

Because you are better at marriage than you think!

As a MarriedPeople E-ZINE member, each month you receive ideas and insights with go-and-do's you can actually go and do. So pick one, two or three of the things below and see how little things can turn into something big. You got this . . . **because you are better at marriage than you think!**



He Said, She Said

Each month we highlight a couple we think has something great to say. We give them one question to ask each other. This month's couple is Pam and John McGee. Pam and John have been married 18 years, have 4 children.

We asked Pam and John to fill in the following blank:
When we first got married, I wish we would have known how important it is to _____.

Pam: The importance of the little things. A kind word or act of service makes such a big difference in our oneness. Conversely, a harsh tone or simple choice of selfishness moves us in the opposite direction.

John: If you see an incredible marriage it means they have put in a ton of work and intentionality. It is not because of their personality types were a good match, it is because they have been working like crazy for a long time.



Hot Button

Each month we have asked a Christian therapist or marriage expert to share with us one simple thing that could dramatically impact marriages. This month we want you to hear from Dave Wills, pastor and founder of strongermarriages.com, about how to rebuild trust.

Trust is a tricky thing. It is the foundation of every healthy relationship. It is the security that makes intimacy possible. It can be simultaneously strong and yet very fragile. It takes great effort and time to build, but it can be broken quickly. Almost every relationship has encountered difficulties over broken trust. I would even argue that most difficulties in relationships stem directly from a breach of trust. Strong relationships (especially marriages) require strong trust, so here are a few ways to build it (or rebuild it). [Click here for more.](#)



Random Awesomeness

Each month we justify surfing the web to bring you random awesomeness.

This month we want to link you to [this one, because it makes you happy](#) and [this one, because it's cool!](#)



Post It

Grab a sticky note, fill in the blank below, and put it in a place your spouse will find it (e.g. washing machine, steering wheel, bathroom mirror.) Take a picture of the note and upload it to the social media outlet of your choice, #ilovemyhoney.

You have no idea how great you are at _____.

The Spice



Each month, we will bring you one tip that will hopefully bring you closer in the bedroom. This month, we want you to hear from one of our favorites, Dr. Beverly Bird, marriage therapist.

Let's talk about sex. There. I said it. SEX. Yes, that 3-letter word that so many couples avoid in conversation. As a marriage therapist, what I know is that everyone is having plenty of private conversations in their head—Why won't she initiate more? With three kids, why doesn't he understand that I am exhausted at 11:00 pm on a Thursday night? Why doesn't she dress for me the way she did when we were first married? Why does he wait until we're having sex to tell me I am beautiful and sexy? Is she not attracted to me anymore? I see how he looks at other women; maybe he's lost interest in me?

Many private thoughts, and yet seldom do these make their way into the conversation until the couple comes to therapy. I get it. These conversations are hard. So much is at stake. It is difficult to risk the possibility of more rejection. It just feels easier to let it go and hope for the best. But without fail, once the conversation is opened, my experience has been that most couples wonder why they didn't have the conversation sooner. What was so scary? [Click here for more.](#)

2-Minute Vacation



During one meal this week ask each other this question:

If you could sing like anyone, who would it be?

Plugged In



The best gift you can give your spouse is a healthy you – healthy spiritually, physically, mentally, and emotionally. Each month we will explore a different way to make you a better you. This month we want you to hear from Joshua Straub, Ph.D., the President and Co-Founder of the Connexion Group.

What's fascinating is that both Scripture and scientific research reveal that our ability to love others is proportionate to how well we "experience" the love of others, particularly God. 1 John 4:19 says, "We love because He first loved us." Does God really love you? No question. Do you truly experience it? That's the real question. And how you answer it determines how well you love your spouse, your kids, and even your enemies. We only have a finite amount of love to give others until we're burned out. More importantly, without "experiencing" the love of another, we never know what it means to give our love to another. [Click here for more.](#)