

CONNECTING COUPLES TO CHRIST AND EACH OTHER

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

Prayer Requests to Share

FOCUS FOR 2025: Pray for our preparation in prayer before each session. That we would be consistently and fervently praying for the Spirit to fill and control us. Pray for the leading of the Holy Spirit in sessions - to lead us to truth and Scripture that helps couples grow in humility and Christ-likeness. Pray for the Spirit to move us to share the fundamental need for the Gospel more boldly, to non-Christians for salvation, and for Christians for growth in sanctification. Pray against the attacks of the enemy as we expect more spiritual battles for these couples and for us.

NEXT GENERATION: Please pray that Abiding Marriage, through its outreaches, would be helping raise up a new generation of Christ-centered couples that will impact their local neighborhoods, churches, and communities for God's Kingdom purposes.

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.



In Marriage, This is So Easy to Forget!

It resonated with Shawn and I so much the first time we heard it - because it is so very true. Here is the statement we heard: *"Marriage is not as much about the big day, as it is the every day"*.

Here's what we mean: Was your wedding day important? *Of course*. Was the day your children were born a big day? *Without a doubt*. Was that getaway weekend the two of you had a few months back vital for your marriage? *For sure*. Those are important markers in your marriage and life together, and should be celebrated and remembered.

But the real **heartbeat of marriage** is not primarily in those "big moments", but in the every day moments of life. As Paul David Tripp shares: "Our lives don't careen from big moment to big moment. No, we all live in the utterly mundane. Most of us won't be written up in history books. Most of us only make three or four momentous decisions in our lives, and several decades after we die, the people we leave behind will struggle to remember our lives at all. You see, the character of a life is not set in 2 or 3 dramatic moments, but in 10,000 little moments. The character that was formed in those little moments is what shapes how you respond to the big moments of life." (1)

So here's the question for you and your spouse: *Are you both being intentional to try to connect in those every day moments of life?* That could look like asking your spouse to take a simple walk together. Or it might mean giving your spouse your full attention when they are sharing about a friend who is hurting. Or taking the opportunity to join your spouse in finishing up the dinner dishes. Maybe it's taking one minute to write a post-it-note that says I LOVE YOU and place it on your spouse's coffee cup before you leave for work. You get the idea.

We would love to hear from you on the things you do, as a couple, to connect together in those 10,000 little moments of life. Take a moment to send us a quick email at glen@abidingmarriage.org. We also encourage you to take time to pray together to ask God to further connect both of you through those mundane moments.

(i) Source: Paul David Tripp, post from December 27, 2012. Find more at www.paultripp.com

Your Partnership at Work: Real Comments from Real Couples

Shawn and I want to “brag on the Lord” for what He is doing in the lives of the couples He brings to Abiding Marriage. But we also want to **thank our Ministry Partners** whose gifts fund the mission and outreach of this ministry. So please take a moment to praise the Lord with us as you read the comments of a couple below:

Couple married 8 years at the time they shared this:

HUSBAND AND WIFE TOGETHER: We want to take a moment to express our deepest gratitude to Abiding Marriage for the incredible work they have done in guiding us through our journey as a couple. Their wisdom, patience, and compassionate approach have helped us communicate more openly, understand each other better, and strengthen our bond in ways we never imagined. Marriage is a journey filled with challenges and growth, and having a counselor as dedicated and insightful as Glen has made all the difference. Thank you for your unwavering support, encouragement, and the invaluable tools you've given us to build a healthier, happier relationship.



As a reminder, you can read more couple's comments at this link: <https://www.abidingmarriage.org/your-partnership-at-work>

Bible Verses for This Month

Let love be genuine. Abhor what is evil; hold fast to what is good. Love one another with brotherly affection. Outdo one another in showing honor. Romans 12:9-10

“All things are lawful,” but not all things are helpful. “All things are lawful,” but not all things build up. Let no one seek his own good, but the good of his neighbor. I Corinthians 10:23-24

Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Philippians 2:3-4