



HELLO

Winter

JAMESTOWNFIRSTASSEMBLY

Quarterly News Edition

DECEMBER | JANUARY | FEBRUARY

2024-2025

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HAPPY
New Year!
2025



PEACE, HOPE & JOY

Save the Date

12/1 Communion Sunday-
Emerge Yth STL Banquet

12/07 Kids Konnect Dress
Rehearsal -Kids Choir

12/08 Kid Min Christmas
Program

12/12 Deacon Meeting

12/14 Wiedenmeyer's Open
House

12/15 Jamestown Community
Choir

12/18 Christmas Parties for Kids
& Yth

12/24 Christmas Eve Service

12/25 Christmas Day-Office
Closed

1/5-11 Week of Prayer

01/11 Emerge Yth Sledding

01/13 Deacon Meeting

01/16 Sectional Council

01/24 KK Game & Movie
Night

01/20 CYA Bowling

02/02 Emerge Yth Eatery

02/7-8 Nerf-Lock In

02/09 Super Bowl Sunday

02/20-22 Men's Conference-
Lakewood Bible
Camp

LIFE IN REVIEW

Sometimes we get in a rut, become slothful and lose our passion. In the workplace many employers will do an annual review to shore up any lack of focus or to reinvigorate purpose, practices and passion for the job. In like manner, we should consider doing a life review by asking, "are we accomplishing with our life all that God has intended for us? Have we become spiritual slothful or apathetic to the presence and will of God. Are we as passionate for the Lord as we once were?"

Now you may be a hard worker, and I don't doubt that for a minute, after all North Dakotans are known for their hard work ethic. We pride ourselves that we are good workers - we are conscientious workers - but are we lazy spiritually? We are not reading the Bible. We are not really serving God with our heart. We are going through the motions, the rituals but we are tired. Joy is alluding us, and we feel life is quite mundane, routine and meaningless. Why? Because, maybe, like many, we are busy vocationally but sluggish spiritually.

Maybe for a long time now, your intentions never get translated into actions. That is a typical sign of that something has slid or drifted ~ you don't get started. Or maybe today you say "I want to read the Bible more. I want to pray more. And I've started that before but now I have slipped off." Another sign of that something has slid is that you get started but it doesn't get continued. You quit it half-way. Maybe today you are serving the Lord. You are helping in the kid's ministries. You are doing ministry for the kingdom, but you are going through the motions. Your heart is not there. You have no passion for what you are supposed to do. Those are the signs that you have stalled out, this can happen in anyone's life. Do you want to live a life like that? No, of course not! All of us recognize that Christian living is to be higher than that. We are not to be apathetic. We are to be a people fired up for God. You say then "how can we get there?" "How can we be a people passionate for the service of our King?"

Have you heard about the traffic jam year ago in China that reached 60 miles long and lasted more than two weeks?

Instead of hustling down the highway, cars came to a crawl and in some places, no vehicles were moving at all. Some drivers had given up and started playing cards with other stalled citizens and a few have just gotten out of their vehicles and taken naps on the pavement. Likewise, some Christians have stalled out and have either become spiritually sleepy or taken to just playing games. Are you spiritually stuck today? Are you in a spiritual standstill? Do you wonder where all your passion has gone? The Lord does want us to be productive with His will for our lives.

So, being a spiritual slacker is not really an option for us. Just ask the folks at Ephesus from the book of Revelation. Revelation 2:2-5 (NIV) "*I know your deeds, your hard work and your perseverance. I know that you cannot tolerate wicked people, that you have tested those who claim to be apostles but are not, and have found them false.*"³ *You have persevered and have endured hardships for my name, and have not grown weary.*"⁴ *Yet I hold this against you: You have forsaken the love you had at first.*"⁵ *Consider how far you have fallen! Repent and do the things you did at first. If you do not repent, I will come to you and remove your lampstand from its place."*

Has your love for the Lord cooled, drifted, or diminished your love for the Lord in any way? Are we just checking boxes and going through the motions with no passion? Or are we fervent will zeal in our pursuit of the Lord? Many of us are way too passive either because we no longer care or maybe we think that somehow we'll just become this super Christian with the passing of time

This idea of passivity has crashed into our pop culture as well. Google's CEO Eric Schmidt, years ago in an interview with the Wall Street Journal, predicted that in the future, Google will know so much about its users that the search engine will be able to help them plan their lives. Using profiles of its customers and tracking their locations through their smart phones, it will be able to

provide live updates on their surroundings and inform them of tasks they need to do. Here's what Schmidt said, *"I actually think most people don't want Google to answer their questions. They want Google to tell them what they should be doing next."* Wowzer, that is pretty passive living.

Wayne Cordeiro, made a statement that I haven't been able to shake and I hope it sticks with you as well: *"Life will not give you what you want, neither will it give you what you think you deserve, life will give you what you're willing to settle for."* He went on to illustrate this point by telling the following story...

A college freshman named Smitty became the field goal kicker for the football team. At the end of a game he was called on to go in and kick a game-winning field goal but Smitty wanted to make his mark so he changed plays in the huddle. The ball was hiked directly to him and he started running and was clobbered and fumbled the ball. The ball was picked up and the opposing player started running toward the other end zone. The other players couldn't catch him and then out of nowhere someone starting gaining ground on him. He was running like a streak of lightning. It was Smitty! He caught up to the other player and tackled him before he could score.

The assistant turned to the head coach and remarked, *"Did you know Smitty had wheels like that? He beat our best athletes and made the tackle!"* The head coach replied, *"I'll tell you why. The other guys were running because they were supposed to. Smitty was running because his life depended on it."*

Friends, you and I must live like our life depended on it. And we must live wholeheartedly for Christ because the lives of others depend on it.

I've been contemplating something for quite some time, and I want to address it in this article. I think in general sense, though certainly not across the board, many have lost some of their passion for the Lord. Now, if my assessment is correct, then many of us have lost our zeal.

So, I want to propose that if you know that you lack, and you want to get back, then you can't slack.

If you think about passion and zeal and fervor, there are some characters in the Bible that we can learn from. In Joshua 14 we have this old man. He is 85 years old. And he is a man on fire for God. 85 years old, living in a time when most people lived till 70. But he lived till 85 and at the age of 85, he said *"let me have this mountain. I want to go out for war. I want to claim this mountain for myself because God promised it to me."* And you know who his enemies were? His enemies were giants. Huge giants. And he says, *"I am 85 but I want to go out to war and take what the Lord has for me."* Anybody knows who this man is? 85 years old, fighting against giants, claiming the mountain even when he is past retirement age? Who's this guy? What's his name? Caleb! Yes, Caleb. Caleb was a man full of fire and zeal. Another man I can think of full of fire and zeal is Elijah. Elijah, the Bible tells us, prayed earnestly and fervently. His prayer life was not that of a sloth. His prayer life was all fired up. Another man I can think of with passion in his soul is the Apostle Paul. The Bible tells us Paul says (Philippians 3) *"I press towards the mark. I stretch out. I'm always laboring, I'm toiling. I labor more than the apostles because of the grace of God that is working in me."* Here is a man who did not live a sloth like life but a man who was all fired up.

In Revelation it talks about the people of Laodicea that had drifted in their fervor for the Lord. In Revelation 3:15-16 (NIV) *I know your deeds, that you are neither cold nor hot. I wish you were either one or the other! So, because you are lukewarm—neither hot nor cold—I am about to spit you out of my mouth.* Is our heart divided as theirs was? Have there been days before you were on fire for the Lord and now the flame is only a flicker?

The Bible says in Romans 12:11 (NIV) *"Never be lacking in zeal, but keep your spiritual fervor, serving the Lord."*

How does the Lord want us to live? Maybe it is time for a life review. What will it take for you to get your zeal, fervor and passion for the Lord back? Commit it to the Lord and then go for it!

Sincerely,

Jeff Wiedenmeyer

Lead Pastor Jamestown First Assembly





GROWGROUPS



COLLEGE & YOUNG ADULTS GROW GROUP

Tuesdays 7:00 PM

**Leader: Pastor Shawn
& Cami**

701-269-7778

1122 11th Ave. S.E.
Jamestown



CHILDREN'S WORKERS GROW GROUP

Mondays 6:30 PM

**Leader: Pastor Zach
& Karen**

701-269-4454

509 2nd Ave. N.W.
Jamestown



COUPLES GROW GROUP

Wednesday 6:30PM

**Leader: Joe & LeAnn
Beckstrand**

701-269-9662

Host: Gordy & Marva
Entzminger
1116 Western Park Village,
Jamestown



MEN'S GROW GROUP

Wednesday 6:30PM

Leader: Pastor Jeff

701-252-4092

Jamestown First Assembly



WOMEN'S GROW GROUP

Wednesday 6:30PM

Leader: Pastor Tamra

701-252-4092

Jamestown First
Assembly



MEN & WOMEN'S GROW GROUP

Wednesday 6:30PM

Leader: Curt Hill

Host: Monte & Connie
Morast

510 8th Ave. SW
Jamestown



Sunday, December 1st-

**Emerge Yth "Speed the Light Banquet"-
Festive Turkey Dinner—6PM**

Sunday, December 8th

**Little Sparks & Kids Konnect Musical-
"The Power of the King" - 6PM**

Saturday, December 14th-

**Wiedenmeyer's Open House- 12:30-3:30 pm
Come and go as you wish!**

Sunday, December 15th-

Jamestown Community Choir Concert-6PM

Sunday, December 22nd -

Christmas Message

Tuesday, December 24th

Christmas Eve Service by Candlelight, 4PM



Wiedenmeyer's **OPEN HOUSE 2024**

*Saturday, December 14th—
12:30-3:30pm*

217 19th Ave. NE, Jamestown

Food >Fun> Fellowship



**Jamestown Community
Choir**

Concert

**Sunday, December 15th,
6pm**



YOU ARE INVITED TO OUR

Christmas
Eve Service

DECEMBER 24TH, 2024

4:00 PM



KIDZ KONNECT WINTER NEWSLETTER

DECEMBER, JANUARY, FEBRUARY

Kidz Konnect Recap

Wednesday Night

At the beginning of the fall, we began our Wednesday night program called Kids on Trak. We have been having a blast diving deep into God's Word together.

BGMC Game Night

We had fun eating s'mores and playing board games. We also introduced the new BGMC Trading card game with the kids.

Harvest Party

This year's Harvest Party was a hit! We loved seeing everyone! Families had a great time playing games, earning candy, and eating delicious soup! We even had a special guest show up, Dr. Possible, in our story room!

KIDS ON TRAK



December

- Dec. 1: Christmas Musical Dress Rehearsal @ 12:30pm
- Dec. 7: Christmas Musical Dress Rehearsal @ 10am followed by a pizza Lunch
- Dec. 8: Christmas Musical performance @6pm
- Dec. 18: Christmas Party @6:30pm



January

- Jan 24: Kidz Konnect Game and Movie Night @ 6:30pm



February

- Feb. 7-8: Nerf Lock-In @ 6pm-10am



EMERGE YOUTH



STL BANQUET

TIS THE SEASON AS WE MAKE OUR FINAL PUSH TOWARDS OUR \$20,000 SPEED THE LIGHT GOAL! WOULD YOU JOIN US FOR A NIGHT OF FOOD AND FUN AS WE SERVE A THREE COURSE MEAL, RECAP THE YEAR, AND HAND OUT OUR YOUTH GROUP AWARDS! THERE WILL BE A SPEED THE LIGHT OFFERING TAKEN AT THE END OF THE NIGHT. WE ARE SO CLOSE TO OUR GOAL!

EMERGE YOUTH GIFT EXCHANGE

ON DECEMBER 11TH WE WILL BE DOING A GIFT EXCHANGE AS WE BEGIN TO WRAP UP 2024! EACH STUDENT MUST BRING A GIFT IN ORDER TO PARTICIPATE IN THE EXCHANGE. THE LIMIT FOR EACH GIFT IS \$10! WE WILL PUT EACH GIFT UNDER THE TREE SET UP IN THE SLATER CENTER!

EMERGE YOUTH SNOW DAY

WE WILL BE MEETING UP AT THE BUNKER FOR SLEDDING AT 10AM ON JANUARY 11TH! PARENTS, YOU ARE WELCOME TO JOIN US FOR THIS FUN MORNING OF SLEDDING! FROM THERE WE WILL GO TO THE SLATER CENTER TO ENJOY HOT COCOA AND A FUN CHRISTMAS MOVIE!

SUPERBOWL PARTY

JOIN US FOR THE BIG GAME ON FEBRUARY 9TH FROM 5PM-9PM AT THE SLATER CENTER! WE WILL HAVE OUR SNACK SHACK OPEN WITH ALL SORTS OF GOODIES AND DRINKS AVAILABLE FOR PURCHASE!

WINTER NEWSLETTER

C-YA WINTER NEWSLETTER

**BOWLING NIGHT:
LETS GET BACK
INTO COMMUNITY
AFTER OUR
WINTER BREAK
WITH A FUN NIGHT
OF BOWLING! JOIN
US AT BUFFALO
LANES AT 6:30PM
ON JANURAY
20TH**

**SUPERBOWL PARTY:
JOIN US AND THE
YOUTH GROUP ON
FEBRUARY 9TH
FROM 5-9PM AT THE
SLATER CENTER!**



JOIN US FOR THE...

Week of Prayer

ROMANS 12:12

"Be joyful in hope, patient in affliction,
faithful in prayer"

JANUARY 5-11, 6:30 PM

Jamestown First Assembly



Bob and Jennifer Frith

MISSIONARIES TO URUGUAY



September, 2024

When you take the time to invest in someone, you never know what God will do with their life.

In 1995, we hosted an intensive discipleship camp in our home to prepare for the plant of Cordón Christian Center, which would eventually become the largest Assemblies of God church in the country of Uruguay. At that time, we had eight Bible college students living with us, who would serve as the nucleus of the team that would help us launch the new church.



Church Plant Team,
Yenny, top row right
January, 1996

One of those students was Yenny Peralta, an 18 year-old who had not yet graduated from high school. Within the first few years of the church plant, Yenny demonstrated administrative talents and quickly emerged as our youth pastor, a ministry role she continues to fulfill today at Abundant Life, the church we planted and presently pastor.

In time, Yenny met Adrian, a young man who was serving as our church drummer, and they married in 2000. Both were from homes in which the father had abandoned the family, and over the years we unofficially adopted them into our family. They now have two boys, Lucas and Joaquín, who are both very talented and active in ministry in Abundant Life.

After graduating from Bible School, Yenny went back to finish high school, studied psychology in the national university, and will become a licensed counselor by the end of this year.

In addition to youth ministry and counseling, however, something that has always been close to Yenny's heart is world missions. She has been actively involved on the local and district level for many years, and in 2022 she was elected as Vice President of the Uruguayan World Missions Department. Two months ago, she was ordained, and in that same month was named as the President (Executive Director) of Uruguayan World Missions. We ask that you pray for Yenny as she steps into this exciting and challenging new role.

When we first met Yenny almost thirty years ago, we had no idea of all that God had in store for her life. But when you take the time to invest in someone, the impact can be more far-reaching than you could have ever imagined!

Bob and Jennifer



Adrián, Yenny,
Lucas and Joaquín
August, 2024



Birthdays & Anniversaries....

December| January| February

Birthdays....

Benaiah Johnson	12/01
Terry Entzminger	12/05
Darrell Losing	12/06
Kelsey Mittleider	12/14
David Sutherland	12/14
Nathan Johnson	12/16
Jeff Wiedenmeyer	12/21
Sara Meza	12/28
Fran Geisler	01/04
John Jones	01/04
Keith Veil	01/10
Carol Elhard	01/15
Rob Carlson	01/17
Monte Morast	01/17
Matt Meza	01/18
Valerie Hill	01/23
Faith Sutherland	01/31
Ken Halvorson	02/05
Katie Ringer	02/12
Tyler Halvorson	02/17
Holly Nicholson	02/27

Anniversaries...

Matt & Christie Meza	12/17
John & Gemma Schaller	01/27
Justin & Lindsay Hoff	02/12
Nathan & April Johnson	02/17



December 2024

JAMESTOWNFIRSTASSEMBLY

1720 8TH Ave SW

www.ourheartispeople.com

phone: 701-252-4092

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9am Worship practice— Communion-Pastor Jeff 10:30am 12:30pm Dress Rehearsal Kids Musical 6pm-STL Banquet 2:30pm African Prayr	2 Grow Groups	3	4 7 am Deacon Prayer 6:30 pm Ladies GG 6:30 pm Men's GG 6:30 pm Kids On Trak 6:30 pm Youth Church Grow Groups	5	6	7 Christmas Musical Dress Rehearsal
8 9am Worship practice Pastor Jeff 10:30am 2:30pm African Prayer Kid Min Christmas Program @ 6pm	9 Grow Groups	10	11 7 am Deacon Prayer 6:30 pm Ladies GG 6:30 pm Men's GG 6:30 pm Kids On Trak 6:30 pm Emerge Yth Gift exchange Grow Groups	12 6pm Deacon Mtg.	13	14 Wiedenmeyer Open House 12:30-3:30pm
15 9am Worship practice Pastor Jeff 10:30am 2:30pm African Prayer 6pm Jamestown Community Choir	16 Grow Groups	17	18 7 am Deacon Prayer 6:30 pm Ladies GG 6:30 pm Men's GG 6:30 pm Kids On Trak 6:30 pm Youth Church Grow Groups- Christmas Parties	19	20	21
22 9am Worship practice Pastor Jeff 10:30am 2:30pm African Prayer	23	24 Christmas Eve Service 4pm	25 Christmas Day- Office Closed	26	27	28
29 9am Worship practice Pastor Shawn 10:30am 2:30pm African Prayer	30	31 New Years Eve-games nights				

~ **Sunday** ~ Worship Practice

9:00 am

10:00 a.m. Prayer

10:15am Greeting & Coffee

10:30 a.m. Morning Worship

Kidz Connect & Nursery

Mondays~

CYA Grow Group

Tuesday ~

7 p.m.

Grow Groups meeting at various locations

For more info contact 252-4092

Wednesday~

7 am Deacon Prayer at the church

6:30 p.m.

Ladies Evening Break GG

Men's Bible GG

Kids On Trak

5pm -6:30 pm service/Emerge Yth at Slater Center

Grow Groups meeting at various locations

January 2025

JAMESTOWNFIRSTASSEMBLY

1720 8TH Ave SW

www.ourheartispeople.com

phone: 701-252-4092

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 No wed. nigh classes	2 School Resumes	3	4
5 9am Worship practice 10:30am Pastor Jeff 2:30 pm African Prayer	6	7	8 7 am Deacon Prayer /JEFA 6:30 pm Ladies GG 6:30 pm Men's GG 6:30 pm Kids On Trak 6:30 pm Emerge Youth	9	10	11 Emerge Yth Sled-ding
Week of Prayer						
129am Worship-practice 10:30am Pastor Jeff BGMC Sunday 2:30pm African Prayer	13 Grow Group	14 Grow Group	15 7 am Deacon Prayer 6:30 pm Kidz On Trak 6:30 pm Ladies GG 6:30 Men's GG 6:30 pm Emerge Youth Grow Groups	16 Sectional Council	17	18
19 9am Worship Practice 10:30am Pastor Jeff 2:30pm African Prayer	20 CYA Bowling Grow Group	21 Grow Group	22 7 am Deacon Prayer 6:30 pm Kids On Trak 6:30 pm Ladies GG 6:30 Men's GG 6:30 pm Emerge Youth 2pm Ava Maria Grow Groups	23	24 Kids Konnect Game & Movie Night 6:30pm	25
26 9am Worship Practice Pastor Jeff 10:30am National Pie Day & 2pm Ava Maria 2:30pm African Prayer	27 Grow Group	28 Grow Group	29 7 am Deacon Prayer 6:30 pm Kids On Trak 6:30 pm Ladies GG 6:30 Men's GG 6:30 pm Emerge Youth Alive Team—TBC	30	31	

~ Sunday ~ Worship Practice
9:00 am

10:00 a.m. Prayer
10:15am Greeting & Coffee
10:30 a.m. Morning Worship
Kidz Konnect & Nursery

Mondays ~ Kids Workers

Grow Group
7

Tuesday~ CYA Grow Group

Wednesday~

7 am Deacon Prayer at the church

6:30 p.m.
Ladies GG
Men's GG
Kids On Trak
5pm -6:30 pm service/Emerge Yth at Slater Center

Grow Groups meeting at various locations
For more info contact 252-4092



3 steps to make your marriage better...

We all been there. Something in our marriage needs attention, and we want to do something about it.

But ... what?

Maybe we've been in a generally good place, but we can tell that issues are creeping up on us. Or maybe we're stuck in a "just okay" place (or worse), and that's *not* what we signed up for. After all, we stood dreamy-eyed at the altar, imagining the "for better" part of our vows, *not* holding a laundry list of all the things that needed to change. (If we did the latter, that's a whole different blog series!)

Thankfully, there's good news. Yes, "for worse" will arise from time to time in any marriage between two imperfect people. But in more than 20 years of research I've seen that there are almost *always* steps we can take to move our marriages toward the delight and connection that God created marriages to enjoy.* The question, of course, is HOW?

In this Part 1, we'll look at the key steps to begin any change process. Brian Goins and I dive into this in the so I hope you'll listen! Then next week, in Part 2, we will tackle the first secret covered in the podcast – one of the most important habits for changing a marriage from good to great (and three steps you can take to reinforce that habit).

So let's jump in today, with the first three steps that will help you begin powerful, positive change in your marriage.

Step #1: Learn from the "pros."

If you are on the varsity basketball or volleyball team, and you want to go from good to great, what do you do? As my podcast co-host Brian Goins rather hilariously put it in you don't put a poster of Michael Brock or Megan Hollister on your bedroom wall. Who are Michael and Megan? Well, they are the best players on your varsity team, of course!

Instead, you put up a poster of a great NBA player, and practice mimicking his stance for free throws. You watch the perfect jump and spikes of the top women's Olympic volleyball athletes and try the same thing over and over.

To head toward change in marriage, we have to know where we want to go! So, identify a few "Olympic greats" in your life and begin to study them. Ask them questions. What do they do differently? "Pro" couples tend to have really good road maps.

Here's the key: Learning from the "pros" is a completely different way of approaching change, and addressing the areas of your marriage that need attention. There's nothing wrong with the usual pattern of trying to fix things by unearthing and examining problems. But if that's all we look at, we're only looking at the problems! If you want to look like Jesus, you study Jesus, not the Pharisees.

One of THE most important shifts toward change for the better, is to know what works to change marriages for the better! For example, our research for shows that the happiest couples don't expect things their spouse can't deliver (episode 7 of the podcast) and contrary to conventional wisdom they do "keep score" – they just do it completely differently (episode 5).

Yes, very real hurts may have happened in your marriage. If you need to dig into those things to address them and move forward, then do so! But the *only* way to actually move forward is to ensure you don't get stuck in a cycle of blame or regret. We must ask: What do we want to do differently? One couple in the research told me that their journey from troubled to terrific happened when they decided, "We need to start *creating* the marriage we want. At some point we've got to stop focusing on the past."

Step #2: Do the little "pro" habits *consistently*.

Often, in marriage, we look for a magic bullet that will solve everything. When I was working on , my staff director's pastor, Mo Huggins, reminded me of something profound:

"It is not about doing the amazing things occasionally, but the simple things consistently."

My research for bears this out. In fact, it's where the tag phrase for our entire ministry was born: we are all about the little things that make a big difference.

Regular blog readers will already be aware of some of the most simple but powerful actions that will help you pull this off. But I'm repeating two powerhouse actions here, for men and women who haven't heard them yet:

Wives: Look for things your man does and sincerely say "thank you." Even better, say you "did a great job at _____." Statistically, this is a powerhouse emotional statement for most men.

Husbands: Do little things during the day that tell your wife you love her. For example, take your wife's hand when you're walking into the restaurant. Or text her just because you're thinking about her. Statistically, this is a powerhouse emotional statement for most women.

If the above examples don't apply to you and your spouse, find what does and be intentional about those statements and actions.

As my husband Jeff and I often say from the stage, we have to remember that it's usually not the big-ticket issues that cause either the wonderful opportunities or the hard heartache in marriage: it's the little day-to-day decisions. Jeff and I always see lightbulbs of hope come on when we share this with couples at marriage events.

Step 3: Give yourselves grace – new "pro" skills may take time to learn!

Some of the habits of the happiest marriages will be things you're already doing! Awesome. Do them more purposefully.

But some will come with an "oof" feeling: *We're going to have to work on that one.*

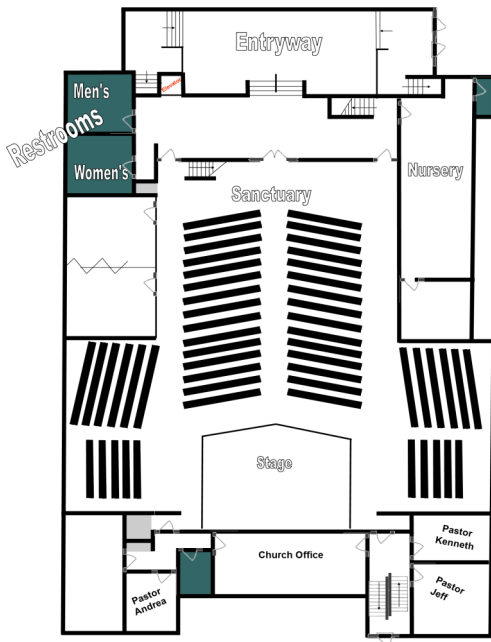
You would never expect to just nail your first few attempts on the office's new engineering design software. You would never *expect* the complicated soufflé to work perfectly the first few times you attempt it. You expect to have to practice and get better at most things.

Same thing in marriage. Yes, you have to practice new habits and skills. But if you persevere, most couples will see change. One key is to plan for the long game, not see it as a short-term strategy. That way, when "stuff happens" – and it will! – you'll be able to resist the urge to throw out the whole plan, *especially* if you've been making progress. (Keep an eye out for an upcoming blog, where I'll dive into other ways to persevere instead of getting discouraged.)

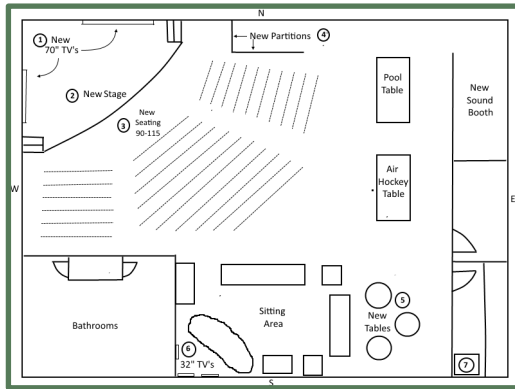


JAMESTOWN FIRST ASSEMBLY

MAIN LEVEL



Slater Center



LOWER LEVEL

