



marriage mosaic

helping marriages thrive

Being Intentional in Marriage

“A healthy strong marriage doesn’t happen by accident. When a married couple displays intentionality, they are being deliberate in their actions, purposeful in their plans, and voluntarily acting in their best interest of their marriage, not themselves.” -Being Intentional In Marriage -YouVersion



Last month, I (Mo) had the honor of officiating the graveside service for our neighbor Jack Damon, and Vic served as one of the pallbearers. Jack and Betty lived right next door to us until recently moving into assisted living, and they were the very first people we met when we moved to Burlington in 2013. Jack passed away on December 29, 2025, just shy of their **71st wedding anniversary** this February. Jack and Betty loved gardening and being outside, this was evident by the beauty of their

yard. When we first moved in, I remember saying to Vic, “ We’ve never really tried to keep up with the ‘Joneses,’ but living here, we’re going to have to try and keep up with Jack.” I’ve included this picture of Jack and Betty above...because it’s one of my cherished memories of the two of them. One of my favorite sights was seeing them sitting side by side just peeking out of the garage...often swinging their feet and taking in the neighborhood. I remember telling Vic, “That’s what I want for us, side by side, as long as we can.”

In preparation for the graveside service, I spent some time with Betty and her daughter Gretchen reminiscing. One theme that came up again and again in our conversation was that Jack and Betty were almost always side by side and had a shared deep commitment to their marriage.



She shared with me, “It wasn’t always a smooth road. There were ups and downs, but we were able to work through them.” Jack and Betty’s story inspires and encourages me, and it brings me back to one of my favorite words: *intentional*. Across so many areas of life, intentionality rings true.

Not every couple needs to be side by side as much as Jack and Betty in order to be intentional, but I think it’s fair to say that when we neglect intentionality in our marriages, we become vulnerable to stagnation, slowly slipping into more of a roommate cycle. There aren’t many voices in our world reminding us to keep marriage a priority. God does, of course, but I’m thinking of the everyday, worldly voices we hear around us. Vic and I are frequently looking for ways to be intentional in our own marriage. If we’re not, what do we have to give away to those we meet with? We’re often on the look out for ideas, resources and relationships to help us cultivate connection, growth, vision and clarity throughout the growing number of seasons in our married life. We’d like to share a few resources with you (see below).

One of the ways Vic and I have been intentional in our marriage has been over morning coffee conversations and praying together. Sometimes, our days get busy and we find ourselves praying for others, but not together. Today I thought of an acronym for Prayer.

P – Pause (slow down your mind & body)

R – Reflect (on the moment, the day, the week, the last thought you just had)

A – Attune (what’s happening in me + my spouse?)

Y – Yield (release control to God)

E – Empathize (move toward compassion)

R – Reset (choose a new response or heart posture)

And just a quick note here...

Vic is constantly curating resources. I can hardly keep up with him. Podcasts, books, articles, studies. But at the heart of Marriage Mosaic is not information. It’s relationship. When we recommend books, workshops, mentoring, or retreats, it’s always for the sake of relational application and experiencing real transformation. Below are some links to a few resources that might be helpful for you or a couple you know. Our daughters recommend the “vision setting” after going through it with their spouses, so we’re giving it a try this year!

☼ East Family Vision Setting: <https://www.familymade.com/vision-setting>

☼ The Marriage Journal: <https://www.beating50percent.com/products/themarriagejournal>

☼ 52 Uncommon Dates: <https://tinyurl.com/79e5dcuw>

☼ Re-connect: <https://tinyurl.com/3b3kx3hm>

We appreciate your prayers and partnership!

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