

THRIVE IN YOUR MARRIAGE





*Let's have
some fun!!!*

Who said I love you first?

Who is the best cook?

Which cartoon character is your spouse most like?

What is your spouse's greatest talent / gift ?

Who has the most style?

Who is the better driver?

Who is the early bird?

Who is most likely to deal with the spider?

Who leaves the most messes around the house?

What is your spouse's favorite meal?



But the fruit of the Spirit
is love, joy, peace, patience,
kindness, goodness, faithfulness,
gentleness, and self-control;
against such things, there is no law.

And those who belong to Christ Jesus
have crucified the flesh with its
passions and desires.

If we live by the Spirit, let us also
keep in step with the Spirit...

Galatians 5:22-23



4 PRINCIPLES FOR A THRIVING MARRIAGE



TRANSPARENCY



TRUST



COMMUNICATION



INTIMACY

*Effective only when our flesh
is fully surrendered to
the Holy Spirit's leading!*

Transparency



Transparency in a marriage is about a **willingness to be open and honest** about how you are feeling and how you are doing.

FLESH
(DEATH)
(ME)

SPIRIT
(LIFE)
(GOD/OTHERS)

VS

Trust



Trust is the foundation of a solid marriage, not just by being faithful to one another but by offering a **safe and secure space** to be vulnerable and real.

FLESH
(DEATH)
(ME)

SPIRIT
(LIFE)
(GOD/OTHERS)

VS

Communication



Communication is the sending and receiving of information from one's thoughts to another. Effective communication in a marriage happens when you are **intentional and thoughtful with your words** in order to speak life and maturity into your relationship.

FLESH
(DEATH)
(ME)

SPIRIT
(LIFE)
(GOD/OTHERS)

VS

Intimacy



Most of us think about sex when we hear this word, however true intimacy encompasses not just the physical but the emotional and spiritual as well. (3 in 1!) Intimacy is developed by transparency, trust, and good communication.

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VS

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About Us

We are a married team, **Tim & Gina Wessel**. We have been married for 31 years and have 3 adult children. We both have had successful careers in **business and in ministry** and have leaned into our experiences to launch our coaching business. We are especially **passionate about equipping parents** to raise their kids to be **leaders rather than followers** in a world that threatens their unique faith and family values.



LIFE COACHING

Healing the Past &
Creating the Future

MARRIAGE COACHING

Loving & Being
Loved

FAMILY COACHING

Leaving a Legacy in
the Everyday
Rhythm of Life



 *Our
Family* 

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