

# COUPLES RETREAT

AUGUST 10, 2019

Take **ACT**ion at Couples Retreat

## Improving Communication in Your Marriage

Perhaps most are familiar with this best seller book written by American author and relationship counselor John Gray "Men Are From Mars, Women Are From Venus." This book's essence is that men and women are different and therefore communicate in different ways. Dah! It makes a lot of sense when you think about it right?

In Genesis 2:18 the Bible records "Then the Lord God said...I will make a helper who is just right for him." To really get the correct understanding of this word "helper", we must look at the word in its original Hebrew meaning.

In Hebrew, the word for "helper" used in Genesis 2:18 and 20 is ezer (pronounced "ay-zer"), and it is always used in the Old Testament concerning powerful acts of rescue and support. They were uniquely different, but also uniquely created to compliment and support each other.

So, how can we meet the challenge our differences with better communication? Here are some suggestions from an article, "Enhancing Positive Communication", on the Focus on the Family web page that can help.

- **Vive la difference!** - Whatever your differences, you need to do more than grudgingly face up to them. You need to celebrate the lights, darks, and contrasting colors that make up the blended one flesh union you call "us." Positive communication makes this possible.

(continued on page 2)



## 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.



## Improving Communication in Your Marriage

(continued from page 1)

- **Enjoy the journey** - Real communication is a journey- it's about walking humbly with each other and with God (Micah 6:8). And the journey is more important than the destination.
- **More than words** - Heart talk tries to go deeper. It's concerned with the relationship and driven by feelings and a desire for understanding.
- **Stay curious** - Husband and wives who stick together are good students of each other. They learn to ask questions instead of passing judgment. Rather than lashing out in anger when a spouse behaves inexplicable, they know how to say, "Tell me what you're thinking" or "Help me understand why you reacted that way in that situation." These couples feel an openness to share with each other on a heart-to-heart level. Not only are they comfortable talking about both facts and feelings, but they prioritize communication and schedule regular time to connect.



## A Message From Your Directors

Greetings COGOP family and friends. The response to this years Couples Retreat has been amazing! We have filled our capacity and have closed registration. Next year we will increase our capacity to accommodate even more of our couples. The retreat will be here before we know it, so get ready! We are expecting God to renew and refresh all the couples that attend. We'll see you there.

## What is Your Love Language?

You love each other, right? So why does it feel like you're not on the same page? The most common issue in any relationship is the communication barrier. Everyone experiences love differently, and it's easy to miss the mark when it comes to showing that you care. Learn to identify the root of your conflicts, give and receive love in more meaningful ways, and grow closer than ever. In his book, *The 5 Love Languages*, Dr. Gary Chapman these five love languages.

1. **Words of Affirmation** - This person uses words to affirm others.
2. **Acts of Service** - For this person, actions speak louder than words.
3. **Receiving Gifts** - For some people, what makes them feel most loved is to receive a gift.
4. **Quality Time** - This language is all about giving the other person your attention.
5. **Physical Touch** - To this person, nothing speaks more deeply than appropriate touch.

Understanding these 5 love languages can change the effectiveness of how you communicate in your marriage. You can learn more by visiting [www.5lovelanguages.com](http://www.5lovelanguages.com).

