine Park Railroad**
📍 Orange
- **Pumpkin City**
📍 Laguna Hills
- **The Pumpkin Factory**
📍 Westminster
- **Hana Field by Tanaka Farms**
📍 Costa Mesa
- **Enchanted Country Pumpkins**
📍 Brea
- **The Pumpkin Patch**
📍 Placentia

