“COUPLES DAY”

Binhi sang Pagtuo

February 17, 2014

Dear Friends,

Greetings!

Most churches that I know celebrated "Renewal or Reaffirmation of Wedding Vows" on the month of February. This is a good practice that should be replicated.

Here is my message during the "Couples Night Fellowship", an acrostic of COUPLE:

C - Communicate to build and not to destroy

Our words have the power to influence our partners either in a good way or bad.

Let us remember two things:

1. Look for solutions and not problems.
2. Never intentionally say words that will hurt your partner.

O – Offer yourselves to God and mission and you will become closer to your partner

Ken Graves shared a triple M formula – Master, Mission, Mate in a book with that title.
The principle is that as you grow closer to God our Master, and do our mission, we will grow closer to our Mate, our partner.

U – Understand that we are human and that we need to forgive each other

To be human is to make mistakes, and mistakes are an important part of life.

If we make mistakes, then we should learn how to forgive. Learn to forgive yourself and then you can forgive your partner.

Ruchi Koval said, “Make yourself an easy person to apologize to.”

P – Prepare to do the little things.

We oftentimes think on how to solve big problems – like achieving world peace or solving the graft and corruption of the country. But solving these big things start from small beginnings.

Let us go back to doing simple things. Try to think of a simple gesture for your partner everyday then do it.

L – Learn from other couples.

Our marriage is our primary relationship but not our only relationship.

Let us find couples who are happy and ask them on how to improve our relationships.

E – Explore new things.
Try something new. It will certainly give flavor to our relationships. It can be eating in a new restaurant, going somewhere or having a new haircut.

May God bless us all!

Sincerely,

Rev. Francis Neil G. Jalando-on