

Have you had a marriage check up lately? Like many of you, I have my teeth cleaned at the dentist office twice a year, I have an annual physical each year at my doctor's office, and I try to keep up with preventative maintenance by doing the doctor recommended tests and screenings. But what about our marriages? How often do we take the time to check up on how healthy they are? Do you have regular times of conversation with your spouse in which you develop long-range family planning, evaluate strengths and growth areas, and share feelings and dreams? If you do not take the time to work on your marriage and do the preventative maintenance, a lot of things can go wrong. Pastor Rob Rienow explains that there are a lot of things riding on your marriage. One of them is the very foundation of our nation. That seems like a stretch, but Rienow eloquently explains the connection in a short video titled "**Marriage and the Great Commission.**" <https://vimeo.com/189164482> I encourage you to watch it.

Rienow and his wife Amy are the founders of **Visionary Family Ministries**. Check out their website: <https://visionaryfam.com>. By the way, there are several videos and podcasts here on topics ranging from parenting to empty nesters. The practical, biblical advice is extremely helpful.

There are, of course, other ways to maintain a healthy marriage. Our Savior Lutheran offered a February marriage class on Sunday mornings in the 8th grade classroom. Topics included communication, conflict resolution, demonstrating love, and forgiveness.

Want to try a practical marriage check up? Take the **Prepare/Enrich Marriage Assessment**. It is a marital survey that helps couples recognize their relationship strengths as well as any potential growth areas. I would be happy to sit down and help facilitate that assessment. It really is a useful tool for couples to use every few years in order to help evaluate their marriage and celebrate successes while evaluating those potential changes that may need to be made. As a Prepare/Enrich facilitator I can objectively view the results and offer suggestions and conversation that will open the necessary dialogue between husbands and wives. The cost is \$35, and that is a small investment to make in such an important part of your life.

If you are interested in helping lead a small group marriage class, taking a Prepare/Enrich assessment, or have suggestions for other ways OSL can assist couples, let's talk!

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