

Who We Are

Background

Calvary Marriage Ministry supports marriages from the beginning and through the trials of life. We offer premarital counseling for those who are seeking to get married; along with marriage enrichment courses, marriage mentorships, and marriage counseling for the different seasons of life. All facilitators and mentors are trained and monitored by the Pastoral Care Team.

Values

Calvary Community Church deeply values the work of the Holy Spirit in the joining, building, and repairing of marriage. The work and life of Jesus are at the center of every element of marriage ministry and all counselors and mentors will use the Word to guide them. We deeply value the need for community and require that all persons seeking care must also be in regular attendance in worship church services and optionally in smaller life or home groups.

Goals

The goal of the marriage ministry at Calvary is to find God's light, purpose, and identity within each person and, within that, allow God to reveal His work and the beauty of His plan. All counseling is short-term and solution-focused and will work to eventually release all couples into other ministries or groups to continue their spiritual growth in community.



Calvary
Community
Church



Care Department:
Marriage Ministry



Come Check Out a Weekend!

Weekend Worship Service Times:

Saturday: 6:00pm

Sunday: 8:00am, 9:30am, and 11:30am

Calvary Community Church

15116 Gary Street East

Sumner, Washington 98390

(253) 863-3352 Ext. 701

WeAreCalvary.com/CalvaryCares

Care@WeAreCalvary.com

Calvary Cares



Scan the QR code to find out more about the different ministries and resources available to enhance and strengthen your marriage.

Communication



"Everyone should be quick to listen, slow to speak and slow to become angry"

John 1:19 NIV

Basic Truths of Communication

1. Communication is not accidental; no marriage can survive without communication, and it takes intentionality to accomplish.
2. Honesty is required for healthy communication, no matter how hard it may seem.
3. The tone of the conversation is often more important than the words said.
4. Great conversations require the right questions, spend time knowing the right questions to ask your spouse.
5. The way in which you greet your spouse before communication will set the stage for the conversation.
6. It is shown that the more you use curse words in your conversations with anyone (including your spouse), the easier it is to show disrespect to your spouse and others.
7. Your vertical relationship and prayer life directly reflects your horizontal communication with your spouse. Treat them both with care, as they are connected!
8. Spend adequate time with your spouse, as intimate conversations cannot be rushed.
9. Healthy and intentional conversations boost your physical intimacy levels and heighten emotional and relational intimacy.
10. Apologize when you are wrong. All of us have sinned and fallen short, you are no exception.

and Conflict Resolution

"A soft answer turns away wrath, but a harsh word stirs up anger." Proverbs 15:1 ESV



What Team Am I On?

One of the most effective ways to redirect negative communication is to remind your partner of which team they are on. In a partnership, you should always be playing on the same team, cheering each other on, and always rooting for your partner to win, even if they make mistakes.

Unfortunately, many times we get into conflict and we start to look at our partner as a player on the other team. Therefore we cheer at their misfortune and are rooting for them to lose.

This creates a toxic environment that makes calling out faults at inappropriate times and shame and guilt the normal.

Luckily, the fix is simple. When you start to feel like your partner is not playing on the same team, just ask that simple question, "What team am I on?". Notice, you are asking about yourself, not your partner. This will give them a quick second to think about what is going on and hopefully redirect their efforts to correct the problem instead of their partner. If they do not redirect, then it is time to take a time out and let things cool down before continuing any conversations.

Six T's of Godly Communication

Tongue

We must be careful with our words to ensure they are not harmful or hurtful. No communication is ever successful with harmful words.

James 3: 1-12; Ephesians 4:29

Temperance

The deportment of our bodies and presence speak louder than words at times.

Proverbs 23:7; Ephesians 4:26-27

Time Out/Time In

Taking a time out to reassess a situation is never a bad idea, just note that every timeout must be called back in within a timely manner.

Proverbs 27:12; Ecclesiastes 3:7b

Tone

The tone in one's voice is critical to convey the context and feeling of a conversation. A harsh tone will create conflict, as a soft tone will calm.

Proverbs 18:6-7; Proverbs 15:1

Transparency

With all communication, we must strive to have complete transparency, especially with our partners. Without complete transparency, communication falls apart.

James 5:16; Proverbs 27:5-6

Timing

The timing of a conversation is one of the most critical elements to ensure that one can speak and is able to be heard. When conversations start at times when there is not enough margin to complete the topic, items get left unresolved and are likely to not be brought up again until the next conflict. Utilize the time out tool when these come up and ensure to set a day and time to complete the conversation to ensure that each partner feels valued and heard.

Ecclesiastes 3:1; Proverbs 18:13; James 1: 19-20