



## MARCH 2020 GLEN AND SHAWN SOLBERG

*Serving Marriages in Central Arkansas  
with Marriage Revolution*

**marriage**  
**revolution**  
turn love around

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### ***Andy Stanley: Why We Need Guardrails for Our Hearts***

Whether at home or at work, as part of a friend group or a family, we've all learned how to monitor and modify our behavior. *Sit up straight. Say please. Wear this. Do that.* Yet, every once in a while, we say or do things that just don't make sense. It's like something spills out—maybe an angry outburst or bitter remark. We may even say afterward, *"I don't know where that came from!"*

But we do know, if we're honest and bold enough to face it. It comes from inside us. Both Jesus and King Solomon tell us what's in our hearts is the problem:

- *Guard your heart above all else, for it determines the course of your life. Proverbs 4:23 NLT*
- *Then Jesus called to the crowd to come and hear. "Listen," He said, "and try to understand. It's not what goes into your mouth that defiles you; you are defiled by the words that come out of your mouth. Matthew 15:10-11 NLT*

We need guardrails for our hearts. Because, eventually, our behavior (on the outside) will mirror what's going on inside. There are four emotions that should ding our consciences. They should cause us to pause and look inward to see what's going on in our hearts. They are guilt, anger, greed, and jealousy.



- *Guilt* says, "I owe you." I owe you something because I took something from you. In response to guilt, confess. Confess to the person; bring it to the light.
- *Anger* says, "You owe me." You hurt me or took something from me. In response to anger, forgive. Forgive the person who owes you. Let them off the hook.
- *Greed* says, "I owe me." Greed is the assumption that it's all for my consumption. In response to greed, give. Become a generous giver. No strings. No score.
- *Jealousy* says, "Life owes me." Someone else got what/who I deserve. In response to jealousy, celebrate the other person. Write them a note. Compliment them on the very thing you may be jealous of.

When we bump into these emotional guardrails, we need to pay attention. They're alerting us to danger. Ignore the warning and regret will be waiting on the other side.

*SOURCE: From YouVersion Bible App – Guardrails by Andy Stanley: You can watch Andy's 5-part Guardrails series by going to: <https://www.anthology.study/Studies/Guardrails>*

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Donate Securely at: [bit.ly/helptheSolbergs](http://bit.ly/helptheSolbergs) (case sensitive) -- Be sure to select the Little Rock Office. Thank you so much!

## Need Your Help to Discover New Partners for Our Ministry

Our mission at Marriage Revolution has been and always will be to *never let money stand in the way of a couple getting the help they need*. We are ONLY able to do that because of the generous financial gifts of our Ministry Partner Team!

One of the realities of raising support is that folks come on and go off our Ministry Partner Team. It has been this way for the 18+ years we have been support-raising. So we are *always looking to discover* new partners the Lord has for us. We began 2020 with a significant loss of monthly support because several donors had to stop or decrease their giving. So we are asking for *two possible ways you can help us*:

**1) WILL YOU JOIN OUR TEAM:** You may have given to help us in the past or you may have never given a financial gift. Either way, we would like to challenge you to ask the Lord if He would have you join our team now, so that your donations will allow us to continue fulfilling our call to bring God's help and hope to couples in Central Arkansas. Please feel no pressure to give, just respond as the Lord directs you!

**2) TELL A FRIEND:** A second way you can help is by sharing our Ministry with a close friend of yours. Just take the **enclosed one-page info sheet** and say something like, *"We have a couple we know that serves with Marriage Revolution in Arkansas. We believe helping others have a Christ-centered marriage is critically important. I would like to ask you to consider contacting them and consider being a part of their Ministry Partner Team. This 1-page sheet has some info about Glen and Shawn, how they serve, and how you can connect with them. Thanks for considering this opportunity to help our friends continue fulfilling their calling to bring God's help and hope to couples!"*

If you have questions on any of this, please contact us using our contact info at the bottom of this page.



### March Verses:

Do you not see that whatever goes into the mouth passes into the stomach and is expelled? But what comes out of the mouth proceeds from the heart, and this defiles a person. For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander. These are what defile a person. But to eat with unwashed hands does not defile anyone."

Matthew 15:17-20

### **Prayer Requests for March 2020: Thank you for your prayers!**

**MARRIAGE REVOLUTION:** Please pray for all the counselors on the MR Team – that we would truly incarnate Christ to every couple that God brings to us. Pray also that the Lord would use us as one part of His plan to bring restoration and transformation in husbands and wives for His Glory!

**MARRIAGE WORKSHOP:** Thanks for praying for Glen and Shawn as we put on a Marriage Workshop in the Little Rock area on Friday, March 13<sup>th</sup>. That God would use that workshop to bring both hope and practical help to every couple attending.

**FAMILY STUFF:** Please continue to pray for our oldest son, Josh, and his wife, Audrey, who are currently separated. Pray also for our daughter, Sarah, as she heads out to Africa on a mission trip April 3-10. Finally, pray for a great time as a family as we celebrate Shawn's birthday on March 30<sup>th</sup>!

**OUR FAMILY IN 2020:** Our focus as a family in 2020 is on humility and gratitude. Please pray that all 6 of us would grow in our humility and gratitude in 2020 and those Christ-like qualities would flow into every relationship and every circumstance we encounter in 2020.

**FIRST LOVE:** We would never lose our "first love" for Jesus Christ and the pursuit of an active and growing relationship with Him. And that after Him, our priorities would be: Marriage second, Family third, and Ministry activities and everything else after that.