

CONNECTING COUPLES TO CHRIST AND EACH OTHER

Glen and Shawn Solberg | Serving Couples in Central Arkansas and Beyond

Prayer Requests to Share

LET THE FAVOR OF THE LORD GOD BE UPON US: Please pray for us, that we would be truly humble, contrite, and would be rightly responding to His Word, empowered by His Spirit. And by His great grace, Abiding Marriage would have the favor of the Lord in 2023 and beyond!

GROWING OUR REACH: In our mission to help couples connect with Christ and each other, we want to reach more couples through our podcast and blog posts. Pray for the Lord to open up opportunities for our content to impact more couples to help them have Christ-centered marriages!

FAMILY: Please pray for our "kids": Josh and his wife, Annie; Caleb and his wife, Taylor; and for our daughter Sarah and the young man she is currently dating. Pray that we would have the joy of seeing our kids and their spouses walking wholeheartedly with God.

FIRST LOVE & 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.



Need Your Help: Abiding Marriage Podcast Year 2

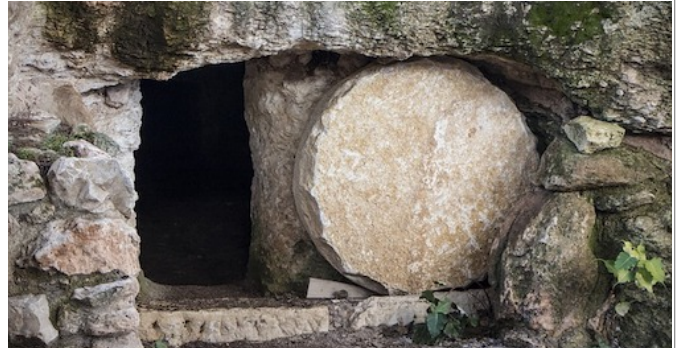
We want to thank those of you who have listened to our podcast and given us feedback! Shawn and I are encouraged that the podcast is able to both encourage and challenge you in your marriage and your walk with Christ!

ASKING FOR YOUR HELP: As we begin our 2nd year of the podcast, we would love to get **your feedback**. You can contact us by emailing podcast@abidingmarriage.org to give us topics or ideas you would love for us to talk about on a future episode. We cannot promise we will be able to follow-through on all your ideas, but we will consider each one!

And if you have not yet listened, we would love for you to **listen AND share** with others. You can find us on Apple, Spotify, Google and pretty much any other podcast platform. Just go to the place where you listen to podcasts, and search for "Abiding Marriage Podcast". And if you cannot find it where you normally listen to podcasts, email us at podcast@abidingmarriage.org so we can get our podcast on that site.

Marriage Help Monthly - Lessons from the Empty Tomb

This month we are sharing some great help on marriage from Paul David Tripp's book, [What Did You Expect??](#) And this excerpt from that book is timely as it relates to the resurrection of Jesus that we celebrated recently. May his words both encourage and challenge you to grow in your marriage and your relationship with God!



I am writing this a few days after Easter, so my mind has been on the empty tomb. Consider for a moment what the empty tomb of the Lord Jesus Christ teaches us.

First, it teaches us that God is **FAITHFUL**. Centuries earlier, after Adam and Eve had disobeyed God, God promised that He would crush wrong once and for all. So He sent His Son to defeat sin and death by His crucifixion and resurrection.

For thousands of years God neither forgot nor turned from His promise. He didn't grow weary, nor would He be distracted. He made a promise, and He controlled the events of history (large and small) so that at just the right moment, Jesus Christ would come and fulfill what had been promised.

But the empty tomb also reminds us that God is **POWERFUL**. He's powerful in authority and He's powerful in strength. Think of the authority you would have to have to control all the situations, locations, and relationships in order to guarantee that Jesus would come at the precise moment and do what He was appointed to do!

Also, could there be a more pointed demonstration of power than to have power over death? By God's awesome power, Jesus took off His grave clothes and walked out of that tomb. Those guys in power-lifting competitions may be able to pull a bus with their teeth, but they'll all die, and there's nothing they can do about it.

The empty tomb points us to one more amazing thing. It teaches us that God is **WILLING**. Why would He go to such an extent to help us? Why would He care to notice us, let alone rescue us? Why would He ever sacrifice His own Son? Because He is *willing*.

You and I need to recognize that His willingness was motivated not by what He saw in us but by what is inside of Him. He's willing because He's the definition of mercy. He's willing because He's the source of love. He's willing because He's full of amazing grace. He's willing because He's good, gentle, patient, and kind. Even when we're unwilling, full of ourselves, and wanting our own way, He's still willing. He delights in transforming us by His grace. He delights in rescuing us by His powerful love.

These are beautiful and riveting truths, but we need to have a moment of honesty. It's going to be very easy, come Sunday, to celebrate these truths. But what happens on Tuesday, after the celebration of Easter has died down? What happens on Tuesday, when you're sinned against or when the fallen world breaks your door down? What happens on Tuesday, when the things that God calls sinful start to look powerfully attractive and appealing again?

Don't lash out, run away, or surrender. Stand in your weakness and confusion and say, *"I am not alone. God is with me, and He is faithful, powerful, and willing."* You can be realistic and hopeful at the very same time. Realistic expectations aren't about hope without honesty, and they're not about honesty without hope. Realism is found at the intersection of unabashed honesty and uncompromising hope. God's Word and God's grace make both possible in your everyday life and in your marriage!

Source: Taken from [What Did You Expect?](#) Authored by Paul David Tripp. Copyright 2020, Crossway Books.

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May 2023: Update on Glen's Health and Chelation

We will give a more comprehensive update after we talk with our MD on May 10th, but wanted to share the **good news** about Glen's latest heavy metal test results. By the great mercy of God, Glen's lead levels are down to almost normal! They have gone from a high of 8 times higher than normal back in March of 2022 to "nearly" normal levels (*his level is 1.1 and normal is 1.0 or less*) in April 2023! Please **praise the Lord with us** for this work He is doing to rid Glen's body of these heavy metals!

Please **continue to pray with us** for all Glen's toxic metal levels to be within normal range (there are two other ones that are slightly above normal) - and they would NEVER AGAIN return above normal! Our God is faithful, powerful, and willing!!! And please also pray for our MD and medical staff, that the Lord alone would be leading their next steps in this process! *Thank you* for your continued prayers!!!

Marriage Quotes to Share

"The most difficult years of marriage are those following the wedding". – Gary Smalley

"In sharp contrast with our culture, the Bible teaches that the essence of marriage is a sacrificial commitment to the good of the other. That means that love is more fundamentally action than emotion." - Tim Keller

"What is love? Love is willing self-sacrifice for the good of another that does not require reciprocation or that the person being loved is deserving." - Paul David Tripp

Bible Verses for This Month

FAITHFUL: Thus the Lord gave to Israel all the land that He swore to give to their fathers. And they took possession of it, and they settled there. And the Lord gave them rest on every side just as He had sworn to their fathers. Not one of all their enemies had withstood them, for the Lord had given all their enemies into their hands. Not one word of all the good promises that the Lord had made to the house of Israel had failed; all came to pass. Joshua 21: 43-45

POWERFUL: But the Lord made the earth by His power, and He preserves it by His wisdom. With His own understanding He stretched out the heavens. When He speaks in the thunder, the heavens roar with rain. He causes the clouds to rise over the earth. He sends the lightning with the rain and releases the wind from His storehouses. Jeremiah 10:12-13

WILLING: How precious is your steadfast love, O God! The children of mankind take refuge in the shadow of Your wings. They feast on the abundance of Your house, and You give them drink from the river of Your delights. For with You is the fountain of life; in Your light do we see light. Psalm 36:7-9