



GROWING YOUR MARRIAGE

The Marriage Almanac

October 2021



Turgor Pressure by Kelly Keehner

I have a lovely green Pothos houseplant in my kitchen. I've had it for over ten years and it cascades down the side of my cabinets. I like to look at the healthy, vibrant leaves and enjoy its beauty. But sometimes its leaves look wilted and lifeless. When Don and I see this, we smile and say, "Turgor pressure." You may be asking yourself, "What is turgor pressure?" (I wouldn't have known, except it was in my kids' science book.) Turgor pressure is when the water in a plant's cells presses the cell membrane against the cell wall. This makes the living plant tissue firm and rigid. Turgor pressure makes the plant's cells extra solid and tight. When my plant begins to wilt, it is because a lack of water has resulted in a lack of turgor pressure inside the plant's cells. The plant's cells have begun to "sink in" without water, making the cells weaker and creating a more loosely stacked cell wall.

In our marriage, sometimes we lose our “turgor pressure”. We go about our daily routines, manage household duties, care for our kids, live responsibly, but our marriage relationship has “wilted”. We’ve become roommates living parallel lives, instead of soulmates enjoying being on the same marriage team. This is natural, and can happen very easily. So, how do we regain our “turgor pressure” in our relationship? We “water” it! With our droopy houseplant, Don and I add water and it’s amazing because in a very short amount of time it’s leaves come back to life!



Here are a few practical ways that you can “water” your relationship with your spouse this week:

- Do something fun together that you haven’t done for a while. Maybe you could reenact one of your first dates!
- Surprise your spouse with a thoughtful gift or by doing an unexpected act of kindness.
- Remember and tell one another why you married each other.
- Ask one another good questions and then listen well!

These are just some ideas to get you started. Have fun intentionally “watering” your marriage! You will be pleased with the results as your marriage grows strong and healthy.

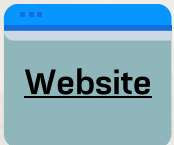
John 7:37-38: “If anyone is thirsty, let him come to me and drink.” - Jesus



FARM TO TABLE MARRIAGE EXPERIENCE

Growing Your Marriage Leaders will facilitate you and your spouse through a unique and fun experiential "date night" that culminates at the table with delicious food and rich conversation. The Farm to Table Marriage Experience will provide an opportunity for connection, reflection, and growth.

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FREE MARRIAGE WORKSHOP

(Parenting from newborn to adult: Can your marriage AND kids thrive?)

Tuesday, November 2nd, 2021

8:00-9:15 PM EST

Join John and Lorie as they share personal insights from their 34 years of raising children and sending them off into the world. Get on the same page with your spouse on the issues that matter most to you!

They will share parenting tips they have learned along the way, as well as ways to keep your relationship strong during these years. Set actions in place NOW that will ensure strong, emotionally independent children AND keep your marriage strong, so together you can enjoy watching your children begin their own adult journey.

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