



Marriage Matters ~ May

*Growing deeper in our love with
each other and God*

1st - 31st May 2024

Sunday 2nd June – bring-your-own family lunch after
morning service

Introduction

Welcome to Marriage Matters ~ May! This month at PBC, we will be celebrating, blessing and encouraging married couples in their love for each other and for God.

As a married couple, we want to encourage you to have a go at some of the ideas in this leaflet to bless your marriage and faith – there is plenty of prayer, scripture wisdom, intentional time together, learn more about your spouse, discussion and reflection, new things to try and hopefully you will have fun together!

Marriage is instituted by God in Genesis and the Bible contains lots of guidance on marriage.

That is why a man leaves his father and mother and is united to his wife, and they become one flesh. Genesis 2:24

Marriage

- is a gift from God
- is a demonstration of love and faithfulness
- is a picture of God's love for His church
- enriches society and strengthens community

Marriage involves responsibility, joy, blessing of the couple, children and wider community, challenge and growth.

Whatever season your marriage is in – at a high or low point, facing challenges, difficulties or transitions, we pray that you will be blessed by taking part in Marriage Matters ~ May and that you will grow in your love, knowledge and understanding of each other and of God, building a stronger marriage and blessing others through your marriage.

Activities and resources

You don't need to do all of the activities – choose what you think will help you the most as a couple. Take it at your own pace – you can always continue or try different activities after May!

You can access the resources from the PBC website

<https://www.poulnerchapel.org.uk/> or, if you would prefer, sign up for paper copies.

Before you start

- Discuss what you want to achieve from the month - set some goals: for example, to pray daily with each other (or if you already do, improve the way you do this), to change something, to deal with an issue that has been holding you back, to discover how you can support each other better... Be specific and write down your goals.

Daily activities

- 30 day communication challenge
- 15 daily prayers for your Wife
- 15 daily prayers for your husband
- 27 scripture prayer cards
- Complete a Bible App marriage plan or Right Now Media course, for example the Marriage Course

Other activities

- Find out each other's primary love language by taking the 5 love languages quiz - and learn how to serve your spouse in that language
- Befriend a couple older/more experienced than you - learn from them
- Befriend a couple younger/less experienced than you - share and learn with each other!

Date night!

- Plan at least one special event in May just for you as a couple - have fun
- 120 creative questions to ask your spouse - these can be good as you eat a meal together or walk or relax together
- Spring Clean your Marriage questions and date idea

Afterwards

- Review the goals that you set at the beginning
- What have you learned about yourself? Your spouse? Your marriage?
- What improvements have you started?
- Are there new habits that you need to consolidate and build on?
- Come to the lunch on Sunday 2nd June and celebrate your marriage and what you have learned!

Resources

Resources can be found on the PBC website or sign up in the building for paper copies:

<https://www.poulnerchapel.org.uk/>

Awesome marriage <https://awesomemarriage.com> have kindly allowed us to use a selection of their resources for free:

<https://awesomemarriage.com/poulner-baptist-chapel-marriage-resources>

Other resources are available from their website or you can subscribe to be a marriage changer and receive all of their resources.

They have also offered us a 50% discount on their course: 90 days to save your marriage.

Care for the family

<https://www.careforthefamily.org.uk/support-for-you/family-life/couple-support/>

The 5 love languages <https://5lovelanguages.com/>

PBC fellowship – we are blessed to have many experienced, wise husbands and wives in our fellowship that have many years of marriage and different experiences. Let's ask each other, get and give marriage tips and encourage and support each other.

Please talk to Adam or one of the Elders if you would like more support.