



Vertical Connection — October 2025 Edition

A monthly encouragement from your One Flesh family.

Remember to drop any marriage and family-related questions that you may have in the Vertical Connection boxes located in the foyer of Sanctuaries 1 and 2, as well as in the Portable 3 classroom.



Word for the Month: “A Cord of Three Strands”

Ecclesiastes 4:12 – “Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.”

Marriage is not just a partnership between husband and wife; it's a covenant bound together with God Himself. As you face the joys and challenges of life this month, remember that you are stronger together—and unbreakable with Christ at the center.



Marriage Tip of the Month: “Listen Twice, Speak Once”

When conversations get tense, practice James 1:19: “Everyone should be quick to listen, slow to speak and slow to become angry.” Make it a habit this month to pause, breathe, and really hear your spouse before responding.



Try This Together:

Prayer Walk Through Your Home – Walk room to room with your spouse and pray over each space. Pray for peace in the living room, rest in the bedroom, joy at the dinner table, and protection at the front door. Dedicate your home to the Lord together.

✨ Real Marriage, Real Growth:

Being intentional about creating special moments without the kids has been a game-changer in maintaining a healthy and vibrant marriage. – G & J

Want to share your story? Reply to this email or write to ajohnson@tvbcsatx.org.

📖 Resources to Explore:

- 🎧 Podcast: *Marriage After God* with Aaron & Jennifer Smith
 - 📖 Book: *Cherish* by Gary Thomas
 - 📖 Scripture: Colossians 3:14 – “*And over all these virtues put on love, which binds them all together in perfect unity.*”
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💬 Marriage Q&A Corner

Q: How do we stay united when we disagree on parenting?

A: Parenting is one of the biggest sources of conflict in marriage—but it doesn’t have to divide you. Start by reminding yourselves that you are *one team*. When disagreements arise:

1. Pray together before making big decisions.
2. Present a united front to your children (discuss differences privately).
3. Focus on principles, not preferences—ask, “What’s most biblical? What shapes godly character?”
4. Extend grace. You will make mistakes, but God’s wisdom fills the gaps.

Remember: Unity in your marriage is a gift to your children.



Focus on the Family: Helping Families Thrive in Christ

This Month's Theme: Teaching Gratitude

Fall is the perfect season to cultivate thankfulness in your home. Try these activities:

- **Gratitude Jar:** Each family member writes one thing they're thankful for daily. Read them aloud at the end of the month.
 - **Service Saturday:** Choose one Saturday to serve together as a family—whether it's raking leaves for a neighbor, *participating in TVBC's monthly food drive*, or writing encouragement cards.
 - **Recommended Resource:** *Raising Grateful Kids in an Entitled World* by Kristen Welch
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Bible Trivia for Kids!

Gather your kids and test your Bible knowledge together!

Q1: Who was swallowed by a big fish?

(Jonah – Jonah 1:17)

Q2: God made the sun, moon, and stars on which day of creation?

(Day 4 – Genesis 1:14–19)

Q3: When Jesus fed 5,000 people, what food did He use?

(Five loaves of bread and two fish – John 6:9–13)

Q4: Who gave thanks to God even when he was thrown into the lions' den?

(Daniel – Daniel 6:10–23)

Q5: What fruit of the Spirit means being thankful instead of complaining?

(Joy – Galatians 5:22)



Challenge of the Month: Memorize 1 Thessalonians 5:18 NIV

Give thanks in all circumstances; for this is God's will for you in Christ Jesus.



A Prayer Over Your Marriage

Lord, we thank You for every couple reading this. Teach us to walk in gratitude, listen with love, and stand united in You. May our homes reflect Your peace and joy. Amen.