

MARRIAGE MATTERS

APRIL 25, 2026 | MARINERS CHURCH



NEXT STEPS

ROOTED FALL SESSION



MEN'S BREAKFAST • MAY 2 •



MAN CAMP • MAY 29-31 •



MARRIAGE MATTERS • SEP 19 •



HONOR & APPRECIATION

Honor & appreciation strengthen a marriage by making each partner feel seen, valued, and respected. When you regularly acknowledge each other's efforts—both big and small—it builds emotional safety and deepens connection.

Here's an exercise from the book *Love & Respect* by Jimmy Evans that'll help you, too,

1. Write a short appreciation list

Each of you write 5-10 things you genuinely appreciate about the other person, big or small.

"You work hard for our family."
"I love how you make me laugh."
"You're patient with me when I'm stressed."

2. Be specific, not generic

"Thanks for everything" doesn't land.
"Thanks for checking in on me yesterday when I was overwhelmed" actually sticks.

3. Share it out loud

Take turns reading your list to each other.
No interruptions, no jokes to deflect—just receive.



NEED SOME VITAMIN SEA?

Pack a picnic basket with your sweetie and check out these top-rated beaches along the SoCal Coast!

- **El Matador State Beach Malibu**
Dramatic cliffs, sea caves. One of the most photogenic beaches.
- **Windansea San Diego**
Quieter beauty, local feel
- **Doheny State Beach Dana Point**
Calm waters, picnic area, great for families
- **Thousand Steps Laguna Beach**
Caves, rock formations, fewer people
- **Crystal Cove Newport Beach**
Beautiful coves and hiking trails
- **T-Street Beach San Clemente**
Popular with surfers, relaxed local vibe

“We may not be perfect, but we can always be a better us.”



IT'S THE LITTLE THINGS

In marriage, it's often the small, thoughtful gestures—a kind word, a simple surprise, or being truly attentive—that quietly & meaningfully build a deep and lasting love over time.
Put it into practice with this exercise below!

The idea: Take turns surprising each other with small, thoughtful things—not expensive, just intentional.

1. Set simple rules

- Budget \$0-\$15
- Time: sometime within the next 2-3 days
- Goal: make your spouse smile

2. Plan your surprise

Think of something they would enjoy:

- favorite snack/coffee
- a handwritten note
- planning a mini outing

3. Deliver it unexpectedly

Don't announce it—just do it.
The surprise is part of the fun.

4. Guess the “why”

Afterward, the receiving spouse guesses:
“Why'd you pick this for me?”

It turns into a fun way to see how well you know each other.

5. Switch roles

Then the other person does theirs
within the next couple of days.

POPSICLES? YES, PLEASE!

Warmer weather coming our way means you can grab your hunny & go for a popsicle date.

Here are a few spots to check out together!

- | | |
|---|--------------------------------------|
| • Paleteria Azteca
Tustin | • Popbar
Anaheim |
| • POP (Pacific Organic Pops)
Los Alamitos | • La Michoacana
Costa Mesa |
| • Front Porch Pops
Orange | • HiveXO
Dana Point |

HOORAY FOR BEACH DAYS!

Do a “no phones for an hour” challenge and try these activities for your next beach date with your beach babe.

- | | |
|-------------------------|------------------------------|
| • Play beach volleyball | • Walk along the shore |
| • Fly a kite | • Have a sand race backwards |
| • Rent bikes | • Take fun photos together |
| • Eat ice cream | • Watch the sealife |
| • Try a new water sport | |



NOTES

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