
☒ ✨ Vertical Connection — April 2026 Edition

A monthly encouragement from your One Flesh Marriage Ministry.

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.

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

Word for the Month: “Strengthen What Remains”

April reminds us that God often works with what we *still have*, not what we’ve lost. In marriage, strength doesn’t always come from big breakthroughs — sometimes it comes from small, steady acts of faithfulness.

Strengthening what remains means:

- Rekindling what once brought joy
- Rebuilding trust one step at a time
- Returning to prayer when life feels scattered
- Choosing connection over convenience

God specializes in restoring what feels fragile. Your marriage is not beyond His reach.

Scripture to Pray Over Your Marriage

Revelation 3:2 (NIV)

“Wake up! Strengthen what remains and is about to die...”

Pray that God would breathe fresh strength into the areas of your marriage that feel tired, overlooked, or stretched thin. Ask Him to revive your unity, renew your joy, and restore anything that has begun to fade.

Marriage Tip of the Month: “Rebuild the Rhythm”

Every marriage has rhythms — some healthy, some unintentional. This month, focus on rebuilding rhythms that nurture connection:

- Reconnect daily, even if only for 10 minutes
- Re-establish a weekly check-in
- Reintroduce laughter into your routine
- Recommit to praying together

Small rhythms create strong foundations.

Marriage Principle: Strength Through Partnership

Partnership means carrying the load *together*, not keeping score.

Ecclesiastes 4:9 reminds us:

“Two are better than one, because they have a good return for their labor.”

When one spouse is weary, the other can lift. When one is discouraged, the other can speak life. Strength in marriage is multiplied, not divided.



Try This Together: April Reset Conversation

Set aside 20–30 minutes this month and ask each other:

1. What’s one area where we need a fresh start?
2. What’s one habit we want to rebuild?
3. What’s something you need more of from me this month?
4. What can we celebrate that God has already restored?

Resets are not about blame — they’re about building forward.



Real Marriage — Real Strength

“We didn’t realize how disconnected we had become... until we tried to talk.”

After years of busy schedules, raising kids, and constant responsibilities, we found ourselves living side-by-side but not truly *together*. Conversations felt shallow. Date nights were rare. We were functioning, but not flourishing.

One night, we finally admitted it:

“We miss *us*.”

So we started small — praying together again, taking walks, and talking honestly about our fears and hopes. It wasn’t instant, but it was real.

God didn’t just restore our connection — He deepened it.

Sometimes strength comes not from starting over, but from starting again



Resources to Explore

Christian Marriage & Restoration Podcasts Explore

- The XO Marriage Podcast — Encouragement for rebuilding connection and unity
 - Dear Young Married Couple — Practical tools for communication and emotional intimacy
 - Focus on the Family: Marriage — Biblical guidance for strengthening your relationship
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Focus on the Family: Teaching Your Children Resilience

Children learn resilience by watching how parents respond to challenges.

- Parents persevere
- Parents pray through difficulty
- Parents speak hope, not fear
- Parents lean on God and each other

Your resilience becomes their roadmap.

Family Activity Choose one household task to do *together* this month — cleaning a room, organizing a closet, or preparing a meal. Talk about how working together makes the load lighter and strengthens unity.



Bible Trivia — Strength & Renewal Edition

1. Who found strength in the Lord when his men wanted to stone him?

- A. Moses
- B. David
- C. Joshua
- D. Elijah

Answer: B

2. What does Isaiah say God gives to the weary?

- A. Wealth
- B. Strength
- C. Long life
- D. Wisdom

Answer: B

3. Which apostle said, “When I am weak, then I am strong”?

- A. Pete
- B. Paul
- C. John
- D. James

Answer: B



April Kid Challenge of the Month

Challenge: Encourage someone every day — a sibling, friend, teacher, or neighbor.

Memory Verse:

“Be strong in the Lord and in His mighty power.” — Ephesians 6:10



A Prayer Over Our Marriage This Month

Lord, strengthen what remains in our marriage. Restore what has faded, revive what has grown weary, and renew our hearts toward one another. Help us rebuild rhythms of love, grace, and unity. Let Your strength be made perfect in our weakness. Amen.