

A CONVERSATION WITH PS. ED & LISA YOUNG, INTERVIEWED BY PS. PHIL & LUCINDA DOOLEY.

“In this lockdown season, how has it affected your relationship/marriage/family?”

First, it has affected it because we are together so much more and there are beautiful things about being together so much more, but also when you're together this much sometimes our idiosyncrasies can clash.

Overall, it has been awesome but you will always face those little things that clash.

We have been married for 38 years, and when you've been together for that long you think you have it all dialed in, but we still find that little things pop up that we are surprised by (good and bad).

Everybody is navigating everything this season.

“How have you navigated tension and keeping healthy as a couple and family?”

We try to keep short accounts with God and with each other.

When you have a disagreement, it's important for couples if you can set your emotions aside and back up to look at what is the circumstances around us.

The small things may seem so insignificant.

A great Christian therapist told us about “The “HALT PRINCIPLE”:

When you Hungry, Angry, Lonely or Tired - That's when you have to stop, you need to halt and take a step back, so you can process those things.

It's a tough thing to set your emotions aside and look holistically at what is the issue, what is the real cause.

Zoom out and handle it the way God wants us to.

If Jesus isn't Lord of your marriage, obviously of your life and your marriage, you can't have a flourishing marriage. He is the source of our reconciliation.

All we have to do is take a look at the cross and look at His grace and mercy, to look at how He has forgiven me, so I should rush to forgive.

I believe that the husband should initiate reconciliation, he should band the family and home.

Successful marriages navigate the same issues that unsuccessful marriages do, they just do it God's way.

Marriage is not always the easiest thing, sometimes it's the hardest thing but it can become the greatest thing if you're willing to work.

I have written about this: The Marital Work Ethic (MWE): what you use to get her/him, is what you use to keep her/him.

“Why was it so important for you to write about and teach on marital issues?”

It is merged from our lives, that we had dealt with and struggled with and have victory over, also to the kaleidoscopic rage of people that we dealt with who keep bringing the same issues up.

Looking at a christian worldview as opposed to a non-christian worldview, the marriage statistics sadly are not that different as far as relational challenges, divorce rate, families who are struggling...

So, trying to lead people to go towards God's way. If we understand the priority of marriage, and most people enter into the union of marriage without understanding the huge importance, the representation that marriage is a representation of Christ's love for the church.

We need to make clear to others that this is a big deal and it's worth that work, it is worth the attention.

People need to see the beauty of marriage and the value of marriage.

Sometimes couples don't realise that when they have kids, they put their kids at the centre of their marriage. We love kids, but kids leave, spouses stay.

What we encourage couples to do is to have date nights, those times of intimacy, when you go out as a couple (without your kids) and have a good time.

One of the best things you can do is to date your spouse. Put your marriage first.

“In your marriage, how have you dealt with your differences, both in personality and family life?”

We have tried to celebrate our differences, and not be negative about our differences.

We come from separate, different families with a common denominator of Christ, but very different.

It all goes back to zooming out and looking at our differences. We can't see things from the same lens as far as family and heritage, we can't expect that but we can celebrate differences, especially through that Christian lens that God created.

Where it is clear is when we learn from each other, or it can become very divisive.

“How have you grown into your capacity over the years?”

We say no because there is a bigger yes behind a no.

Know your “no's”, because of the bigger “yes's”.

I have tried to say yes to the big yes - which is God's authority and the Lordship of Jesus Christ. The second yes is marriage.

Only do what only you can do. Don't be ashamed for saying no.

If you say yes to everything, you end up saying no to your top priorities.

When you look at or list your priorities and your commitments, there is a gap between them. You have to ask yourself if your commitments highlight your yes's/your priorities.

During this pandemic, this is the perfect time to re-evaluate your commitments and priorities.

God, we know throughout the bible, uses good things and bad things to help us grow in our walk with Him. What is God showing us in terms of realigning ourselves with his purposes and his priorities.

Commitment really is love on a whole 'nother level. Commitment means to pledge yourself in a position, no matter the cost.

Feelings will flow like the tides, we have to celebrate them and validate them yet run our feelings through the filter of a Christian worldview, scripture, prayer and christian friends. That will help to navigate the different tides of marriage.

“One foundational truth that you believe is essential:”

Lean into the Lord, because Your relationship is like a triangle. If you're on one side, and your husband is on the other, the closer you get to God, the closer you will be to each other.

Every challenge, difficulty, high that you have in marriage, when God is at the centre of it all it truly is a whole 'nother level, it truly is the best we could possibly experience. .

Lean into the Lord in all things. Your commitment to Christ and your marriage is the number one thing.

TLC - every day: a *touch*, a *look* and a *conversation*.

If you can have 16 minutes with your spouse of uninterrupted conversation everyday, a touch and a look - it will take your marriage to a whole 'nother level.
