

*I Will Go with
 My Family:
 Families and
 Mental Health*

THE REALITY IN MARRIAGE TODAY

WILLIE AND ELAINE OLIVER

The truth is, husbands and wives are often tired these days, bringing that exhaustion to their marriage relationships each day. Without a doubt, life in the 21st century is overloaded with time-consuming, and stress-producing concerns. Between work, school, church, and social obligations, stress is growing, and is threatening to become the central illness of our time. When it becomes overwhelming, stress affects our physical, spiritual, and emotional health. This kind of environment in our homes makes for a very stressful marriage and family reality. A setting filled with arguments, disagreements, conflicts, controversies, and strife. It is in the middle of this kind of atmosphere that Jesus says: "Let not your heart be troubled" (John 14 v. 27).

Satan's plan is to diminish our physical, spiritual, and emotional energies by keeping us busier than we should be—so we are constantly rushing from one unnecessary activity to another— which leaves us always running on empty. If we feed our spiritual hearts on junk food that lacks the necessary nutrition to keep us heart-healthy and strong, every molehill of a challenge to our marriage will become a huge mountain of despair and destruction that will overwhelm and overcome our feeble energies and relationship.

WHAT'S IN THIS MONTH'S ISSUE:

**The Reality in Marriage Today
 Comforting the Grieving
 Christian Home and Marriage
 Weekend**



Still, heeding the message of Jesus means feeding our hearts with the nourishment found in His word that sustains, invigorates, and endures. Filled with this energy-producing message our hearts will be spiritually and emotionally vigorous and strong, that we will find it possible to utter the words "I am sorry," "please forgive me," or "I love you," at appropriate times. Such will be the fitting evidence that we are disciples of Jesus, and we feed our hearts with His words of life. Because being disciples of Jesus is truly much more than a mere profession of His name, rather a reproduction of His character to bless our homes, our communities, and our churches.

COMFORTING THE GRIEVING



The Sister's Shoulder

While the death of a loved one is excruciatingly painful —there's much you can do to support her through this incredibly challenging time in her life. Consider the following list of ideas you might employ to support your friend in her time of grief:

Be present. Reach out to your friend with a telephone call or a text message to let her know “I’m here for you.” It’s possible your friend may not want to talk. Yet, let her know that you’re just a phone call away whenever she’s ready to talk.

Go for a walk in the park. Being outdoors where she can get some fresh air will calm her down, lower her stress levels, and strengthen her immunity. Walk down memory lane. Don’t be afraid to talk about good times you had with your friend and her husband. Looking at old photos and reminiscing about memories you made together are healing to the grieving person.

Bring food. Nothing says community more than sharing a meal with a friend. When people are grieving they lose energy for life and for doing anything, including cooking and eating. Tasty, nourishing food conveys care more than you can ever imagine.

Take care of it. If you notice the kitchen needs cleaning or the house needs tidying up when you’re visiting, take care of it. This will convey that you really care and sincerely want to help. Don’t be in a hurry. Let your friend know you’ll be there for her as long as she needs you, not by saying so but by doing so. Then be ready to be a real friend for the long haul.

Be of spiritual support. Even people of faith often feel alienated from God or even angry at Him when they’ve lost a loved one. Be ready to read passages from the Bible to your friend that give comfort and the assurance of God’s care. And pray for God’s peace and the promise of His presence.

These are difficult days, and more of them are still ahead. Nevertheless, stay close to Jesus for your own peace, comfort, and strength so you can be of encouragement to those you care about. We leave you with the consolation of Psalm 46:1, which says: “God is our refuge and strength, a very present help in trouble.”* You’re in our prayers.

Upcoming Events



Paint Social

Family Life Weekend

February 17-19, 2023

Friday Night Worship

Paint Social

Family Sunday Brunch



Evangelistic Weekend

May 12-14, 2023

Dr. Shion O'Connor

World renowned Pastor and
Clinical Psychologist



Family Cook Off

August 2023