

MOSDA Family Life Ministries presents



"The Place"

Dr. Fred Batten, Jr/ Pastor

Couples Surviving this Pandemic Together and Still In

Saturday, July 18th @ 5pm



Rick & Denise Mathis

T.E.A.M. MATHIS LLC
The Education of A Marriage
Certified Marriage Mentors
www.teammathis.org

Registered Premarital
Counseling Source Providers,
Marriage Mentors, Conference
and Retreat Presenters
954-549-3503 / 954-549-9897

-  **Having the best time with your spouse/significant other?**
-  **Creating priceless memories?**
-  **Prayers answered and you're even more inlove?**
-  **You finally have the person you married back?**
-  **Quarantine has been a blessing for us.**

OR

-  **Arguing a lot?**
-  **Don't know how to Effectively Communicate?**
-  **Not liking your spouse/significant other right now?**
-  **Colliding in the same space?**
-  **Simply tired of semi-quarantine with him/her?**

Let's Talk

Moderator
Jackie Vernon-Thompson



Family Life Director



IS YOUR MARRIAGE SURVIVING THE PANDEMIC?

SATURDAY, JULY 18TH, 2020

5:00 P.M. EST

4:00 P.M. CST

Presenters, Rick & Denise Mathis
We don't marry to Intentionally change our spouse,
but through growing in oneness, we are changed Intentionally.

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INTRODUCTION

Rick and Denise Mathis consider themselves to be extremely blessed to have been married for over 43 years, they're still experiencing an ultimate love union and looking forward to a couple of forever's together. They have been involved in the ministry of Family Life for over 30 years, serving as leaders in various capacities.

God has given Rick & Denise a gift and a passion for the health and welfare of the total family. They are Registered /Certified Premarital Counselors, Marriage Mentors and Retreat & Conference Presenters. November of last year, they celebrated forty-three years of marriage, it gives them many years of knowledge and experience in teaching couples and families to communicate effectively, resolve conflicts, manage family finances and share with couples' tools for effective parenting. They've lived in Florida their entire lives, but In November of 2017, they relocated to New Market, AL where they are adjusting to country living, experiencing seasons and real winters. They value and continue to enjoy many strong relationships with family and friends in Florida as they continue conducting workshops, retreats and seminars for various churches and organizations. Their Premarital Counseling, Marriage Mentoring courses continue in Alabama, along with Retreat & Conference Presenters.

Our forty-three years has allowed them the opportunity to work closer as a team and that has been one of their strengths and thus the name, T.E.A.M. Mathis - The Education of A Marriage has been chosen as their Brand name. One of their goals is to help couples understand that there is true happiness in marriage by following the "Blueprint" God has provided each married couple.

Together they enjoy spending time together, traveling, spending time with family, dining out, walking and swimming and since moving to the country, long rides sight-seeing in the mountains.

Please visit our website at teammathis.org or email us at teammathis28@gmail.com



TEAMMATHIS
THE EDUCATION OF A MARRIAGE

COUPLES AND FAMILIES SURVIVING THE CORONAVIRUS PANDEMIC

First, we want to identify the many dynamics that has taken place since the pandemic and how our homes and our lives have changed. We want to say that this is something none of us have ever lived through before, but we are not alone, we're going through together. We want to identify some "Fears & Stresses" we are experiencing.



- Not knowing how to handle being quarantined with a distant spouse
- Fear of contracting the virus
- Fear of touching people
- Fear of going outside
- Fear of dying
- Fear for our family members
- Fear of shopping
- Fear of schools not reopening and if they do, should we send them back into the classroom
- What becomes of our children's future education
- Loosing health care benefits



- Unemployment
- Unemployment benefits not kicking in
- Job furloughs
- Reduced paychecks
- Depression and anxiety
- Not being able to pay bills
- Having to wear face masks when out in public
- Not enough rest/sleep
- No time for intimacy
- What to do when you have to return to work and no one to watch the children
- Home foreclosures
- Plans for vacations & celebrations
- The loss of loved ones and their final good-byes
- How to help our children through this, while trying to cope

NEW ROLES AS PARENTS

- ONLINE HOME SCHOOLERS
- AROUND THE CLOCK CHEFS
- FULL TIME HEALTH CARE GIVERS
- ACTIVITY PLANNERS
- CALMING FEARS

EFFECTIVE TIPS FOR REKINDLING THE ROMANCE IN MARRIAGE

Being realistic, none of us have lived through a “Pandemic” before, so all of this is new territory!

For many, love has long been associated with flowers, candy, and counting down the hours until they see their crush or significant other again.

During the coronavirus pandemic, every area of life has changed, even the time for romance has changed. There are couples spending more time together than ever, developing feelings that could use a time-out from seeing their (not so) loved one’s face.

For couples with children in the home, working as a team making things better for each of you. After you and your spouse identify which stressors or fears are present in your home and in your life, then identify the strengths that can contribute to the days schedule i.e. cooking, cleaning, being creative activities, school assignments. Once that is clear, make a plan, build a schedule, then implement the plan. Take note to what tips / methods work, then make each day the best it can be. You ask, will this take some time, the answer is YES!

If you have done your homework, implemented your plan, at the end of the day, there should be some time for the two of you for intimacy and based on the level of energy, make the best of it! Something so simple as a hug triggers a release, lowers stress hormone levels. What's more, a **hug** may reduce our blood pressure and heartrate, making us feel more relaxed. There are some stresses that will effect our health, so hug!

HOW HAS BEING QUARANTINED DUE TO COVID-19 AFFECT YOUR COMMUNICATION, SEX, FINANCES, AND OTHER AREAS OF A ROMANTIC RELATIONSHIP?

- The common thing with all these facets of a relationship is that the coronavirus lockdown has ushered in an underwriting of grief for many due to the dramatic change to our daily lives. In the meantime, our coping mechanisms -- hanging out with friends, shopping at the mall, exercising at the gym -- have been ripped away from us.
- For some people, that means disturbances in sleep, while for others it might mean engaging in avoidance behaviors, difficulty concentrating, or depression. All of these things can lead to conflict in a relationship.
- What's more, the lockdown has led to changes in relationship roles. Perhaps one spouse has suddenly become the primary caregiver while the children are home from school, and another has become the sole breadwinner because their spouse was laid off. Conflict can emerge or worsen when couples don't have control over that situation.
- Another thing is that a changed routine might impact a couple's sex life. When the kids are constantly around and things are more stressful than usual, it can have an impact on decision making and time spent together as a couple. And when the couple is together, they might experience lots of pressure to have a satisfying experience, which naturally inhibits the satisfactory experience. Example, since this is the only time we'll get, let's make the best of it.

**WHERE DO WE
GO FROM HERE
AND HOW DO WE
GET THERE?**

**HOW TO FIND
INTIMACY
DURING THE
PANDEMIC?**

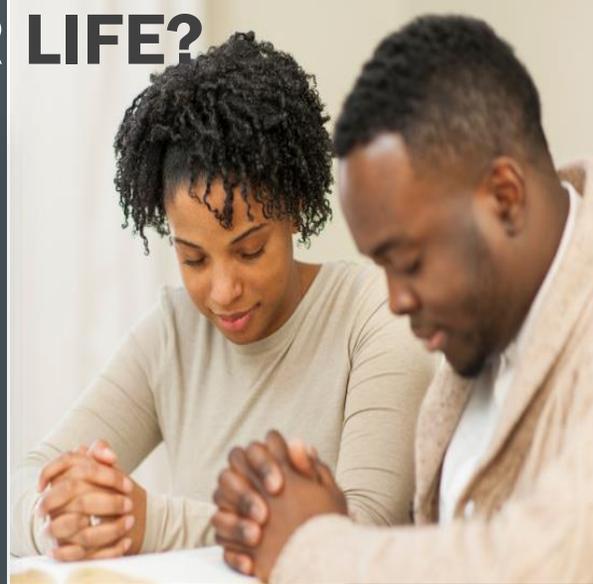
MAKE A PLAN!!!



HOW IS YOUR PRAYER LIFE?

Pray for

- Yourself
- Your Home
- Your Spouse
- Your Children
- Your Health
- Your Family's Health
- Your Finances
- Your Intimacy



I HAVE found ^{the} ONE whom my SOUL Loves
Song of Solomon 3:4



SOME “KEY” INGREDIENTS TO SURVIVING THE PANDEMIC

- EFFECTIVE COMMUNICATION, IT'S THE MAIN INGREDIENT. CREATING A HEALTHY AND SAFE ENVIRONMENT TO SHARE YOUR THOUGHTS, HOW YOU FEEL ABOUT WHAT'S HAPPENING AND HOW IT'S EFFECTING ALL AREAS OF YOUR LIFE. ASK YOUR SPOUSE AND EVEN YOUR CHILDREN, BECAUSE THEY ARE IN THIS AS WELL. HOW CAN HELP YOU? WHAT CAN I DO TO HELP? HAVING REGULAR FAMILY MEETINGS WILL HELP, ASSESSING WHAT'S GOING ON WITH EACH FAMILY MEMBER.
- VISION – HOW DO YOU SEE THINGS GOING RIGHT NOW? WHAT NEEDS TO HAPPEN TO MAKE THINGS BETTER? MAKING SURE ALL FAMILY MEMBERS ARE FEELING INCLUDED IN THE PROCESS OR THE VISION. INCLUDING EVERYONE ALLOWS YOU TO SEE WHERE OTHERS ARE AND WHAT THEY ARE THINKING.
- ESTABLISH ROUTINES, SCHEDULES, BECOME A GREAT TEAM!
- SEEK COUNSELING IF NEED BE. IF YOU FEEL WHAT YOU ARE DOING, WHAT YOU ARE FEELING, YOU MAY NEED TO REACH OUT TO SPEAK WITH SOMEONE. HAVING SOMEONE TO LISTEN TO WHAT'S GOING ON IS INVALUABLE. THERE ARE INDIVIDUALS REACHING OUT TO COUPLES AND FAMILIES VIA ZOOM.
- DON'T PUSH FOR SEX, RATHER ENCOURAGE AN ENVIRONMENT THAT CREATES INTIMACY AND WATCH WHERE IT LEADS!
- CREATING A SAFE ENVIRONEMNT WHERE THOUGHTS AND FEELINGS CAN BE DISCUSSED.
- SHOW OR BE GRATEFUL, SAYING, “I APPRECIATE YOU” I APPRECIATE ALL THE THINGS YOU ARE DOING” “THANK YOU FOR ALL YOUR DO”, SOMETIMES WE LOOK AT THE 5% OF WHAT YOUR SPOUSE IS DOING WRONG, BUT FORGETTING THE 95% OF WHAT THEY ARE DOING RIGHT!
- UNDERSTANDING AND ACCEPTING THE LIMINATIONS THAT COME WITH THIS PANDEMIC.

WHAT ARE SOME STRATEGIES A COUPLE COULD USE TO EASE/NAVIGATE CONFLICT DURING SELF-ISOLATION?

- ✓ Be generous to each other
- ✓ Take responsibility for yourself and your well-being before you look after others
- ✓ You cannot pour from an empty cup, if you are feeling overwhelmed, it's really hard to be there for someone else.
- ✓ Strong Marital Teams, families and friends takes time to listen to each other's perspective, experience and feelings.
- ✓ You'll need some regular time apart within your home, but don't allow it to create isolation. This will create a circuit breaker for conflict and allow each person to self regulate their stress levels.
- ✓ Forgive the other person or people for how they may have contributed to the conflict.
- ✓ Talk about ways that reduces your anxiety but be able to relate specific ways that helps you and remember your spouse is not a mind reader. knowing that anxiety exists and understanding that sense of tension has an impact on your communications with your spouse and family. Because you're operating from a tense place, you need to bring that anxiety down so that you can have productive interactions.
- ✓ Couples need to be mindful of each other, which can help create intimacy and improve communication. It's also about acknowledging that your spouse is doing the best they can with what they have at the time and operating from a place of good intent.. You don't have to do it in isolation; you can do it as a couple to develop more intimacy with your spouse. In terms of improving sexual connection, instead of putting expectations on super huge moments, take that interaction down to something subtle throughout the whole day. Maybe you're just rubbing backs or holding hands or sitting next to each other the whole day. It's a continued physical connection instead of putting a lot of emphasis on bigger moments.

TIPS FOR THE COUPLES THAT WANT TO GIVE UP ON YOUR MARRIAGE.

- ✓ PRAY & ASK GOD TO SEARCH YOUR HEART & GIVE HIM PERMISSION TO REMOVE ANY & ALL THINGS THAT HAS CAUSED HARM TO YOUR MARRIAGE (NEGATIVE ATTITUDE, NOT WILLING TO COMPROMISE, UNRESOLVED CONFLICTS, HURTFUL COMMUNICATION, LACK OF INTIMACY, HURTFUL ACTIONS, OUTSIDE INFLUENCE, POOR FINANCIAL DECISIONS)

Psalm 139:23-24

*"Search me, O God, and know my heart; Try me and know my anxious thoughts; **24** And see if there be any hurtful way in me And lead me in the everlasting way."*

- ✓ DON'T GIVE UP!
- ✓ EFFECTIVELY COMMUNICATE WITH THE GOAL OF HEALING YOUR BROKENNESS, THEN SHARE THE HURT & PAIN YOU ARE FEELING.
- ✓ USE THIS TIME IN QUARANTINE TO MEND THE BROKENNESS IN YOUR MARRIAGE!

Ephesians 4:31-32

³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

- ✓ SEEK HELP!

Ephesians 4:32

And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you. **Ezekiel 36:26** I will give you a new heart, and I will put a new spirit within you. I will remove the heart of stone from your body and give you a heart of flesh.

- ✓ SHOW MERCY TO THE SPOUSE THAT HAS CAUSED YOU & YOUR MARRIAGE HARM & SEEK HELP!

COMMUNICATION IN MARRIAGE

COMMUNICATION

MAKE SURE
YOU LISTEN

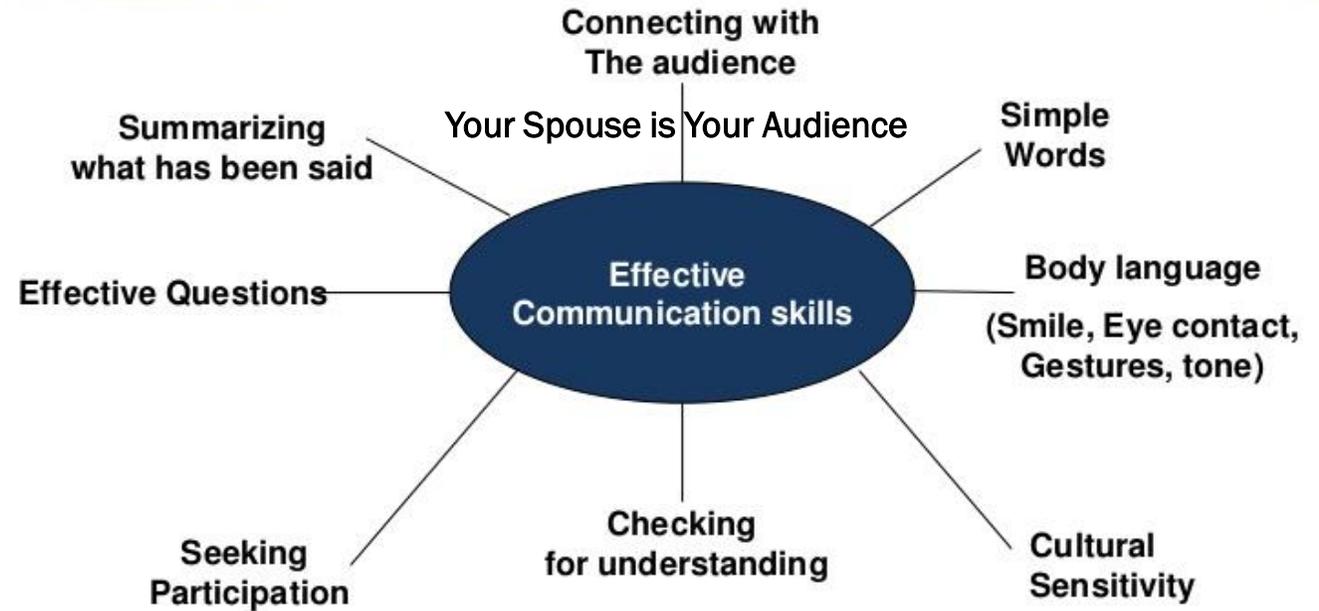
AS MUCH AS
YOU TALK



IS A
**TWO-WAY
STREET**



Over coming the barriers of effective communication



QUESTIONS FROM THE ZOOM PANEL

