

Lead Pastor Joshua Ray

## 5 Commitments to Make in Your Marriage:

1. Seek God
2. Fight Fair
3. Have Fun
4. Stay Pure
5. Never Give Up

## 2. \_\_\_\_\_ Fair

Healthy couples fight for \_\_\_\_\_, unhealthy couples fight for \_\_\_\_\_.

James 1:19-20 (ESV) Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; 20 for the anger of man does not produce the righteousness of God.

## Three Rules to Fight Fair

1. Stop and \_\_\_\_\_ carefully.

Proverbs 18:2 (ESV) - A fool takes no pleasure in understanding, but only in expressing his opinion.

\_\_\_\_\_ what you hear your spouse saying.

2. \_\_\_\_\_ our words vigilantly.

Proverbs 21:23 (ESV) - Whoever keeps his mouth and his tongue keeps himself out of trouble.

Proverbs 21:23 (NLT) - Watch your tongue and keep your mouth shut, and you will stay out of trouble.

Should it be \_\_\_\_\_ ?

Should it be \_\_\_\_\_ ?

- Never call names
- Never raise your voice
- Never get historical
- Never say never or always
- Never compare your spouse to another person
- Never threaten divorce
- \_\_\_\_\_

3. Manage our \_\_\_\_\_ righteously.

Ephesians 4:26-27 (ESV) - Be angry and do not sin; do not let the sun go down on your anger 27 and give no opportunity to the devil.

Don't go to bed with \_\_\_\_\_ anger

## Info Guide

### **Welcome**

We're glad you're here! This Info Guide will help you learn how to get connected at Manna and share what is available to you at the service today. We hope you feel at home and enjoy your time with us.

### **What to Expect**

During today's worship experience you can expect about a 65 minute service that will begin with approximately 20-25 minutes of worship, we will also have a brief time of announcements, followed by a 35-minute biblical and practical message delivered by our Pastor.

### **Connection Card**

If you're a first-time guest, we would love for you to fill out a connection card. No one is planning to call you or come by your house—We just want to thank you for joining us today and let you know what is available to you here at Manna.

### **Free Gift**

If it is your first time with us, we have a gift available for you in the lobby at the end of service— We simply want to give you a gift to thank you for being with us today!

### **NextStep**

If you want to learn more about Manna Church, who God has called you to be, and how you can make a difference, NextStep is for you.

It is a 4-week small group that meets the first four Sundays of every month. Childcare is provided and you can learn the times and locations at the info center in the lobby. We would love for you to take this step!

### **Manna Kids**

We promise a clean and safe environment where children can experience and enjoy the love of Jesus. The Nursery/Preschool experience is available for kids 6 weeks through 5 years, and the Elementary experience is for children in kindergarten through 5th grade. We would love to have your child join us!

### **Manna Students**

Manna Students meets weekly, at Manna Capital, Sunday afternoons nights at 11:30am. We play games, fellowship, and grow together in our relationship with Jesus. Middle School and High School age both welcomed! Our current focus is on learning to hear the voice of God.

### **Small Groups**

Life-change happens in the context of small groups. Get involved in one today! Visit our website for a list of small groups.

[capitalarea.manna.church](http://capitalarea.manna.church)