



SOS MARRIAGE CARE

Greetings & happy new year from SOS Marriage Care!

We are humbled by and thankful for all the ways God continues to allow us to be a part of the things He is accomplishing here on earth.

Following is just a few of the ways God used SOS Marriage Care in 2022 and some of the ways we feel He is leading for 2023.

In 2022, we had the privilege of working with couples as they experienced transformation in their hearts and relationships through Heart Care. One couple accepted Christ as their Lord and Savior, and we were honored to attend their baptism. We also provided support to premarital couples and couples seeking to overcome legalism, addiction, and other challenges through Heart Care. The increasing adoption of Heart Care materials and trained leaders in local churches has made it difficult to track the exact number of couples participating in the program.

In 2023, our priorities include finalizing updates to the Heart Care material and releasing *Becoming One* for Pre-engaged and Engaged Couples.

We are also committed to training additional couples as Heart Care Leaders and partnering with more churches to offer couples ministry resources.

Utilizing the home and hospitality as a way to create a safe and welcoming space for couples to open up about their lives has been an effective model for our ministry. However, as the ministry has grown, this has become increasingly challenging. To address this challenge, we are considering building an office and ministry space that will function as an office, space for trainings, and a home-like environment for Heart Care. This will allow us to continue using the home and hospitality model as the ministry grows.

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.

God is at work and we are excited to share these stories with you.



2023 FINANCIAL GOALS

- \$6,000
Design & print *Becoming One*
—
- \$15,000
Hire a part-time admin assistant
—
- \$20,000
Print & distribute resources
—
- \$274,000
Build an office & ministry space

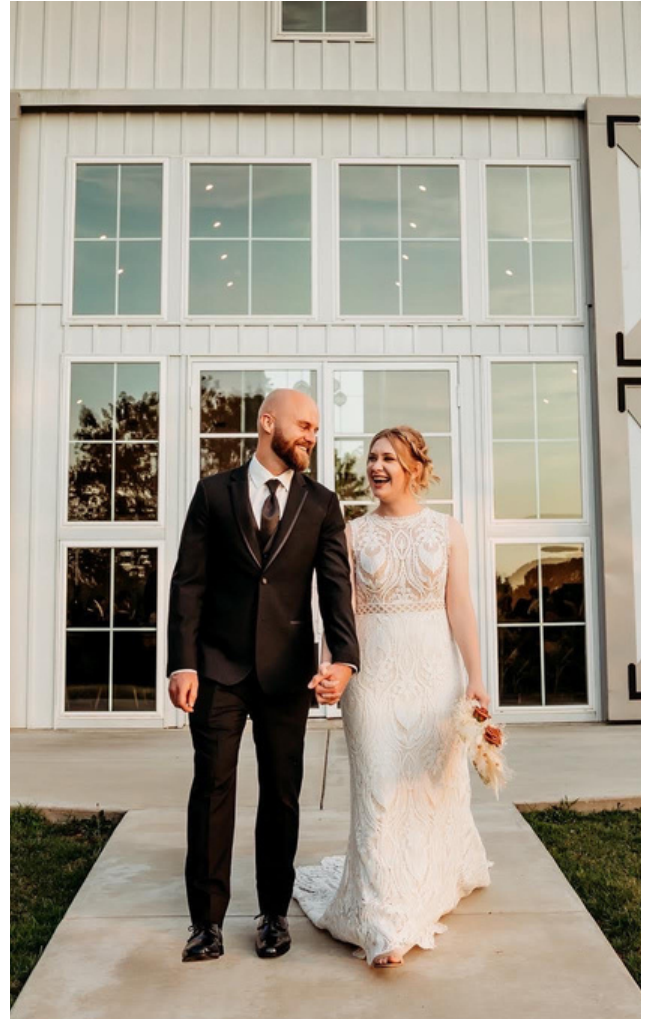


BECOMING ONE
for PRE-ENGAGED
& ENGAGED

We really don't know what it would have been like to get married without the intensive dive into a variety of topics that we did during Heart Care. We're confident that the process of getting as much as possible out into the open before marriage has helped to prevent issues from starting early on. It was incredibly freeing to go through all the fears and issues with the help of an experienced couple to guide us through it.

The homework we completed beforehand really helped us prepare for what we went over during the in-person sessions. Some questions we had already discussed but other questions, although they seemed so simple, were there for a reason.

Through Heart Care, we gained insight into potential pitfalls that may cause harm or create distance in a relationship, as well as practical tools and advice for the future, including guidance on establishing a daily devotional practice and navigating family relationships.



"It was a tremendous help, and we encourage everyone considering marriage to go through Heart Care."

Kendall & Abigail





HEART CARE *for* COUPLES

We are Steven and Nancy and this is the story of how God used Heart Care to deepen our relationship and focus on God's design for marriage.

Growing up, I (Steven) was frequently made fun of for my physique and felt like I wasn't enough. As a result, I spent much of my life trying to prove myself to others. During Heart Care, I realized that I had been sinned against sexually through exposure to pornography. This had a domino effect on my life, leading to a series of sins. My parents were business-focused, so I felt ignored by my mom. I also discovered that my dad was addicted to pain medication, which devastated me. In an effort to prove my worth, I pursued a career as an EMT. However, the adrenaline-filled lifestyle was not fulfilling, and I turned to sexual sin and substance abuse to cope with feelings of depression and inadequacy.

I (Nancy) I grew up moving a lot as a child. When I was 11, my dad died from cancer and I became bitter with God for allowing it to happen when I was still so young. I felt insignificant and powerless. I also discovered that I had been sexually abused by a family member and felt taken advantage of.

My mom opened our home to foster children for many years, which made me bitter towards children and I had trouble seeing them as a gift from God. I saw a lot of anger in my home as a child and rebelled in my early adulthood by drinking alcohol and engaging in sexual sin.

Growing up with limited resources, I made it a goal to get a degree and show my loved ones that I would succeed and not be a typical housewife.

After we met we quickly decided to get married. We approached a pastor to talk about our wedding plans, but our guilty consciences led us to repent and turn to Christ. We joined a local church and were married shortly after.

Nancy stopped her nursing degree to start a business with me, but she harbored bitterness towards me for this decision. This, combined with my feelings of inadequacy and difficulties leading our home, caused tension in our marriage.

Four years into our marriage, we believed we had a semi-solid relationship with intermittent struggles. We knew our past baggage affected our marriage, so we attended a marriage conference where we heard about SOS Marriage Care. Some friends recommended the program, so we decided to try it.

Through Heart Care, we discovered the many sins rooted in our hearts and repented, taking them to the cross of Jesus. We also realized that we had been blocking emotions and carrying bitterness towards those who had hurt us.

By learning to use the tools taught in Heart Care, we were able to strengthen our marriage and look forward to teaching them to our children and others in need. God blessed us with two children after Heart Care and we became elders in our local church. We also became Heart Care leaders, working with other couples to strengthen their marriages.





FIELD GUIDE *for* LEADERS



Several years ago, the Friesen's met with Gary & Mary Hughes, long-time Heart Care Leaders in Omaha, after a Heart Care Leaders Training to get their thoughts on the training.

Gary commented,

"It would sure be nice to have the Heart Care Workbook, Training Manual, and our own notes compiled into one manual."

The idea for the Heart Care Field Guide was born out of this suggestion, as it would provide easily accessible reminders of the material covered in the training without the need to backtrack to different books.

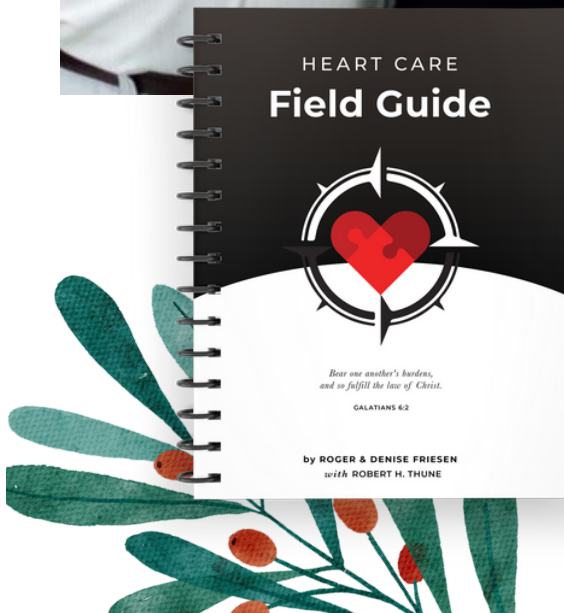
The Field Guide also includes hints, suggestions, links, and other materials at the beginning of each chapter, which are matched to the material covered in the chapter of the Heart Care workbook.

This gives a quick overview of the chapter, including the Big Idea, Objectives, Tips, and highlighted main points, all compiled with input from Heart Care Leaders who have worked with many couples.

The Field Guide has become a useful tool for Heart Care Leader training, updates for leaders, and for use by leaders while working with couples. It allows the leaders to focus on the Heart Care process and the Heart Care couple rather than the paperwork.

BRING HEART CARE TO YOUR CHURCH IN 2023

Are you interested in learning more about becoming a Heart Care Leader? Would you like to see Heart Care offered in your local church? Send us an email at info@sosmarriagecare.com and we will get in touch with you.





We are Travis and Michaela and this is our experience in Marriage Mentoring.

We had been married for 7 years when we went through Heart Care. After completing Heart Care, we spent a little over a year meeting weekly with other couples who had also gone through the process. This time of mentoring allowed us to continue to heal, grow and practice our marriage as God intended.

We were stuck in unhealthy patterns and struggled to resolve conflicts. We would fight about fighting and couldn't effectively communicate when issues arose. Our marriage was good most of the time, but we couldn't resolve conflicts and carried past baggage into new issues, complicating matters.

I (Michaela) experienced significant healing during Heart Care. I had previously received counseling, but felt bewildered and unsure how to move forward. As we prayed over the hurt during Heart Care and named *every single* painful emotion tied to it, Jesus took the bitterness away!



"Heart Care has helped us to share our hearts with each other in ways we hadn't been able to in the past."

I (Travis) was surprised at some of the pain words that Michaela listed. There were circumstances where I said things like, "I didn't feel like I was good enough," when she was certain I would have said, "Angry." There were many ways that we had been misunderstanding each other emotionally. The Heart Care structure helped us to share our hearts with each other in ways that we hadn't been able to in the past.

Heart Care has provided a blueprint for better connecting with each other and understanding our patterns of sin when hurt. This has helped us keep each other from sin and create a safe space for sincere apologies and forgiveness. We have also become more aware of each other's tendencies and personalities, which has helped us when conflict does arise. Now we meaningfully work through conflict in hours instead of days, both better able to quickly examine our own fault in a situation and ask for forgiveness.





EQUIPPING *the* CHURCH

Tina and I (Cory) first met Roger and Denise Friesen at a Marriage Conference in 2016. We were not familiar with their ministry before the conference, but having sat through it, and listening to the methods they used and how they have been able to help many marriages, we were intrigued. My wife mentioned to me at the conference that she would like for us to go through the Heart Care. I was not necessarily opposed to it, but I thought, "We don't have any serious issues in our marriage, so it's not necessary for us to go." But then, at the beginning of 2017, I was ordained as a pastor and soon realize that I was not equipped to help struggling marriages.

As time went on, Tina and I talked about how it might be helpful for us to go through Heart Care that SOS Marriage Care provides. First and foremost, to work out any issues that we might have in our own marriage and then be better equipped to help others as. So reluctantly I reached out to SOS Marriage Care to schedule our Heart Care.

We were scheduled in for the beginning of 2019. Filling out the work ahead of time was challenging because there is a lot to fill out and the questions make you search deeper and think about things you would rather not bring up. When it was finally time for our week of Heart Care, we were both excited and very nervous.



For myself, I was nervous because I wasn't really ready to deal with the pain that I knew that was within my heart. I describe our time with Roger and Denise like this: I felt like my heart had been taken out of my chest and was laying in front of Roger and Denise. They had cut slivers into it, and they were flipping through my heart, like pages in a book. On every page they'd ask, "What about this? What about when this happened? What about when that happened?" In doing so, it was painful, but I know I felt a huge relief after we were done.

Tina and I left our time with SOS very encouraged and equipped to help us in our own marriage, and to better equip others as well. Sometime in 2020, Tina and I along with two other couples from our church had the opportunity to go to Heart Care Leader training with SOS Marriage Care, which we have found to be very helpful as well.

I regularly use some of the methods and principles that Tina and I learned. I also use quite a bit of the material when I prepare young couples who intend to get married. When any married couple comes to me with struggles in their marriage, I always recommend they contact SOS Marriage Care. One, because I know how helpful it was for my wife and me. Second, I know how effective the principles are that they use to help couples. Third, I know that Roger and Denise care for their people like loving parents, or in their case, maybe like loving grandparents, Lol. They genuinely display a love and care for the people that they work with. They will call someone out on their BS, but they do it in such a way that you know they care for you and want to help struggling couples.



In September 2019, Tina and I were part of a new church start up due to a church split. Things had been very rough for my family, and we were treading on new territory, not knowing exactly how everything would turn out. We did trust in our sovereign God, who lovingly cares for us and has tremendously provided for us. We also had good friends like Roger and Denise, who were there right from the beginning even though it was over phone or text message encouraging and supporting both Tina and I and praying for our church.

We have had the privilege of having Roger and Denise visit our church a few times and having them go through Heart Care with an engaged couple in our church. We have also sent some of our couples to them to get further help in their marriage. We just feel truly blessed to have this relationship with Roger and Denise and the SOS Marriage Care family.

We would very highly recommend SOS Marriage Care, not just to couples who are struggling, but to couples who think they're doing OK. Why would we wait to care for our marriage until it has fallen apart? Why not rather prevent big problems and have the right tools and encouragement to make sure that our marriage can be the best it could be.

God said that a man and a wife in marriage become one flesh, which is a lifelong union, that no one should separate. Therefore, married couples should do everything that they possibly can to make sure their marriages are as healthy so they can glorify God in their marriage and walk-through life with great joy in this very special union. With great love to the SOS family.

Cory and Tina Froese
Pastor, Grace Bible Church, Paris, TX



IMPORTANT

2023

Update Your Contact Information

We are updating our email records. Please send a note to info@sosmarriagecare.com so we can ensure we have your current and correct email address.

Our goal is to improve communication with couples and friends of the ministry.

CALENDAR DATES

MARCH 25, 2023

Hobby Farm Spring Clean-up

APRIL 2, 2023

Easter Egg Hunt

OCTOBER 8, 2023

Fall Family Gathering



We believe that God is leading us to take bigger steps in 2023.

13 years ago, we incorporated SOS Marriage Care as a nonprofit, faith-based ministry. Since then, we have been able to help hundreds of marriages and create our own materials with the help of our pastor, Robert H. Thune. We have also been able to assist other churches in establishing Heart Care ministries within their congregations. We have trained Heart Care leaders, some of whom have experienced the redemption and restoration of their own marriages through Heart Care and now use their passion for marriage to help others.

It is our prayer and desire that whether God gives us another year or another 20 years He will help us prepare the way for SOS Marriage Care to continue and grow pointing couples to His redeeming love long after Denise and I are gone.

So, what is God calling you to do?

We certainly hope you will pray; we absolutely need your prayers daily. Is God also calling you to make a contribution to support the work He is doing through SOS Marriage Care? Maybe that's \$10.00 a month, maybe it's \$3,400.00 to support a couple doing Heart Care. Could it be that God has blessed you financially and you could donate \$50,000.00 or \$100,000.00 to help us meet our 2023 financial goals. All we ask is that you prayerfully consider what God is calling you to do.

As we head into 2023 it is our prayer that; *"The Lord bless you and keep you; the Lord make his face to shine upon you and be gracious to you; the Lord lift up his countenance upon you and give you peace."* Numbers 6:24-26

Roger and Denise Friesen
SOS Marriage Care Founders