

COUPLES RETREAT

OCTOBER 2022

CALIFORNIA

Financial Stressors That Can Lead To Arguments



There's no secret that the dollar isn't stretching as far as we'd like it, right!? In the face of economic down turns, gas prices, and grocery bills, is there is anything you can do? Yes, there is and here's a few to get you started. STOP the following...

1. Living above your means, struggling with spending habits, and they don't agree about tithing either.
2. Living without financial margins. Savings? Do you have enough to cover one month of living expenses or endure life's storms and economic challenges?
3. Living with the wrong attitude. Often money becomes an identity.

To read more on this important topic that plagues many marriages go here — focusonthefamily.com

A Word from the Directors



We see the hurt and disappointment that couples are having in their marriages. There's a better way! There is hope! Reconciliation can be achieved with

the proper guidance and if needed professional Christian counseling. So, start with your Pastors. They have been sent to your local church for you. Lastly, whatever you do... DON'T give up and please DON'T wait until the last minute... reach out today.

Enjoy Life Again

Enjoying life and laughing together again as a couple is important after experiencing a hard season together.



Try these...

Laugh Together.

- Intentionally begin to look for the funny side of life.
- Put some fun back into your relationship.

List Things You Enjoy Doing Together

- Playing cards or board games.
- Go antiquing, hiking, or dinner together.

Dream Together

- Day trip? Where would we go? And, what would we do?
- What's one thing you're looking forward to over the next year?

Explore

- When it comes to having fun together am I willing to give it a try goes a long way.



The joy of the Lord is my strength

Nehemiah 8:10