



Growing
—Your—
Marriage

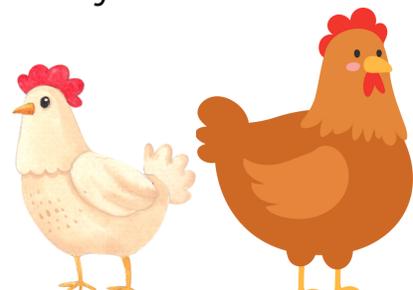
THE MARRIAGE ALMANAC - JANUARY 2023



Handling the Yucky Stuff by Toni Rose

“What a load of.....poop, crap, scat, doodoo, s%*t, or the biblically appropriate, dung”. This is what I think each time I clean out the chicken coop and carefully maneuver the old golden wheelbarrow toward the overflowing compost bin. I’ve now been doing this micro-farm thing a little over three years. What I’ve come to understand is that soil is everything. I recently read that it’s better to put a \$1 plant in a \$5 hole, than to put a \$5 plant in a \$1 hole. Rich and nutrient dense soil is critical for garden prosperity.

The chicken excrement is treasure for my soil IF handled appropriately. It has to age. It must also be blended with other beneficial elements and moisture. If I simply shovel the poop from coop to crop, the plants will burn and die from toxic levels of nitrogen.



Likewise, in marriage, the doodoo can burn and harm your relationship. It can be toxic, but it doesn't have to be. Moments of conflict, pain, and even betrayal can lead to growth, unity, compassion, and strength, IF handled appropriately.

Recently, my husband Joe hurt my feelings with some attacking words and a harsh tone. I'm sure that never happens in your relationship (winky face emoji). At the time I thought, "What a load of crap". Additionally, I thought:

- That hurt.
- He's being such a baby.
- I don't deserve to be treated that way.

But I didn't speak those words. I handled the doodoo appropriately.

I let some time pass.



***A time to tear, And a time to sew; A time to keep silence,
And a time to speak (Ecclesiastes 3:7)***

I added other beneficial elements, recalling that Joe's stressed too. He's such a hard worker. He really is generous and generally kind.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. (Philippians 4:8)

Eventually, I did convey that I was feeling disconnected and wounded. I suggested that I would like to carve out some restful, quality time together. My husband is my favorite person in the world, but our recent conflict did hurt. The vulnerable, trusting, and calm conversation that followed actually led to growth, unity, compassion, and a stronger marriage. Yucky stuff can render marital prosperity; it all depends on how it is processed.

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. (Ephesians 4:31-32)

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