



## GROWING YOUR MARRIAGE

THE MARRIAGE ALMANAC  
JUNE 2022



### *A Blossoming and Happy Marriage By Kelly Keehner*

I recently read a quote by Tom Mullen that captured my attention:

**“Happy marriages begin when we marry the ones we love, and they blossom when we love the ones we marry.”**

I found it to be profoundly simple. I think that the majority of couples on their wedding day are thrilled to be marrying their spouse whom they love deeply. The atmosphere feels charged with their love, joy and happiness! Obviously, most people are happy on their wedding day...the wait is over! Let all of the love and adventure begin! But, happy marriages really “blossom” when we truly love our spouse. What are some practical ways that we can show our spouses our affection and devotion for them?



In *Making Happy: The Art and Science of a Happy Marriage*, Drs. Les and Leslie Parrott propose that the goal of marriage is not about making us happy, but about us making our marriage happy. Reread that last sentence and think about it. In their book, they list six practical ways to make your marriage happy. Their “happiness boosters” for couples are:

- Expressing gratitude for one another.
- Trying new things together.
- Dreaming together.
- Celebrating with and for each other.
- Attuning your spirits together.
- Serving and adding values to others.



Don and I recently did some dreaming together in our marriage. We created a shared “bucket list” of things that we would like to do as a couple. We had a lot of fun just talking about our bucket list! Imagine how much fun it will be to actually DO the things on our list! Our dreams range from planning a huge family beach vacation with our adult kids and their families... to traveling to Switzerland one day to enjoy an alpine summer get-away.

Have fun creating your very own personalized bucket list with your spouse! The possibilities are endless! The key to having a happy marriage is putting time and effort into making your marriage happy :)

**“THE LORD HAS DONE GREAT THINGS FOR US, AND WE ARE FILLED WITH JOY.” PSALM 126:3**



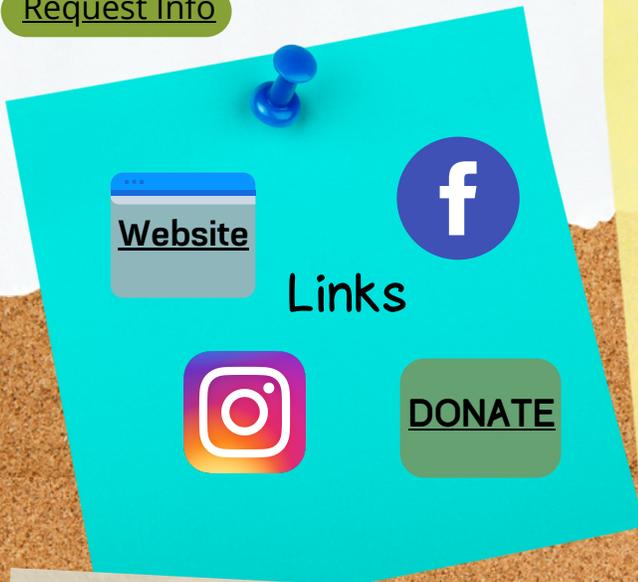
## FARM TO TABLE MARRIAGE EXPERIENCE

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.

[Apply Here](#)

## Media Resources

Intentionality is a critical component of marital growth. Sign up to receive our Monthly Marriage Almanac. Our leaders frequently share quality books, blogs, and videos that have blessed their marriage.

[LEARN MORE](#)

