

Vertical Connection — March 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@tvbcsatx.org.

Word for the Month: “Grow Together on Purpose”

Spring is a season of renewal, growth, and intentional care. Just as nothing grows without nourishment, marriages don't grow by accident. This month, we are reminded that healthy marriages require **attention, effort, and spiritual alignment**.

Growth doesn't mean perfection — it means progress, humility, and choosing one another daily.

Scripture to Pray Over Your Marriage

Colossians 2:6–7 (NIV)

“So then, just as you received Christ Jesus as Lord, continue to live your lives in Him, rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with thankfulness.”

Pray that your marriage would be **rooted** in Christ, strengthened through every season, and marked by gratitude — even in moments of stretching and change.



Marriage Tip of the Month: “Tend the Garden”

Every marriage is a garden. What you water grows.

- Water **kind words**, not criticism
- Pull out **weeds of resentment** quickly
- Protect the soil with **forgiveness and prayer**
- Celebrate small signs of growth

Neglect doesn't happen overnight — neither does intimacy. Be intentional.



Marriage Principle: Growing in Unity

Unity does not mean sameness. It means moving in the **same direction**, even when you bring different strengths, personalities, and perspectives.

Amos 3:3 reminds us:

“Can two people walk together without agreeing on the direction?”

Agreement starts with communication, prayer, and mutual submission to Christ.



Try This Together: Spring Check-In

Set aside **30–45 uninterrupted minutes** this month and ask each other:

1. What's one area you feel we've grown in?
2. What's one area we've neglected?
3. What would help you feel more supported right now?
4. How can we pray for each other this season?

Listen without defending. Growth begins where safety exists.

Real Marriage — Real Growth

We thought everything was going so well... until we were both fired!

Two months into marriage — first my husband lost his job, then the next month, I lost mine. We had both never been fired before.

It was humbling. And if we're honest, we had to face the habits that led us there.

But God used that season to teach us something powerful:

Marriage requires the courage to have hard conversations — together.

Instead of shutting down, we learned to pray first and invite God into the conversation.

Discipline may hurt in the moment, but it produces fruit later.

Hebrews 12:11 reminds us that what feels painful now can lead to peace and righteousness later.

Hard seasons don't have to divide you — they can disciple you and prepare you for a better tomorrow. Be encouraged and remain hopeful! ❤️

~RN & LN

Resources to Explore

Christian Marriage & Growth Podcasts

- **The Naked Marriage Podcast** — Honest conversations on intimacy, connection, and lifelong love
 - **Marriage After God** — Building marriage on spiritual leadership and unity
 - **Focus on the Family Marriage Podcast** — Biblical wisdom for everyday marital challenges
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Focus on the Family: Modeling Growth for Your Children

Children learn growth by watching:

- Parents apologize
- Parents forgive
- Parents pray together
- Parents work through challenges with respect

Let your children see that growth in Christ is ongoing — even for adults.

Family Activity:

Plant something together this month (flowers, herbs, or even seeds in a cup). As it grows, talk about how love and faith grow with care and patience.



Bible Trivia — Growth & Faith Edition

1. What did Jesus say faith as small as a mustard seed can do?
 - A. Nothing
 - B. Heal the sick
 - C. Move mountains
 - D. Make riches

Answer: C

2. Who planted, Apollos watered, but God gave the increase?
 - A. Moses
 - B. Paul
 - C. Peter
 - D. John

Answer: B

3. What fruit of the Spirit involves controlling oneself?
 - A. Kindness
 - B. Peace
 - C. Patience
 - D. Self-control

Answer: D

☀️ **March Kid Challenge of the Month**

☀️ **Challenge:** Practice one act of kindness each day — at home, school, or church.

📖 **Memory Verse:**

“Let us not love with words or speech but with actions and in truth.” — 1 John 3:18

🙏 **A Prayer Over Our Marriage This Month**

Lord, help us grow — not just older, but deeper. Teach us patience in the process, humility in change, and faith in Your work within us. Root our marriage firmly in You, and let our love reflect Christ in every season. Amen.