

# CONNECTING COUPLES TO CHRIST AND THEIR SPOUSE

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

## Prayer Requests to Share

**SUPERNATURAL WISDOM:** Please pray for the Lord to give Shawn and I and our Board His wisdom and leading as we plan for 2024. We want to follow His lead on the specific ways He wants us to try to help couples - whether those are things we are already doing or new things He wants us to begin doing. Thank you for praying!

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

**PODCAST MOVING FORWARD:** For a number of reasons, we are putting our Abiding Marriage Podcast "On Hold" starting February 1st. Please pray for the Lord to use this time "on hold" to give us further direction for the future of this podcast.

**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.



## Make Time for Your Marriage in 2024!!

*Busy! Busy! Busy!* That might describe a good deal of you reading this. You and your spouse have a very full schedule each week with work, school activities, church, etc.

But in the midst of all this busyness, something has to get sacrificed on the altar of "not enough time". And unfortunately, the thing that often gets sacrificed is your **time together** as a couple. And while we strongly agree that "date nights" are important for couples to connect, this is not a lecture of how good couples have regular date nights.

What we are suggesting for each husband or wife reading this is discovering "snippets". You might be asking, "*What's a snippet?*" Snippets are small blocks of time — 10 minutes here or 15 minutes there — where you can take intentional time to connect with each other.

We wrote a blog post on this back in August and would love for you to take just a few minutes to read more about snippets and how they can help build your connection as a couple. So go to the short link below. Read and then share with your spouse. Make time in 2024 for your most important human relationship!

**Short Link:** [rebrand.ly/snippets](https://rebrand.ly/snippets)

## Would You Consider Helping Us Through Prayer in 2024

As we meet with couples day in and day out, we are **constantly reminded** that we need the Lord to work in every husband and every wife. There are very few couples we meet with who are really just looking for a “marriage tune-up”. Most of them are having serious issues they are trying to work through.

No amount of life experience, bible classes, or counseling training that we can acquire are sufficient to truly help these couples see lasting transformation. *Lasting change* comes only through God working in the hearts of couples. And we believe that *lasting change* only happens when God hears the cries of His sons and daughters in prayer! And that is where you can help us!



We have a small group of about 10 folks who now make up what we call our **5-Minute Prayer Team**. The name says it all. It is truly as simple as committing to pray 5-minutes per day if possible, but at least 4-5x/week for the requests we send out by email twice a month to this team. Sometimes there are more couples to pray for and sometimes less - but we do not ask you to commit to pray for ALL of them, but to take at least 5 minutes or longer to pray for as many as you can.

We firmly believe the prayers of this team are used by God to really work in bringing lasting change in the husbands and wives He is bringing. If you think you would like to join the **5-Minute Prayer Team**, or if you just want to find out more details, please contact Glen by email at [glen@abidingmarriage.org](mailto:glen@abidingmarriage.org). Thanks for considering this important way to help us!

## Have You Checked Out Our Latest Recommended Resources?

Sometimes a couple is looking for a resource to help their marriage or the marriage of a friend. And there are so many books out there to choose from, how can a couple decide? Over the years, we have read and can now recommend a number of great Christian books on marriage. But we also have trusted Christian ministries listed on our resource page so you can know these are solid sources. Check out our resources page by going to [www.abidingmarriage.org/resources](http://www.abidingmarriage.org/resources)

## Bible Verses for This Month

*For the Lord gives wisdom; from His mouth come knowledge and understanding; He stores up sound wisdom for the upright; He is a shield to those who walk in integrity, guarding the paths of justice and watching over the way of His saints.*

*Proverbs 2:6-8*