

■ VERTICAL CONNECTION

September 2026 Edition • A Quarterly Encouragement from Your One Flesh Marriage Ministry

WE WANT TO HEAR FROM YOU!

Drop marriage- and family-related questions in the **Vertical Connection** boxes in the foyers of Sanctuaries 1 and 2 or the Portable 3 classroom.

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

■ ROOTED TOGETHER

Connected to Christ. Connected to Each Other.

September often brings change. Summer break ended, our TVBC students have gone back to school, and now there's sports, work, and new routines. In the midst of all the change, **staying rooted is vital**. Our connection with each other grows stronger when our roots grow deeper in Christ.

Connection to Christ—and to each other—means:

- **Create.** Make time and space to study God's Word together—start with 15 minutes.
- **Pray.** Pray and repent daily, keeping your hearts tender toward God and one another.
- **Seek.** Take every decision to God in prayer and seek His will together.
- ♥ ■ **Cover.** Pray for one another daily and ask God to strengthen your marriage.

When Christ remains at the center of your marriage, your relationship can bear good fruit.

■ SCRIPTURE TO PRAY OVER YOUR MARRIAGE

John 15:5 (NKJV)

"I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing."

Pray that you remain rooted in the Vine—Jesus Christ. Keep your eyes focused on Him as you navigate life's situations and distractions. Continually pray for one another and ask God to strengthen, protect, and preserve what He has given you—**your marriage**.

■ MARRIAGE TIP OF THE MONTH

REST WHILE BUSY

As schedules increase and new routines emerge, be intentional about resting in Jesus Christ. This month, focus on **slowing down to speed up—together**.

- ♥ ■ **Pray aloud for each other.** Imagine how it will bless your spouse to hear you bring their needs before God.
- **Say five things you appreciate about one another.** Be specific. Speak life.
- **Spend 15 minutes in the Word together.** Sometimes the simple things are what keep us rooted.

■ MARRIAGE PRINCIPLE

Not Too Busy for God. Not Too Busy for Us.

Psalm 46:10–11 (NKJV) reminds us: "Be still, and know that I am God... The Lord of hosts is with us; the God of Jacob is our refuge."

Pause. Breathe. Get before God. Try: **Inhale for 4 seconds. Exhale for 5 seconds.** Then take a moment to be still before God. It is amazing how our perspective can change when we slow down—even for a short moment.

Be intentional about slowing down **together**. If you notice your spouse moving too fast, pause and offer an intentional 20-second embrace. Whisper a word of encouragement. Small moments of connection can go a long way.

■ TRY THIS TOGETHER

SEPTEMBER RESET CONVERSATION

Set aside **20–30 minutes** this week. Put away the phones, pause the distractions, and simply talk.

1. What helps us stay connected?
2. What has caused us to become disconnected?
3. What is one thing we can do this month to strengthen our connection?

Sometimes life requires a course correction. That's what resets are for.

♥■ REAL MARRIAGE — REAL CONNECTION

"The Spirit kept guiding us to stay connected, but we wouldn't listen."

When we started making time for God and for each other, our marriage began to feel connected in a new way—even after all these years. We're learning that **the deeper our roots grow in Christ, the stronger our connection becomes.**

This wasn't always the case. There was a time when we rebelled against the Spirit's leading, and we paid the price for it. Once we course-corrected and became more serious about our faith walk, life began to change for the better.

Matthew 6:33 (NKJV) — "But seek first the kingdom of God and His righteousness, and all these things shall be added to you."

■ FOCUS ON THE FAMILY

Teaching Your Children the Importance of Staying Connected

- **Pray** in front of them and for them-- aloud.
- **Study** God's Word with them and make space for their questions.
- ♥■ **Guide** them with loving accountability, just as God lovingly holds us accountable.

■ FAMILY ACTIVITY — CONNECT • UNPLUG • GIVE THANKS

As the weather finally begins to cool off, take the family to the park and leave the devices behind. Enjoy time together. Before you leave, ask: **"What is one thing we can thank God for today?"** Give everyone an opportunity to share something that brings glory to God.

BIBLE TRIVIA — CONNECTION EDITION

1. Jesus said, "I am the vine, you are the..."?
A. Flowers • B. Branches • C. Roots • D. Leaves
Answer: B — Branches | John 15:5
2. According to Ecclesiastes 4:9, how many are better than one?
A. Two • B. Three • C. Five • D. Ten
Answer: A — Two | Ecclesiastes 4:9
3. Who taught His disciples how to pray when they asked Him?
A. Moses • B. David • C. Jesus • D. Paul
Answer: C — Jesus | Matthew 6:9
4. What did Jesus say is the greatest commandment?
A. Love God • B. Be the strongest • C. Win every argument • D. Never make mistakes
Answer: A — Love God | Matthew 22:37–38
Bonus: Jesus also taught us to love our neighbor!
5. Colossians 2:7 tells us to be "rooted and built up" in whom?
A. Ourselves • B. Our friends • C. Christ • D. Our teachers
Answer: C — Christ | Colossians 2:7

■ BONUS CHALLENGE

What are two things you can do this week to stay connected to Jesus and connected to your family?

■ SEPTEMBER KID CHALLENGE

PRAY • CONNECT • GROW

■ **PRAY:** Talk to Jesus for 1 minute.

♥■ **CONNECT:** Do one kind thing for someone in your family.

■ **GROW:** Read or listen to one Bible verse.

Can you complete all three?

■ A PRAYER OVER OUR MARRIAGE THIS MONTH

Lord, help us deepen our connection with You and with each other. Rekindle our first love and our connection with You. Holy Spirit, please guide us as we learn more about You through Your Word and help us apply it to our daily lives.

Help us remain rooted in You, intentional in our marriage, and connected to the people You have entrusted to us. Strengthen our homes, our families, and our faith.

In Jesus Christ's name we pray, Amen. ■♥■

■ **ROOTED TOGETHER** • *Connected to Christ. Connected to Each Other.*