

PRAYER LIST

CHERYL BARRON, Stan Raley's sister
JO ANN BROSELL, friend of Kathy St. Clair – surgery, Wednesday 2/22/2017
TED BRWON, Sherri Clopton's dad, home rehab
LINDA BULLOCK, recent skin cancer surgery
MIKE CUMBEFRAND, Rush Room 650
ODELL GURLEY, Jeremy's (Elizabeth Fair Gurley) granddad; lung cancer treatment
CHRIS HATCHER, brother-in-law of Paul Guy
THERMAN HODGE, recent diagnosis/Melanoma
JUDY JENNINGS, former member; recurrence of rare form of cancer ~ 2027 Green Gate PL ~ Grayson, GA 30017-1857
BETTY JOHNSON, home-bound
JORDAN KINDLE, 14yrolld boy at Clarkdale; at St Jude undergoing chemo for cancer tumors; friends of Rob & Doris Warren family;
WALTER KING, Lamar's dad, post-aneurism surgery recovery in Birmingham, AL early June
NAN LEGGETT, Brookhaven, MS area; friend of Mike/Renée Cumberland, who suffers from a hereditary debilitating muscular syndrome
MIKE McCRARY, Josh McCrary's dad
JENNIFER MARTIN, auto accident spinal injury
BETSY PARNELL, friend of Cindy Harper – chemo/radiation for cancer
MRS GENE RALEY, Stan's mom – health issues
STAN RALEY
AL ST. CLAIR
ZELIA STEPHENS, aunt of Jason Smith; cancer recurrence; traveling to Houston for consult
THELMA TALBERT, Shirley Raley's mom
RUTH TAYLOR, Mobile AL friend of Jason Smith, Room 102 at Brookdale Meridian, 4555 35th AVE, Meridian, MS 39305
AMBER TUTTLE, Beth Dyer's cousin from Anderson, IN; suffered 3rd burns over 1/3 of her body during fire which destroyed her house
ROB WARREN
EUGENE WHITEVELMA "DUCK" YATES
MEMBERS of our ARMED SERVICES CHURCH MISSION WORK WORLDWIDE

ANNIVERSARY & BIRTHDAY

July 5 : Sabrina Collins
July 5 : Eli Hurst
July 7 : Dewey Wall

NOTE: If you are new to our family, or have changes to your info, please see Renée Cumberland.

10 Actions to Avoid for a Better Marriage

~continued from cover~

Avoid having major arguments in front of children. Small disagreements are okay for children to overhear, because they need to learn how parents work through their problems. Ephesians 6:4 says, "And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord."

Major or mature topics (such as sex) should never be aired out in front of children.

Avoid interpreting "neutral" issues as negatives. There are areas of conflict that have no overarching importance. That is, they boil down to a matter of preferences or opinions.

Avoid personal attacks when discussing grievances. It is possible to disagree with someone without being disagreeable. As a marriage and family counselor, I have heard people say things to one another that most would never consider saying to a complete stranger. Treat your mate with respect, love, and dignity.

Proverbs 25:11 says, "A word fitly spoken is like apples of gold in pictures of silver."

Avoid having arguments in public. This can be very embarrassing for one who is being berated in a public setting. This would include social media pages such as Facebook. We should never be willing to air out our dirty laundry in public.

Avoid allowing you anger to linger for a long period of time. We are told in scripture to avoid this very thing in all manners of communication. Ephesians 4:26 says, "Be ye angry, and sin not: let not the sun go down upon your wrath." One characteristic of a strong marriage is that they work out their problems at the earliest possible convenience. Allowing the conflict to go on unresolved

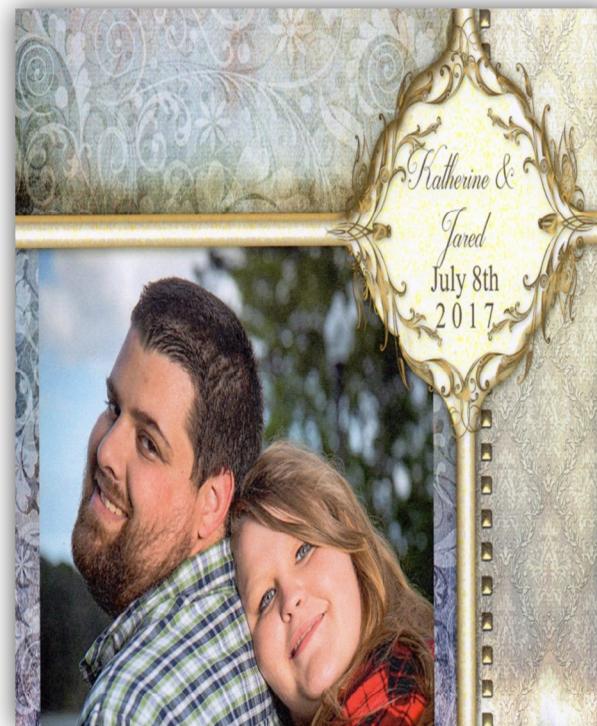
can present greater problems for couples later on in the marriage.

Finally, *never, never, never hit one another in the middle of a heated argument.* This goes for men and women. Ephesians 5:28-29 says, "So ought men to love their wives as their own bodies. He that loveth his wife loveth himself. For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church." There is never an excuse for striking or pushing one's mate. As mature human beings, we should be able to work out our differences without reverting to violence.

Communication is the key to solving many if not all of the problems in a marriage. If couples will attempt to talk about the issues that separate them, greater harmony, acceptance and love can be developed in the relationship.

By Dr. Johnny O. Trail, MFT

<https://www.focuspress.org/>



Meridian Church of Christ Vacation Bible School Calling God's Heroes

Saturday July 22nd
For Ages 2-18



Registration - 8:00-8:30 AM
Classes until 12:30 PM
Lunch Provided Immediately After

2229 Highway 19 North
Meridian, MS 39307