



Mike Novotny is an author, pastor and speaker who holds a Master of Divinity from Wisconsin Lutheran Seminary and a Doctor of Ministry from Trinity Evangelical Divinity School. Mike is the lead speaker for Time of Grace, a global media ministry that exists to point people to what matters most: Jesus. Using a variety of media (television, radio, podcasts, print publications and digital), Time of Grace teaches tough topics in an approachable and relatable way, accessible in multiple languages, making the Bible clear and understandable for those who need encouragement in their walks of faith and for those who don't yet know Jesus at all. Mike's radio program, *Time of Grace with Mike Novotny*, is syndicated on the Faith Radio Network.

EXPERTISE

- Marriage & relationships
- Newlywed preparation
- Communication & conflict resolution
- Faith-based family life
- Sex & intimacy in marriage
- Finances & expectations in marriage

AVAILABILITY

- Widely available Mondays - Fridays via Zoom or phone. Landline available upon request.
- Unavailable on weekends.
- Central time zone (Appleton, WI)

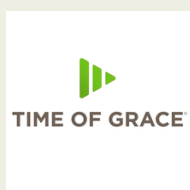
PREVIOUS BOOKS

- [*Taboo: Topics Christians Should Be Talking About But Don't*](#)
- [*What's Big Starts Small: 6 Ways to Grow Great Faith*](#)
- [*3 Words That Will Change Your Life*](#)
- [*Gay & God: Loving Everyone God Made and Everything God Wrote*](#)
- [*Sexpectations: The Word Says It All*](#)
- [*How to Heal*](#)
- [*Pro \(Every\) Life: A Unique Window Into the Real-Life Impact of Abortion*](#)
- [*The Power of Devoted Prayer*](#)
- [*Out of Context: 8 Bible Passages Most Christians Get Wrong*](#)
- [*Redirected: Responding to God When His Plans Don't Make Sense*](#)
- [*From Dirty to Dancing: God's Grace for Those Struggling with Pornography*](#)

CREDENTIALS

- Bachelor's degree in theology, Martin Luther College
- Master of Divinity, Wisconsin Lutheran Seminary
- Doctor of Ministry, Trinity Evangelical Divinity School
- Over 20 years in ministry
- Mike's reach through Time of Grace (4 million+ monthly touchpoints across TV, radio, podcast and digital) proves he's relatable and trustworthy. Producers booking Mike get a guest who is seasoned, genuinely warm on air, and unafraid to go to the places other pastors won't.

TIME OF GRACE



Time of Grace is a media ministry based in Milwaukee, Wisconsin. Its weekly television program, radio program, video and written devotions, blog posts, podcasts, and printed publications reach people more than four million times a month. For more info, visit timeofgrace.org. For more resources, visit timeofgrace.store

DOWNLOADS

[Book cover image.](#)

[Manuscript](#)

[Mike's headshot](#)

ONLINE

(CLICK TO VISIT)

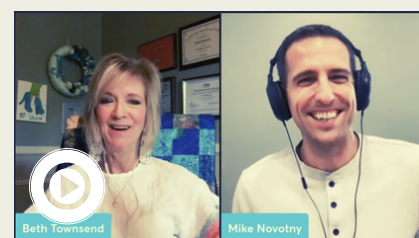


WATCH

Click below to watch as Mike discusses anxiety.



Click to watch as Mike talks with CBN about leadership and addressing tough topics in tough times.



Click below to watch as Mike talks with Life Today, answering the question, Why do we suffer?



[Click here](#) to access a series of video devotions in which Mike tackles difficult topics.

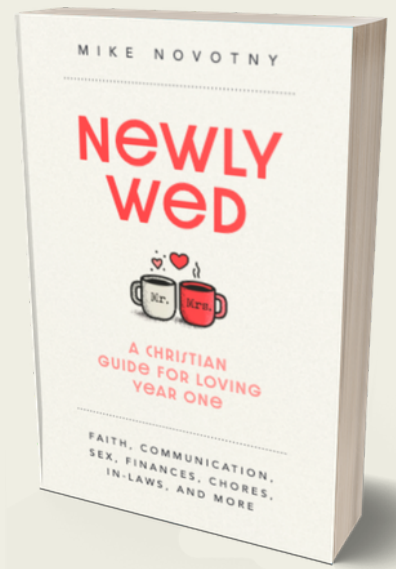
TO BOOK AN INTERVIEW, CONTACT:

MARIANNA GIBSON

MARIANNA@JONESLITERARY.COM



ABOUT THE BOOK



Nobody enters marriage expecting it to be hard. But the first year has a way of revealing just how many conversations you never had — about money, sex, chores, in-laws, expectations and faith. Pastor Mike Novotny's new book, [*Newlywed: A Christian Guide for Loving Year One*](#) is the honest, practical, grace-filled guide that walks couples through everything they assumed they'd figure out on their own — before those assumptions become the fights that define their marriage.

Mike draws on 22 years of his own marriage, interviews with 10 real newlywed couples and conversations with Christian counselors to cover what most premarital prep never touches. From the Ten Commandments of Communication to the Stoplight Method for emotional conversations, *Newlywed* gives couples the tools — and the grace — to build something that lasts.

WHY IS IT RELEVANT?

- **Couples today are forming families with less premarital preparation than ever** — and more unrealistic expectations shaped by social media, streaming culture and pornography. *Newlywed* speaks directly into this gap with warmth, humor and biblical honesty.
- The book tackles the topics most resources avoid: **sex** (including desire, frequency and the role of **pornography**), **money**, **in-laws**, **chores**, **screen time** and what it really means to put **God** at the center of your marriage. Mike writes not as a distant expert but as a pastor who has lived it — and failed at different aspects of it — and found grace on the other side.

THE STATISTICS SAY ...

- Approximately [41% of first marriages in the United States are expected to end in divorce](#), according to national demographic projections and APA data.
- [There are 86 divorces every hour in the U.S., compared to 230 marriages](#) — meaning more than one in three marriages ends before death.
- [On average, a marriage that ends in divorce lasts just eight years](#), with the highest risk window within the first 5–10 years — roughly 20% of marriages end by year five.
- [Couples who regularly attend church are 14% less likely to divorce](#) compared to those who do not, while religiously unaffiliated marriages see divorce rates near 50%.
- [Research on 169 newlywed couples found that two specific areas worsened over the first four years of marriage: sex and communication](#) — the two most central topics of *Newlywed*.
- [Negative communication patterns in the newlywed years predict steeper declines in marital satisfaction over time](#), and couples with more rapid satisfaction declines face significantly higher divorce risk.
- [Patterns formed in the first year of marriage often persist throughout the entire marriage](#) — addressing difficulties early leads to significantly better long-term outcomes.
- [Studies consistently show that couples who explicitly clarify expectations early in their marriage experience fewer conflicts later](#) — yet most couples never have those conversations.
- [Research tracking 464 newlywed spouses over four years](#) found that personality, stress, and communication patterns assessed shortly after marriage can predict which couples will thrive and which will struggle.
- [Financial disagreements are among the strongest predictors of divorce](#), with research showing couples who argue about money early in their relationship are at significantly higher risk.

SUGGESTED QUESTIONS

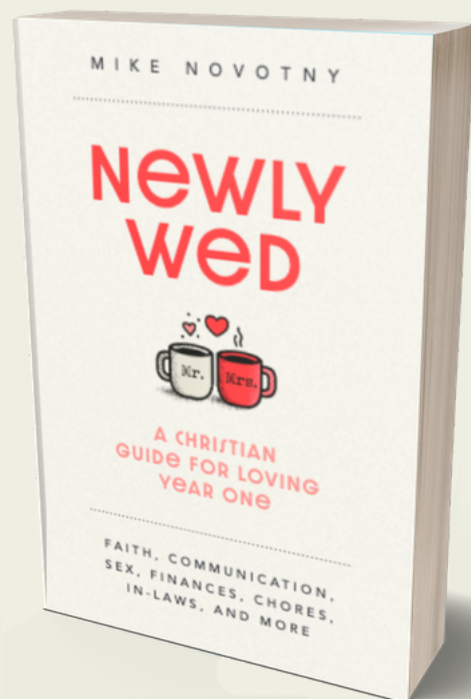
- Most couples spend more time planning their wedding than preparing for their marriage. What's actually at stake in that gap?
- You've been married more than 20 years. What surprised you most about what marriage actually requires?
- What is the single most dangerous thing couples bring into marriage — and how do they get rid of it?
- You write that 'mutually agreed-upon **expectations** are everything.' What does that look like in real life?
- You open up in the book about your own struggles with **sex** and **intimacy**. Why did you decide to go there as a pastor?
- What's the difference between 'spontaneous **desire**' and 'responsive desire' — and why does every newlywed need to understand it?
- What is the **Stoplight Method**, and how does it change the way couples talk to each other?
- You say seeking God together is the most important habit a newlywed couple can build. What does that actually look like in a busy household?
- What do you say to couples who love each other but aren't on the same spiritual page?
- **Finances** are one of the leading predictors of divorce. Where do couples most commonly go wrong in the first year?
- How does **social media** distort the way newlyweds see their own marriage — and what do you do about it?
- What's your advice for navigating **in-laws** without destroying relationships on either side?
- What's one **expectation** you brought into your marriage that turned out to be completely wrong?
- If every newlywed couple in America read one chapter of this book, which chapter would you want it to be — and why?
- You've been doing pastoral ministry for well over a decade. What's the most common marriage problem you see — and is it the one couples think they have?
- What would you say to a couple who is in their first year and already wondering if they made a mistake?
- What role does **pornography** play in shaping unrealistic expectations about sex for newlyweds today — and how do couples undo that damage?

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NEWLYWED More A CHRISTIAN GUIDE TO LOVING YEAR ONE



KEY MESSAGES

- Couples today are marrying with more screen-shaped expectations and less face-to-face preparation than any previous generation. *Newlywed* meets them where they are — honest, practical, biblically grounded and written for real life.
- Unspoken expectations are marriage's #1 enemy. Most couples don't fight about money, sex, or chores — they fight about the assumptions they never voiced. *Newlywed* helps couples name those expectations before they become wounds.
- God loves your marriage. Jesus said what God has joined together matters — which means He is invested in year one going well. Faith isn't an add-on to a good marriage. It's the foundation.
- You don't need a perfect marriage. You need a *humble* one. Mike writes with disarming honesty about his own failures because grace is the whole point — and grace is what makes change possible.
- Practical tools work. The Stoplight Method. The Chore Chat. The Ten Commandments of Communication. The 'me/you/good/bad' conversation framework. Mike gives couples things they can use starting today.
- Your first year is a gift. If you do the work — communicating honestly, seeking God together, aligning your expectations — year one becomes the foundation for an incredible marriage. And then year two is even better.

KEY QUOTES FROM MIKE

- "Mutually agreed-upon expectations are everything in marriage. As a Christian, I believe God always matters most, but even Christian couples will fall apart without a long list of mutually agreed-upon expectations."
- "You are now sleeping with the sinner who will sin against you the most. No one will see more of you — the good and the bad — than your spouse."
- "The best spouses act without being asked."
- "Sex that your spouse wants tomorrow is better than sex that they don't want today."
- "I want your first year to be your best year of marriage temporarily — since what you are about to read will set you on course for an even better second year."

MORE STATS, QUESTIONS

- What is the '**chore chat**' — and why do you think most couples never have it?
- You recommend building a **budget** as a marriage tool, not just a financial one. Explain that distinction.
- [Only about 36% of married or committed couples attend premarital counseling](#) — despite research showing significant benefits.
- [Couples who attend premarital counseling were better off than 80% of couples who decided against it](#)
- [Premarital counseling has been shown to lower divorce rates by 31%](#) — yet the majority of couples still skip it entirely.
- [As many as 56% of 18–24 year-olds are now living with their parents rather than getting married](#), as marriage rates continue to decline.

ENDORSEMENTS

"Host a radio show and you get presented with a lot of books on marriage from speakers, pastors, and astronauts. Pastor Mike Novotny has broken through to the top with amazing clarity and practical teaching. His courageous focus is that critical first year. His work with couples — and from his own experiences — radiates with wisdom on all pages. This book has uncanny honesty and is a gentle firehose of truth. Mike is vulnerable and leads with a concise and strong voice. Spoiler alert: He even disagreed with something his own grandma said. This book should be essential reading for any newlywed or, for that matter, any couple that could use a recalibration. Bravo, Mike!" - **Bill Arnold, Host, Faith Radio**

"Once again, Mike Novotny has hit the target perfectly with his new book *Newlywed*. I've spent most of my media career working in Hollywood, where Wikipedia actually has an entry for 'Hollywood Marriage' — meaning a doomed marriage that only lasts a few days or weeks. Marriages are in trouble today because it's challenging to find such practical, easy-to-understand and brilliant advice. Mike's new book should be the go-to wedding gift for the future. If that happens, the world will be a better place." - **Phil Cooke, PhD — Filmmaker, media consultant and author of *One Big Thing: Discovering What You Were Born to Do***

"Mike Novotny applies biblical principles in a clear and direct way. Every marriage will benefit from his insight while enjoying his relatable style." - **Randy Robison, Cohost of LIFE Today**

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