Schedule of Meeting Times:

WKAC 1080 AM Sunday 7:30 AM
Speaker, Robert Emerson
Study Sunday 10:00 AM
Worship Sunday Morn 11:00 AM
Worship Sunday Eve 5:00 PM
Singing every 2nd Sunday evening
Study Wednesday 7:00 PM

Preacher / bulletin editor:

Kris Vilander, (256) 472-1065

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"Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she reverence her husband."

-Ephesians 5:33

Stanley (24)

Servants during February:

Songleader: Larry (7), David (14), Peter (21),

Stanley (28) Reading: Robert

Announcements: Stanley

Table: Larry, Mike Beckman, Mike Mitchell,

Peter



Wednesday Lesson: Stanley

(3), Kris (10), Larry (17),

Hays Mill church of Christ

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What Makes a Woman Feel Loved?

By Miriam Wengerd

When her husband loves her

To love is to find out what is important to another person, to seek and value their opinions about life. Love does not seek its own, but the good of another person. It is always kind and is not easily provoked.

When her husband regards her highly

To regard highly is to give her focused attention that springs out of the high value he places on her. It means when in a crowd where other women are also present, he singles her out and pays her compliments rather than going too far praising others, or joking with other women in ways he would not appreciate if she would do the same with other men.

A woman's heart is tender. She left her childhood home because she was asked to do so, and she feels blessed when this is not taken for granted.

When her husband honors her

A wife feels honored when her husband values her by choosing his words, actions, and attitudes very carefully, when she senses he loves how God made her. God gave her certain talents, abilities, and interests; she feels loved when he appreciates them and encourages her by showing interest in what she likes, her dreams, her preferences. She does not want to be

seen as a project that needs revision, but a treasure to cherish.

A wife feels honored when her husband guards his eyes and looks away from indecent exposure so prevalent in today's society. It pains her greatly if she sees her husband is not guarding his eyes.

When she is shown preference

She feels loved when her husband places her desires and opinions above those of other women, including daughters, sisters-in-law, mother-in-law, and mom. She appreciates when he loves how she looks and does not speak admiringly of another woman's physical appearance. She likes when preference is shown for her in small wavs-when he knows the flowers she loves best and brings her some. When he knows what her favorite color is. When he finds out what scent she enjoys and buys her a candle. She likes when he takes note of her longings and does something to fulfill them. Maybe she wants a garden shed, a row of blueberry bushes, or a small greenhouse. She feels blessed when he satisfies those longings.

She loves when he plans private times together in a thoughtful way that seeks to bless her. Women crave tenderness. We feel loved when our husband is gentle

with us. We appreciate thoughtful acts of kindness such as:

- A 15 minute foot soak with a foot rub following
- Unsolicited help with the dishes
- Sincere thanks for a good meal
- When our husband holds a door open for us
- When he really listens when we speak
- If he notices when we are tired and need help with the baby or our work
- If he tries to understand, giving us his full attention and a chance to explain how we feel without judging us or dismissing it as unimportant.
- We want our husbands to look into our eyes and speak words of affection to us
- We like when he helps with the children as we arrive at our destination, carrying the diaper bag, car seats, etc.
- When he remembers to help with the

- children during mealtimes so we can have fifteen minutes of peace to eat our meal
- We appreciate when he initiates working as a team to care for the children after church services, when we both want to visit with others but the need to watch the children is real. This is especially true when we are caring for our new baby and can't keep an eye on the other small children. We know we are the weaker vessel, our nerves are not made of steel and we need help.

When our husband considers us and our needs, when he protects us from the wear and tear of life, when he nurtures us by speaking gently, encouraging us with kind words we feel loved, nourished and cherished and we love to bloom where God has planted us—by his side.

—via **Keepers at Home**, Winter 2020 🕮

How Can I Reverence My Husband?

By Marvin Wengerd

Submit to him

To submit is to "yield or surrender to the power or will of another person." It involves an outward yielding, but it also involves a condition of the heart. Obeying outwardly and fuming inwardly falls far short of submission.

Regard him highly

When you regard him you give him focused attention that springs out of the high value you place on him. The opposite is to disregard him or act like he doesn't exist or count. When he walks in the door after work, stop what you're doing and give him your full attention. Don't ignore him if he walks up while you're visiting with your sisters.

Remember those first weeks after the

wedding? Place a high regard on what he says, who he is, his goals, visions, and expectations. Treat him like the most important human on the planet. If he's not the most important to you, who is? You? How noble is that? Another man? How righteous is that?

Honor your husband

To honor your husband means that you express a high estimation of him by your words, actions, and attitudes. You esteem how God made him. Did God make him slow and steady? You can resent that and bring misery to the rest of your days or you can honor the way God made him. You can push your husband to change who he is for as long as you both shall live, but expect increasing pain as

the years go by. I'm not talking here about sinful behavior. That needs repentance and change. However, even if there's sin in his life, a wise woman takes care not to become the Holy Spirit for her husband.

Honor your husband with your eyes. Look up to him. Honor him with your words. Give him a place of honor deep in your heart. Not in the place of Jesus; He alone deserves ultimate honor. But you've got plenty of room in your heart to honor Jesus first then honor your husband second. Honor for Jesus doesn't exclude honoring your husband. Honoring Jesus includes honoring your husband.

Prefer your husband

To show preference to your husband means that you place his desires and opinions ahead of your own. Am I saying your desire and opinions don't count? No, I'm not. A wise husband will give high regard to the feelings and desires and opinions of his wife.

Avoid comparing your husband with your dad, brothers, in-laws, or your minister. Show your preference for him in small ways, big ways, private ways, and public ways. As you do so, you will watch his confidence as a leader grow.

Praise vour husband

If you want to praise your husband, here's how: using your words, build him up with expressions of gratitude for what he does, value him for who he is, and express optimism for who you see him becoming. When you nag and demean him with your words, he will, for the most part, become what your words projects onto him. Praise fuels that man heart inside him that wants to express itself

toward you in beautiful ways.

Show admiration

Remember when you were dating? Probably you expressed admiration for who he was, for his strengths, and for his ideas. You looked up to him. In your mind he towered above all other men in your life. Over the years, as you saw his weaknesses, his failures, and his inconsistencies you slowly stopped admiring him. "Too human for that," you say. Was he perfect while you first admired him? No. Is he perfect now? No. So what happened?

Look deeply into his eyes and turn up the admiration volume. It will awaken the desire to sacrifice for your sake. He'll fight for you. Treasure you. You'll increasingly occupy his mind.

Delight in your husband

To delight in your husband means that you express joy in "just being with you." It means being happy with "who you are to me." Some women have the gift of being delighted. Most of the time such a woman is married to a man who wants to delight her. Why? Because when she feels pleasure he does too. They are one, right? What one feels the other feels.

Is he late for supper? Again? You can remind, nag, lay on the guilt for his lateness, or you can choose delight at the time you have together, short though it is.

Occasionally lay aside all your expectations and strategies, and become a starry-eyed bride absolutely smitten with his love. Surprise him with the delight volume turned to ten; He'll be a better man. You'll be a happier woman.

—via **Keepers at Home**, Winter 2020 🕮

& Remember in Prayer &

Please don't fail to express love and pray for Lois Adams, Madelene Britnell,

Carolyn Dennis, and Tim and Dot Hice.