



# SOS MARRIAGE CARE

2023 NEWSLETTER

We feel deeply honored to be part of God's work in restoring marriages and laying the foundation for future ones.

In 2023, we completed updates to the Heart Care Workbook, Leaders Guide, and Field Guide. While leading couples through Heart Care we witnessed God's transformative power to break through addictions like porn, drugs, same-sex attraction, bitterness, and selfish desires through repentance and faith. The gospel's light brought restoration to many marriages.

God is at work! Be encouraged as you read highlights from our five areas of ministry: Becoming One, Heart Care for Couples, Field Guide for Leaders, Mentoring for Couples, and Equipping the Church.



## 2024 PRIORITIES

- Becoming One Workbook for pre-engaged/engaged couples
- Becoming One Training on April 12-13, 2024
- Partner with more churches by offering resources
- Train more Marriage Mentors and Heart Care Leaders



On a personal note, this year marked our **40th wedding anniversary!** We cherished moments with our kids and grandkids from Oklahoma, Missouri, and close by in Nebraska. Despite facing challenges, we find strength in God's ever-sufficient grace, a continuous thread weaving through life.

## Helping Marriages Reach Their God Given Design



**BECOMING ONE**  
*for PRE-ENGAGED & ENGAGED*



**HEART CARE**  
*for COUPLES*



**FIELD GUIDE**  
*for LEADERS*



**MENTORING**  
*for COUPLES*



**EQUIPPING**  
*the CHURCH*

## \$40 for our 40th Anniversary

In celebration of our 40th Wedding Anniversary, we aim to make 2024 a year of \$40.00 donations. We invite you to prayerfully consider if God is leading you to support the work of SOS Marriage Care.

Whether it's a monthly gift of \$40 or a more significant contribution such as \$4,000 (equivalent to one couple undergoing Heart Care) or \$40,000 to aid in expanding our ministry space, every amount plays a crucial role. Your donation will be instrumental in establishing and restoring marriages, creating a lasting impact for generations to come.

SOS Marriage Care is a 501(c)3 non-profit and all donations are tax deductible.

### Scan to Donate



**Send a check**  
SOS Marriage Care, Inc.  
P.O. Box 11  
Springfield, NE 68059



## BECOMING ONE for PRE-ENGAGED & ENGAGED

This year we welcomed two couples seeking Becoming One Heart Care, inspired by the positive experiences the parents of both brides had with their own Heart Care.

The unfolding of events is somewhat reminiscent of a story: When the prospective grooms sought the blessing for his marriage proposal, the Fathers of the Brides (no movie pun intended) granted permission with one condition—there was a palpable, albeit slightly awkward, pause as he laid out the requirement: before tying the knot, they must undergo Heart Care.

In May, Carlos & Anneke, flew in from College Station, TX. In June, Peter & LaVerna drove in from Western, KS.

It's worth noting that although these four individuals initially approached this endeavor with a pragmatic "check the box to get married" mindset, by the end of the week, their enthusiasm for the upcoming chapters of their lives had grown exponentially!



Carlos & Anneke

*"I was expecting traditional pre-marital counseling—lessons on conflict resolution, roles, decision-making, finances, etc. While HC did touch on those things, I was surprised to see that it actually went much deeper than that."*

— Carlos

*"Life since Heart Care has been like exploring a new area in your hometown. Interactions are completely different (in a good way) since we have all of the new insights into each other."*

— Anneke



Peter & LaVerna



## MENTORING *for* COUPLES

### Jim & Dottie White

Pastor Jim White and his wife, Dottie, played a significant role in our lives during our time at their church in Springfield, MO, in the 1990s. Serving as a foundation, they inspired us to establish a marriage ministry that has since impacted thousands of marriages. This journey began with the restoration of our own marriage, a transformative event that took place 29 years ago on February 12, 1995.



Nearly three decades ago, on that very date, Pastor Jim arrived at our home at 5:30 AM to help Roger break free from his rebellious ways. This pivotal moment marked the restoration of our marriage. Dottie, possessing what we affectionately call 'insider information' due to her part-time work in our business office, joined her husband in assisting me in prayer the night before. Together, they helped me navigate through generational anger, paving the way for the renewal of our marriage. Through this process, we gained a profound understanding of our own sinfulness and the redeeming power of Jesus, who provides a path to forgiveness.

We hold deep gratitude for Jim White, who, sadly, passed away in 2022. It is noteworthy that he departed during the same week of the year when, 28 years prior, he played a crucial role in changing the trajectory of our marriage forever.



### Denny & Jill DePriest

Jill and Denny were invaluable mentors, guiding us in marriage, God's word, parenting, homeschooling, business, and friendship. Jill passed away a decade ago, and Denny joined her in February 2023, coincidentally the same week as Pastor Jim. Despite the solemnity of that week, we are grateful for God's use of Jill and Denny in our lives.

To this day, we incorporate a lesson from Denny into our mentoring: "Do the Next Right Thing." Introduced to us after the restoration of our marriage, this phrase has been a guiding principle. Whether facing a 20-minute decision or navigating through marital challenges, it reminds us to prioritize actions like taking a shower, fixing dinner, reading the Bible, or offering forgiveness. The impact of this simple yet profound statement extends to the couples we mentor, resonating with many, including Denny's oldest son, who even had it tattooed on his arm.



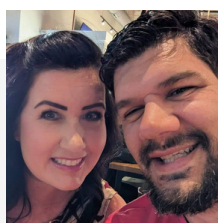
## HEART CARE *for* COUPLES

### Jake & Renee

*For over a decade, we've known Jake, Renee, and their two boys. They were part of our church in Omaha before our church plant, First City, was established in Bellevue, NE. Jake, a military veteran and talented artist, graciously shared his art and story about their experiences with Heart Care Mentors.*

Our personal experience with Heart Care taught us that through laying down our individual damaged history at Jesus' feet we could be free to love ourselves and thus love each other better. It showed us that our marriage would benefit by knowing that though we might be damaged God still loves us as His children.

Following our own experience with Heart Care, we became Heart Care Mentors, offering support to other couples as they navigated the Heart Care Workbook journey.



### Chris & Laura

Heart Care played a significant role in the restoration of our marriage. Our relationship was in crisis, and it seemed impossible to repair without deliberate intervention. We both had the desire to mend our marriage, but we were unsure of how to go about it.

As we embarked on the journey of Heart Care, it became evident that the **key to healing our marriage extended beyond its immediate problems** and that we both had deep-rooted beliefs and past wounds that needed healing, in addition to addressing the fractures in our marriage.



"Jesus heals the blind man from Bethsaida" | [wordtohand.com](http://wordtohand.com)

We recommend Heart Care to couples because of the positive impact it had on our own relationship. Roger and Denise possess a unique gift for presenting a fresh perspective on marriage through the lens of the gospel. We financially support their efforts due to their unwavering commitment to assisting those seeking help in their marriages.

Each chapter of Heart Care focused on helping us identify the people, their actions, our own selfish desires and lies we believed about ourselves that had negatively impacted our hearts and thought patterns throughout our lives that eventually seeped into our marriage. It also guided us on the path of forgiveness, teaching us how to pray for healing and forgiveness for past transgressors as well as clearly teaching God's design for marriage. Through this process, we not only mended our marriage but also found healing and transformation within ourselves.



**EQUIPPING**  
*the* CHURCH

## Empowering Churches for the Work of the Ministry

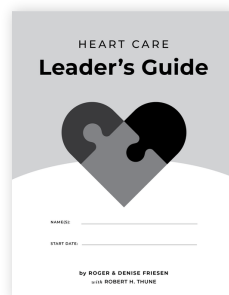
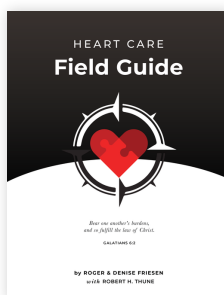
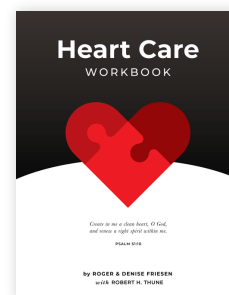
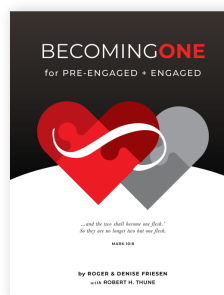
In 2023, one of our main goals was to update our resource materials. This involved introducing a fresh SOS Marriage Care Logo design, revising existing materials, and launching our new Becoming One Workbook.

The overarching aim of this effort was to empower churches and prepare individuals for the 'work of the ministry,' as outlined in the book of Ephesians.

We recently trained a church in Texas, where couples who went through our Heart Care program were actively encouraging others to join. We left with six more couples interested in Heart Care for their own marriages.

The proactive approach of strengthening one's marriage before helping others is powerful.

After our visit, we received messages about how God is fostering forgiveness and love in the community. It's inspiring to see the impact of serving through the gospel of Jesus Christ.



**Ephesians 4:11-12**

“And he gave the apostles, the prophets, the evangelists, the shepherds, and teachers, **to equip the saints** for the work of ministry, for building up the body of Christ,”



**Ephesians 4:16**

“...from whom **the whole body**, joined and held together by every joint with **which it is equipped** when each part is working properly, **makes the body grow** so that it builds itself up in **love.**”



**Ephesians 4:29**

“Let no corrupting talk come out of your mouths, but only such as is **good for building up**, as fits the occasion, that it may give grace to those who hear.”



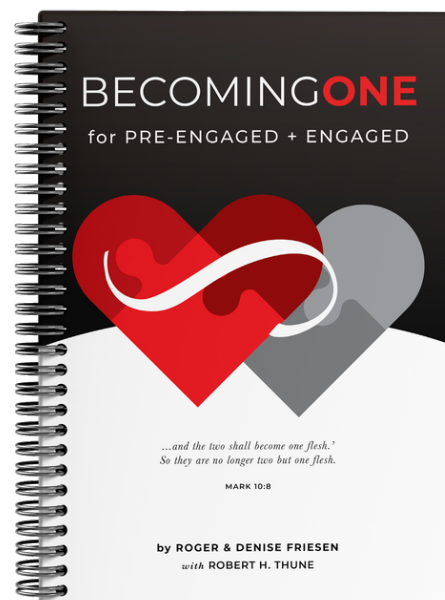
## BECOMING ONE

for PRE-ENGAGED  
& ENGAGED

The Becoming One Workbook represents an idea that has been part of the SOS Marriage Ministry for years. Premarital Heart Care began in early 2011, integrating three days of intense Heart Care into the traditional premarital process a month before the wedding. The goal was to foster emotional, spiritual, and physical connection as designed by God for marriage.

Over time, the approach evolved into premarital mentoring, now called Becoming One Mentoring for pre-engaged and engaged couples. We are passionate about studying God's design for marriage, particularly during the pre-engaged phase.

In today's society, marriage often receives a negative reputation, with alarming divorce statistics being thrown around. Living together is sometimes touted as a solution, but research shows it increases the likelihood of divorce by 80%. America seems to seek marital success without embracing the fundamental principle of becoming one as God designed.



## CREATIVE UNITY IDEAS

While scripture emphasizes the 'one flesh' sexual union, we believe there's more to explore in emotional, spiritual, and non-sexual physical unity as intended by God in marriage. Being in each other's physical presence and building a friendship is crucial. These practices go beyond mere routine and contribute to a more fulfilling, connected marriage.

- **Attending Church Together:** Share the experience of worship and spiritual growth.
- **Sitting at Church Together:** Actively engage in sermons and discussions as a united front.
- **Driving Together:** Use this time for conversation, bonding, and shared experiences.
- **Going to Bed Together:** Establish a routine for connection and intimacy.
- **Finding Fun Hobbies:** Explore shared interests and activities that bring joy.



## Prayer Challenge

We challenge you to **read God's word together daily and pray each morning**. This simple but profoundly enriching marriage rhythm only requires 20 minutes out of the 1440 minutes God gives us each day. Embrace this practice for a stronger and more fulfilling marriage.



# BECOMING ONE Workshop

Would you like to be equipped to **protect your marriage and stay connected** to your spouse?

Would you like to be better prepared to help someone better understand **marriage as God designed it?**

Would you like to be ready to help couples in various stages (pre-engaged, engaged, married, crisis) **implement gospel-centered Heart Care** in marriage?

Join SOS Marriage Care for an introductory training session focused on both Becoming One and Heart Care for couples.

## April 12-13, 2024

Friday 6-9pm  
Saturday 9-4pm

### WHERE

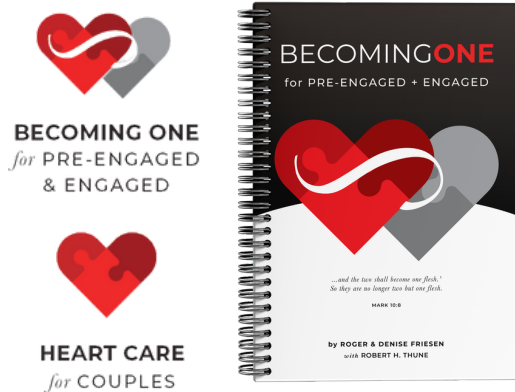
Coram Deo Church  
8787 Pacific Street  
Omaha, NE 68114

### COST

\$100 per person / \$150 per couple

Includes:

- Donuts Saturday morning
- Lunch on Saturday
- Heart Care Workbook
- Heart Care Field Guide
- Heart Care Leader's Guide
- NEW! Becoming One Workbook



## RSVP

Call (402) 253-2355

Register Online [sosmarriagecare.com/events](https://sosmarriagecare.com/events)

Detach and mail the following.

NAME(S) \_\_\_\_\_ CHURCH NAME \_\_\_\_\_

MAKE CHECKS PAYABLE TO: SOS MARRIAGE CARE, PO BOX 11, Springfield, NE 68059 OR return debit/credit below.

Name on Card \_\_\_\_\_ Billing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_ Workshop Cost: \$ \_\_\_\_\_

CVC# \_\_\_\_\_ Tax Deductible Donation Amount: \$ \_\_\_\_\_

Email for receipt \_\_\_\_\_ Total amount to charge: \$ \_\_\_\_\_



## 2024 Calendar

**MARCH 9, 2024**

Hobby Farm Spring Clean-up

**MARCH 24, 2024**

Easter Egg Hunt

**MARCH 31, 2024**

Easter

**APRIL 12-13, 2024**

Becoming One Training  
Workshop at Coram Deo Church

**OCTOBER 13**

Fall Family Gathering

## 2023 Easter Egg Hunt

Our annual Easter egg hunt is extra special because of the families—both the new ones we meet and the additional members we welcome. Countless couples who participated in Heart Care have approached us proudly introducing their children, playfully attributing their existence to Heart Care. One husband even humorously declared, pointing to his two youngest children, "They are your fault!" His smile and smirk reveal he wouldn't change a thing.

A strong, connected marriage after Heart Care seems to translate into a flourishing and united family, contributing to the strength of our church. The event is always a delightful mix of mingling—ministry and hobby farming.





# Oneness Test

TODAY'S DATE \_\_\_\_\_

On a scale of 1-10, 10 being the most consistent, rate your spouse (or future spouse) on the following questions. Write the number in the blank.



## Emotional Intimacy

- \_\_\_\_\_ Are you and your spouse emotionally connected?
- \_\_\_\_\_ How well does your spouse really know you?
- \_\_\_\_\_ Do you make decisions together as a couple?
- \_\_\_\_\_ Does your spouse listen and acknowledge your concerns?
- \_\_\_\_\_ Does your spouse show you tenderness?
- \_\_\_\_\_ Does your spouse show you respect?
- \_\_\_\_\_ Is your spouse your best friend?

List your spouse's top 3 fears (without asking them first)

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_



## Spiritual Intimacy

- \_\_\_\_\_ Do you attend weekly church services together?
- \_\_\_\_\_ Do you read God's Word together?
- \_\_\_\_\_ Do you pray together? (And not just over groceries at the meal table)
- \_\_\_\_\_ Do you do study the Bible together?
- \_\_\_\_\_ Do you pray for each other?
- \_\_\_\_\_ Do you consider that Christ is the center of your marriage?



## Physical Intimacy

- \_\_\_\_\_ Do you look into your spouse's eyes when conversing with them?
- \_\_\_\_\_ Do you hold hands often?
- \_\_\_\_\_ Do you touch your spouse's face with tenderness?
- \_\_\_\_\_ Do you go to bed at the same time each evening?
- \_\_\_\_\_ Do you connect with physical non-sexual touch daily?
- \_\_\_\_\_ Are you satisfied with your sexual intimacy?



**SOS MARRIAGE CARE**