



DOUG & TERESA BRUNSTING

BEHOLDYOUAREBOLD.COM
PARTNERS IN BEHOLD YOU ARE BOLD
CERTIFIED LIVING LEGACY COACH

AS FOR ME AND MY MARRIAGE

Marriage is God's masterpiece and we are the canvas

I believe marriage is God's masterpiece in progress. Have you ever watched an artist painting live on stage? At first all you see is something that looks like a splash of brown on canvas and you think, that is a mess, I don't understand? But you stick around because you know there is more to come. To your amazement

when the artist adds the last brush stroke you see a beautiful painting. Marriage can be like that painting.

In God's masterpiece he definitely had a sense of humor. He knew we could never imagine, in a beautiful ceremony we excitedly planned,

till death do us part. Sometimes working toward the beautiful we find some ugly. Some marriages don't make it through what I call the "hurt and forgiveness" phase. Marriage isn't for the faint of heart. It takes work, constant nurturing, and attention.





31 "FOR THIS REASON A MAN WILL LEAVE HIS FATHER AND MOTHER AND BE UNITED TO HIS WIFE, AND THE TWO WILL BECOME ONE FLESH." 32 THIS IS A PROFOUND MYSTERY— BUT I AM TALKING ABOUT CHRIST AND THE CHURCH. 33 HOWEVER, EACH ONE OF YOU ALSO MUST LOVE HIS WIFE AS HE LOVES HIMSELF, AND THE WIFE MUST RESPECT HER HUSBAND."

EPHESIANS 5: 31-33



When we enter marriage, we are only human, we still make mistakes, and sometimes we are immature in our faith. We don't have a level of faith to see our lives as God does. He sees our marriage as a lump of clay that he can make into a masterpiece no matter what kind of a mess we make of it. How do I know this? That is what happened to me and my husband Doug.

Our marriage gradually declined, and I didn't even realize how bad things had gotten until it was almost over, and he moved out. Doug and I were both searching for things outside our marriage I was spending money excessively, and he was seeking attention elsewhere culminating with him leaving for almost a year and a half.

With divorce papers filed and our marriage nearly over, God stepped in and our hearts found their way back to each other. We started the hard process of rebuilding. We then realized if we knew then what we know now we would have saved ourselves so much grief, heartache, stress, money, the list goes on and on.

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LOVE IS PATIENT,
LOVE IS KIND.
IT DOES NOT ENVY,
IT DOES NOT BOAST,
IT IS NOT PROUD.
IT DOES NOT
DISHONOR OTHERS,
IT IS NOT SELF-
SEEKING, IT IS NOT
EASILY ANGERED,
IT KEEPS NO
RECORD OF WRONGS.

”

1 CORINTHIANS 13:4-8

MARRIAGE LESSONS:

WHAT DID WE LEARN?

WE LEARNED SO MANY THINGS.

DO WE STILL MAKE MISTAKES?

YES,. WE ARE STILL HUMAN.

WE HAVE MORE GRACE & RESPECT FOR EACH OTHER NOW
THAT WE EVER HAD BEFORE.

FIVE MARRIAGE LESSONS

WHAT DOUG LEARNED:

#1. God needs to be at the center of the relationship. I have tried far too often to say, "just take care of it myself - I'm in control." We need to let God be in control. Trust Him, he wants nothing but the best for you and your spouse. Looking back at times when things went off the rails for me, I tried to take control.

#2. Forgive Yourself. I have made some really big mistakes in my marriage and spent a lot of time beating myself up about it. Teresa had forgiven me, God had forgiven me but I couldn't forgive myself. Niccie actually helped me work through this and realize that our marriage was never going to move forward and flourish because I was holding that back. "Your wife loves you, knows you are not perfect, it's ok put it in the past, learn from your mistakes, and forgive yourself."

#3. Make sure you are aligned on finances.

This area has always been a challenge for us. It really all comes down to communicating - having regular conversations. This is still a work in progress. One thing we have actioned as a priority is to tithe and give back. God has truly blessed us in so many ways and one way to honor Him is through our finances.

“FOR IF YOU FORGIVE OTHERS FOR THEIR TRANSGRESSIONS, YOUR HEAVENLY FATHER WILL ALSO FORGIVE YOU. BUT IF YOU DO NOT FORGIVE OTHERS, THEN YOUR FATHER WILL NOT FORGIVE YOUR TRANSGRESSIONS.” MATTHEW 6:14-15



#4. Kids need to know that their parents are going to disagree.

I have seen how great discord in marriage affects children. They can't go through life with this "Pollyanna" idea that their parents never argue either. That won't be healthy for their future relationships. Don't get me wrong it's not right for parents to be constantly arguing in front of their kids, and I think most of the time it should not be in their presence. When it does happen, figure out how to disagree. **Maintaining love and respect is important.**

#5. Commit to making time to spend together - just the two of you.

Niccie challenged me to have a date night every week. We haven't been as regular as we need to be, but we always have the best time and we have the best conversation that we experience during the week on "date night"..



FIVE MARRIAGE LESSONS

WHAT TERESA LEARNED:

#1. Spending time together and kind encouraging words are a love language. Harsh or disrespectful comments can be extra hurtful and they cause distance. In turn, the person then wants to spend less time together but in their heart truly longs for more time and encouragement.

#2. Finances even though they can be a hot topic for many should be discussed. So many mistakes and heartaches in our marriage have surrounded this topic. A good assessment for help and conversation is one that Brooke Fyke had in here a month or so ago. Go to this link <https://sweet-river-mama.ck.page/9f6fb4d4cf> and you can each take an assessment.

#3. Nagging and jealousy for me were insecurities within myself that had a self-fulfilling prophecy. If I could go back and give myself advice, I would say to pray about my husband when I feel nudges that cause me heartache praying, "God, help me and take my husband and protect him and mold him into a Godly man you have planned".

#4 Make sure your children know that mom and dad are in it for the long haul even through struggles. They know you aren't perfect and they don't need the stress of worrying about their parents. Knowledge is power..

#5 I have been through many things throughout my life and also my marriage but I have learned to **ONLY go back to heal. Don't dwell or become bitter, or you will miss out on the best God has to offer in your future.**

Niccie Kliegl took Doug and me through her Living Legacy Life Coaching both individually and together. It took us through The Problem, The Word, The Gift, and The Choice. We had homework to do individually and together for our marriage. Good marriages, it turns out, take effort, and are best when God partnered.

After working with Niccie, I decided to become a Living Legacy certified coach. I had a Godly nudge to help others with Doug's blessing. We started a company Behold You Are Bold.

Find out more at beholdyouarebold.com