

CONNECTING COUPLES TO CHRIST AND EACH OTHER

Glen and Shawn Solberg | Serving Couples to Build Christ-Centered Marriages

Prayer Requests to Share

FOCUS FOR 2026: Our continued prayer: That God would use Abiding Marriage, through the work of the Holy Spirit, to affect the lives of couples toward Christ.

FAMILY UPDATE: We are excited to share how our family is growing! Our first granddaughter was born last December to our oldest son and his wife and is doing well! Our youngest son and his wife are due to give birth to a little girl later this month. And our daughter and her husband are due with their first child, a little boy, next February. We give thanks to God for these precious grandchildren and ask for your prayers for them and for their parents as they raise them!

GOD'S SUSTAINING: Coming back from sabbatical, we are in a really busy counseling season. Pray for the Lord's sustaining and empowering in this season.

FIRST LOVE AND COMMUNITY: This is our consistent prayer: That we would never lose our "first love" for Jesus Christ and the pursuit of a deeply abiding relationship with Him. And after that, we would continue to make it a priority to be deeply connected to Christ-centered community in and outside of our local church.

Abiding Marriage: Ministry Update



We wanted to share a Ministry Update with you, our Ministry Partners. Your financial support and your prayers are what God uses to keep this ministry going. Therefore, we are extremely grateful for you and want to keep you up-to-date with Abiding Marriage.

In January 2026, we shared with you our Prayer Focus for 2026, which was: Spiritual Influence: The work of the Holy Spirit through willing believers to affect the lives of others toward Christ. As you know, this has been our #1 prayer request each month this year. And we ask you to continue praying that prayer in earnest - that the work God is doing through Abiding Marriage will indeed affect the lives of husbands and wives toward Christ.

Then in June 2026, we shared about how the Lord was fulfilling our mission of helping young couples set a Christ-centered foundation for their marriage, by many couples, married 3 years or less, coming to this ministry. Since June, God has brought 3 additional couples who are just starting out in marriage. So please continue praying that each of these young marrieds will truly make Christ the center of their individual life and their marriages.

Finally, this month, we wanted to share an update after coming back from our 2 1/2 week sabbatical this past July. Shawn and I really had

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Five Marriage Moments that Humble You

This is a really good post that we wanted to share since humility is such a vital part of walking with Christ in marriage!

1. You're blindsided by a big fight: You're going about your business having what seems like a normal conversation with your spouse when suddenly things veer into an escalating argument. You feel flustered and upset, and to be honest you're not even sure how or why the fight even started in the first place. You start to mentally rehash what happened and begin questioning everything: Why did they get upset? Why did they say what they did? Did I say something wrong? Was I completely oblivious to their feelings? You wonder how you can go from feeling so close to a million miles apart so quickly.

2. You get called out unexpectedly by your spouse: Your spouse says they need to talk to you about something, and you set aside some time after dinner. You expect it's about plans for the upcoming week or maybe continuing an ongoing conversation about taking a big vacation this year. So imagine your surprise when your spouse presents you with some very honest feedback about feeling unsupported and unseen by you lately. You're completely caught off-guard. You thought everything was great! How did you miss this?

3. You let emotions get the best of you: You consider yourself pretty emotionally mature and feel you have a good understanding of your hot spots and insecurities. You're generally able to react with intention instead of letting emotions rule – but not always. Every now and then something triggers you, and you respond in an emotionally reactive way you're not proud of.

4. You're sure you're right: You and your spouse have a fight. You've stepped way from the verbal sparring, and now you're both stewing separately. You replay the argument in your head, gauging whether you're at fault. You come to what you believe to be an objective conclusion – you're right, and your spouse is wrong. You're confident they'll agree once you present your logical case, but you're flummoxed when they don't. Your spouse says you're missing the whole point, and that leaves you more confused than ever.

5. Your spouse gives you grace: You had a crappy day and basically make up your mind that you want to be in a bad mood. You get home and take it out on your spouse. You know you're being snippy and critical, and they don't deserve it. You almost expect them to respond similarly, but they show you even more love instead, asking if you're okay and what they can do to make your day better. They show you love and empathy when you're at your worst, and that makes you feel even worse about how you treated them.

When these things happen, it might feel like you're the worst spouse ever. While that is likely untrue, these humbling moments have a way of jolting you out of any sense of complacency that may have been settling in. Since complacency is often a silent and sneaky relationship saboteur, these situations are actually opportunities to grow, both individually and as a couple. It can be uncomfortable and hard. It might feel like you're struggling as a couple. But these growing pains ultimately reignite the effort and intention you put into making your marriage the best it can be.

Source: *Prepare-Enrich Blog Post dated February 18, 2026. You can find more articles like this on marriage by going to <https://www.prepare-enrich.com/blog/>*

Bible Verses for This Month

The High and Lofty One who lives in eternity, the Holy One, says this: "I live in the high and holy place with those whose spirits are contrite and humble. I restore the crushed spirit of the humble and revive the courage of those with repentant hearts. Isaiah 57:15 NLT

But He gives more grace. Therefore it says, "God opposes the proud but gives grace to the humble." James 4:6 ESV

Abiding Marriage: Ministry Update (continued from first page)

Finally, this month, we wanted to share an update after coming back from our 2 1/2 week sabbatical this past July. Shawn and I had a really wonderful and restful time away. It was a great balance of time with the Lord, time with each other, and time to rest!

We spent a week at a remote Airbnb rustic cabin in north Arkansas. We had beautiful views of the sunset most days and Shawn and I loved the back porch where we spent a lot of time. We also loved the nature we got to experience with hummingbirds, rabbits, and many birds that made us feel at home at the cabin. Then we came back to our home in Maumelle and enjoyed not working on home projects and resisting the urge to do anything that could be labeled “work”. We just enjoyed time with the Lord and hanging out with each other.

We are thankful to the Lord for prompting us to take this time away, and also very thankful for those of you who prayed for us on sabbatical. We know this time of refreshing helped us recharge to continue fighting in the battle for marriages!

Ministry Plans Going Forward

During our time away, we had asked the Lord to speak to us about ministry going forward. - Here are the things we feel the Lord wants us to be committed to going forward:

- Our Mission: We remain committed to our mission of seeking to help couples more closely connect with Jesus Christ and equipping them to thrive in their marriage relationship. We know God sovereignly brings each couple and we want to see them fully follow Him in every aspect of their lives!
- Serve the Lord with Gladness: When it comes to walking alongside married couples, it can feel very heavy at times. We are committed to serving the Lord and these couples with gladness that comes from the Holy Spirit, who we ask to fill us and to lead our sessions.
- Point Them to the Lord and His Word: If there is one thing we desire each couple to learn in their time at Abiding Marriage, it would be that they would turn to God and His Word when they need help. We believe in the sufficiency of Scripture to address the joys and challenges of our life and want these couples to do the same.
- Continue to Invest in Young Marrieds: We love getting the chance to help young marrieds set a Godly foundation. We pray the Lord will continue to give us chances to do that in the months and years ahead.
- Getting Needed Rest: One of the things we shared after our recent sabbatical was that “we didn’t know how much we needed to rest until we rested”. So we are asking the Lord to help us continue to press in to this ministry, but also guard against burnout by taking times of rest as the Lord continues to direct us.
- Maturing in Our Walk: We want to see Colossians 1:28 lived out as we see couples maturing in their walk with Christ. But we want to be diligent to continue growing in our own walks with Christ as well. Pray we will truly prioritize our time with the Lord and grow to love and obey Him more day-by-day!

I know we shared this earlier, but we want to say THANK YOU again! None of this would be possible without your financial support and prayers as part of our Ministry Partner Team. May the Lord bless you abundantly for your partnership with us!