

# COUPLES RETREAT

JULY 10, 2019

Take **ACT**ion at Couples Retreat

## 12 Traits of A Healthy Marriage

- **Lifelong Commitment** - Lifetime commitment is an understanding that marriage is created by God and meant to be permanent.
- **Spiritual Intimacy** - Couples who have the best chance of going the distance in marriage are those who regard Jesus as Lord of their relationship and the unseen Ruler and Master of their home.
- **Communication** - The best research indicates that healthy marriages are always built around a solid core of open, honest, and empathetic person-to-person dialogue.
- **Manage Conflict Well** - Healthy couples deal with issues right away, and show compassion in conflict. They are willing to talk about difficult topics, try to understand each other's point of view, and forgive each other after a disagreement.
- **Cherish Your Spouse** - Couples who nourish each other put love into action. They sacrifice by putting each other's needs above their own.
- **Nourish Your Spouse** - Nourishing is all about edifying or building up. It's a question of helping your spouse achieve his or her God-given potential.
- **Spend Time Together** - Thriving couples build strong friendship by continuing to date. A healthy marriage has a good mixture of independence and togetherness, and happy couples are intentional about building their lives on a foundation of common values, interests, and goals.
- **Physical Intimacy** - Mutually satisfying physical intimacy involves the recognition that sex is God's gift to a married couple.

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## Couples Retreat at The Inn at Morro Bay

Take a deep breath and relax. Savor the rejuvenating ambiance of California's Central Coast. You've just found paradise. Surrounded by 4,000 acres of rugged woodlands overlooking Morro Bay and the Pacific Ocean, this newly renovated hotel is a serene destination for your coastal getaway. Walk along the sand, tour historic sites, or simply exhale and be. Delight in a stunning waterfront location and discover one of the most iconic hotels in Morro Bay.



## 12 Traits of A Healthy Marriage

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- **Shared Responsibility** - sharing responsibility means being on the same team. Thriving couples recognize their unique God-given roles and abilities and work together to manage everyday responsibilities.
- **Cope With Challenges** - Healthy couples prepare for hard times and work together to overcome difficulties. They trust God, lean on each other, and are willing to seek help when they need it.
- **Healthy Individuals** - Thriving couples focus on how they can each be a better spouse while continuing to grow spiritually, emotionally, physically, and mentally as individuals.
- **Community Minded** - Thriving couples spend time with people who want to see their marriage succeed, and they have positive examples of marriage in their lives.

(Focus On the Family - Dr Greg and Erin Smalley, [focusonthefamily.com](http://focusonthefamily.com) , Healthy



## Meet Your Directors

Greetings to all our COGOP church families and friends in California. Our names are Tom and Rita Horton and we are Couples Retreat Directors for the State of California. We have been married for 38 years and parents to four adult children and six grand daughters. We pastor Crossroads Community Church|COGOP in Lompoc and blessed to serve our church and the greater community for over 12 years. We're excited to serve in this capacity and looking forward to many great things ahead for Couples Retreat Ministry. Thank you and God bless you.

## Take ACTion at Couples Retreat

Couples Retreat is unique in that its' sole purpose is to provide quality solitude time for married couples to rediscover, reconnect and reignite some of the things that brought them together from the beginning. We've found an idyllic location with great amenities right at your fingertips. And, each break out session is specifically aimed at helping couples strengthen their marriage and family.

Dr. Greg Smalley says that, "Healthy couples believe marriage is permanent, they look forward to their future together and they love each other and invest in their relationship. In strong marriages, couples expect to face challenges and are willing to do whatever it takes to make their marriage work." So, just how is this played out in everyday life? It's through **A**ccountability, **C**ommunication and meaningful **T**ouch. It's time to take **ACT**ion! Come and experience what we expect to be a great Couples Retreat 2019.

for this cause two shall be one...

Save  
the  
Date

Nov. 1<sup>st</sup> -3<sup>rd</sup> 2019

California Couples Retreat

INN AT MORRO BAY

\$329.00 PER COUPLE

SPACE IS LIMITED!...REGISTER TODAY!