



GROWING YOUR MARRIAGE

THE MARRIAGE ALMANAC
APRIL 2022



Spring Renewal by Kelly Keehner



Spring is absolutely one of my favorite seasons! In Indiana, things are starting to turn all shades of lovely green again. Our Bradford pear trees are beautifully dressed this week in tiny, white flowers. My pink hyacinth is blushing in the yard, and my friend recently brought me cheerful yellow lilies that are shouting, “Hooray for Spring!” What is it about Spring that is so thrilling? I think it is the promise of new life and growth after a season of gray skies and cold winds. It’s the warmth and colors of spring that make it exciting! Do you ever feel like your marriage relationship could use some new life and growth after a period of drabness? All of us experience those gray, mediocre times in marriage. Maybe you’ve gotten into a boring routine with one another because of the busyness of life, or you’ve forgotten to encourage one another along the way. Let’s try to add some warmth and color to our marriages this Spring!

Shaunti Feldhahn wrote an insightful book called *The Surprising Secrets of Highly Happy Marriages*. She surveyed thousands of married couples, and then she interviewed the couples in which both the husband and wife marked that they were “highly happy” in their marriages. She wanted to find out what these couples were doing to make their marriages happy and successful. In one chapter of the book, Feldhahn shared five small things that each spouse can do to make sure their spouse feels deeply loved and respected.

For a wife to have a big impact on her husband’s happiness she can:

1. Notice his effort and sincerely thank him for it.
2. Say, “You did a great job at...”
3. Mention in front of others something that he did well.
4. Show that she desires him sexually.
5. Make it clear to him that he makes her happy.

For a husband to encourage his wife he can:

1. Hold her hand.
2. Leave her a voicemail, text, email or hand-written note.
3. Put his arm around her in public.
4. Tell her sincerely that she is beautiful and he’s attracted to her.
5. Pull himself out of a bad mood and not withdraw when he’s grumpy.

What if you and your spouse made a new commitment to do these actions for each other? You could bring a fresh spring breeze to your relationship that would refresh both of you! Happy Spring!



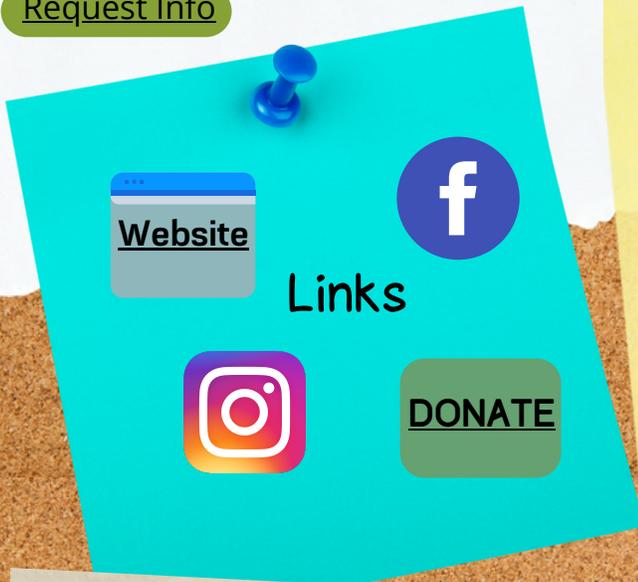
FARM TO TABLE MARRIAGE EXPERIENCE

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.

Group Size: 6-8, Moderately Strenuous

Location Options: Indianapolis IN

[Request Info](#)



Sign up for Marriage Coaching

Our experienced coaches offer in-person and video session for married and engaged couples. Marriages can grow and thrive when there is understanding. Our coaching sessions provide you with assessments, tools and trainings to elevate your marriage to a new level of spiritual, emotional and physical intimacy

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We are accepting applications for Husband/Wife Weekend Journeys @ Harvest Heights!

Our Upcoming 2022 Dates
May 13th-15th

[Register Here](#)