

## **Baby Steps to Relationship Growth**

Prepare/Enrich Blog <https://www.prepare-enrich.com/>

Growing is part of life. Physically, mentally, emotionally, socially, spiritually, you name it – we grow in so many ways throughout our lives. The thing about growing, though, is that there isn't a shortcut. We usually can't skip over the hard, uncomfortable, or awkward parts even if we'd sometimes like to. Even though it might not seem like it at the time, those stages are valuable. We learn a lot from them, often gaining experience and insight that helps us down the road. We also gain the confidence to stretch the boundaries of our current state, growing as we tackle the next step.

It's not entirely surprising then, that our confidence and motivation can take a hit when our "next step" is too big. Sometimes we go for it and fall, and we say, "Okay, not trying that again anytime soon!" Sometimes we just can't even fathom how we'll make it, so we don't even try.

Have you ever experienced this? How about in your relationship? We often talk about the importance of ongoing growth in our relationship, but what does that look like? Is it big, sweeping changes for the better? Maybe. But more often it's probably incremental. Two steps forward, three steps sideways, one step back. And that's okay! Just as in other areas of our life, progress can come in baby steps. Sometimes our next step isn't necessarily a big one, but it's one that will give us the footing we need to make it to the next one, and the one after that.

Here are some simple suggestions, baby steps toward growth in your relationship, depending on where you're at now.

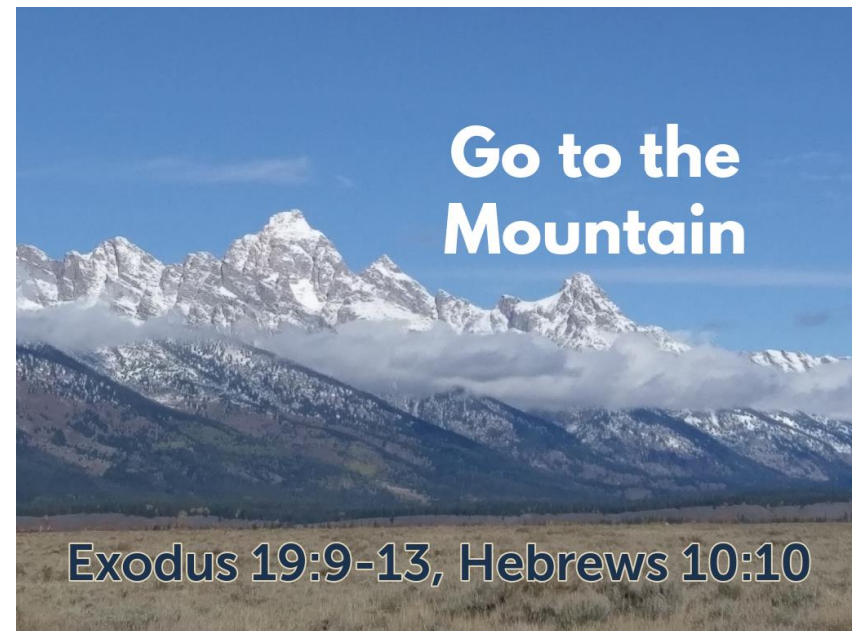
*Feel like two ships passing in the night? Create a simple goodbye/hello ritual – a kiss, a hug, a meaningful smile.* A brief moment of connection can help you let each other know you're still in it together, even when life is pulling you in all kinds of directions.

*Struggling to prioritize intentional time together? Set a goal of devoting just 10 minutes a day to giving each other your full attention.* Maybe it's after the kids are in bed or right after you climb into your own bed. Try to eliminate any distractions and just enjoy ten minutes of uninterrupted time together – cuddling, sharing about your day, etc.

*Already doing that daily? Schedule a standing date.* Date night, day date, lunch date, even if it's just an hour long. Start out with once a month, then increase the frequency to find a cadence that works for you.

*Completed an assessment recently? Team up with other couples to create a supportive culture in your neighborhood or broader community.* Join a small group for couples at your church or talk to your pastor about starting one.

As you can see, these aren't huge, groundbreaking ideas. They're small, simple shifts that might be what you and your partner need to grow.



## **WELCOME TO LAKEVIEW CHAPEL**

**Sunday, April 18, 2021 / Worship 10 AM**

Invocation

Song

Who You Say I Am

Welcome & Announcements

Song

King Of Kings

Song

10,000 Reasons (Bless The Lord)

Missions Moment

Worship Prayer

Steve

Message

Go To The Mountain

Pastor Dave Havener

Song

Build My Life

Hymn No. 9

Holy Holy Holy

Benediction

Sermons are available online at:

<https://www.lakeviewwego.com>

<https://www.facebook.com/lakeviewwego>

## Events and Information

*Thank you for doing your part in keeping our congregation safe by wearing a face mask as you enter/exit the church and as you sing.*

**INTERNATIONAL WORKERS CONFERENCE** - The conference begins next Sunday morning April 25 with a video sermon from Mark E. and he will be in person Sunday evening through Wednesday evening April 28. Mark and his wife Kathy have served in Bosnia for 22 years. Only a few opportunities are left to host Mark for breakfast, lunch or supper, please see the sign-up sheet on the Missions table. For more information on our meetings see the Missions Conference schedule in your bulletin.

**GREAT COMMISSION FUND** – Pray for what God might have you contribute to the Great Commission Fund. Faith Promise cards and children’s Faith Promise cards can be found on the Missions table. Please place your card in the church’s offering box or the church office by the end of April.

**SUMMER NIGHTS WITH JESUS** - This year, our special summer family ministry will be a series of fun nights spread throughout the summer. Summer Nights with Jesus! We'll be doing things like a family scavenger hunt, a slip-n-slide night, a movie night and ????. We will hold a brief meeting after church on May 2 to start planning. Please come if you are interested in helping in any way or let Patti know if you are interested but can't make the meeting.

### **MISSIONS EMPHASIS EVENT**

International Worker Renee V. will join us on Sunday morning, June 20 at 10 AM. Renee will share with us about the work God is doing at the hospital.

**We're building a community of faith in God  
that LIVES WELL but not by SIGHT.**

## Small Group Ministry

### **Small Groups**

#### **Adult Group (Led by Steve & Kristie)**

Meeting Friday evenings 7 PM at Steve & Kristie’s home. Using ‘*The Steps to Freedom in Christ*’ material. For more information, call the church office (607)-687-3261.

#### **Couples Small Group (Led by Chad & Judy)**

Tuesday evenings 6:30 PM. Meeting at Lakeview in the Fellowship Hall. Reviewing ‘*The Art of Marriage*’. For more information, call the church office (607) 687-3261.

### **Bible Study Groups**

#### **Women’s Bible Study (Led by Anne)**

Tuesday mornings from 9:30 AM-12 Noon at Lakeview. Meeting in the sanctuary.

#### **Men’s Bible Study (Led by Pastor Dave)**

Wednesday evenings from 6:30-8 PM at Lakeview. Meeting in the Fellowship Hall.

**Prayer Group (Led by Art)** Wednesday evenings from 6:30-8 PM at Lakeview. Meeting in the church office.

## Wednesday Night Youth Programs (6:30-8 PM)

**IMPACT** (Teen Group 6th–12th grade)

## This Weeks Calendar

Tuesday	9:30 AM	Women’s Bible Study
	6:30 PM	Couples Small Group
Wednesday	6:30 PM	Prayer Meeting, Men’s Bible Study
	6:30 PM	IMPACT (Teen Group)
Thursday	6:00 PM	Elder’s Meeting
Friday	7:00 PM	Adult Small Group
Saturday		Rafting Trip (Youth & Adults)