

Pastoral REFLECTIONS

March 23, 2025

Spiritual Vitamins for a Healthy Marriage

Communication is like water to the body; a relationship can dry up and wither without good communication. Even in our relationship with God, communication is essential. God states that we should pray without ceasing (1 Thessalonians 5:17). God encourages us to talk to Him constantly. If communication is this important for an all-powerful, all-knowing God, how much more meaningful would it be for our spouses?

The authors of “Who Cares about Love” suggest four levels of communication. The first is the exchange of clichés: “Hi, how are you? Have a nice day.” The second level of communication shares data and information. Talk about impersonal and non-threatening things- the weather, sports, world events. The third level is when we share something about who we are- our opinions and attitudes, dreams, goals, and values. The fourth and most intimate level of communication is when we share our feelings, emotions, joys, and fears with another person.

Sometimes, we communicate very well when beginning a loving relationship or at the first or second level. But we can quickly stagnate at one of these levels if we don’t choose to go deeper and become more personal, open, and intimate. Win Arn, Carroll Nyquist, and Charles Arn, Who Cares about Love? (Pasadena, CA: Church Growth Press, 1986), 92-93.

“If I were to summarize in one sentence the most important principle I have learned in the field of interpersonal relations, it would be this: Seek first to understand, then to be understood. This principle is the key to effective interpersonal communication.” (Stephen R. Covey, The 7 Habits of Highly Effective People. New York: Simon and Schuster, 237)

The Bible teaches several key principles in communication: (1) Present anger by being quick to listen and slow to speak (James 1:19) and don’t let the sun go down on our anger (Ephesians 4:26). (2) Always speak the truth (Ephesians 4:15,25). (3) Do not use bad language (Ephesians 5:4) seek only to build up the other person (Ephesians 4:29). (4) Do not judge another person’s motive (Romans 2:1-3). (5) Do not murmur (Philippians 2:14), argue or complain (Colossians 3:13). (6) Seek the other person’s interest above your own (Philippians 2:1-5).



UPCOMING Events

POWER WALK MINISTRIES—NATIONAL PASTORS & LEADERS CONFERENCE—4/3-4/5
Calling all pastors, ministers, and ministry leaders, join us for a dynamic conference by Power Walk Ministries April 3rd—5th here at Living Word. Register now at <https://givebutter.com/NationalPastorsLeaders2025> and for more information contact Patsy Gatterson at powerwalkministrieshouston@gmail.com

FREE SPRING TECH SERIES –WORKSHOPS MARCH 29TH—MAY 24TH
MARCH 29TH MOBILE PHONE HELP
APRIL 12TH MICROSOFT EXCEL
APRIL 26TH ARTIFICIAL INTELLIGENCE
MAY 10TH KIDS ROBOTICS FUN
MAY 24TH CANVA & GOOGLE SUITE
Register on the events page of the website or contact Shani Smothers for more information.

THIS IS US SERIES—MARCH 2025 RELATIONSHIPS, FAMILY & MARRIAGE
Join us during the month of March for the “This Is Us” series as we focus on relationships, family, and marriage. Attend Services and Life Application classes every Sunday and Bible Studies and Center for Christian Living classes on Tuesdays. As John would say “And the Word became flesh, and dwelt among us, and we saw His glory (God in His full excellence exposed in day-to-day life), as of the only begotten from the Father, full of grace and truth.” (John 1:14) This series takes the Word to your home, so that you grow through the application of God’s Word as it relates to relationship challenges.

SUMMER ADVENTURE 2025
Calling all young explorers, artists, and scientists! ABC Word Academy and LWCA are bringing learning and unforgettable experiences to life with our action-packed Summer Adventure Program including NASA & STEM Explorations, art classes, performing arts, and outdoor fun. Register your children, ages 4-12 today! Call (281) 445--9673 or register online at <http://tinyurl.com/LWFCSummerCamp>.

JOIN THE LEGACY YOUTH BAND APP
Legacy Youth parents and youth, join the **BAND APP** to stay connected. WE have an exciting year planned for our youth and we don’t want you to miss a single event or activity. Use the link below to join:
<https://band.us/n/a8adA2G6V4fdO>
For more information, contact **Angela Holmes** at angholmes32@gmail.com



ORDER OF WORSHIP

- Announcements
- Communion
- Worship In Giving
 - Offering boxes are located at all perimeters under crosses
- Special Music
 - “Reconnect”
Ephesians 5:22-27
 - Click “Sermon Notes” on the Website
- Call to Discipleship
 - Please remain seated at this time
- Visitor’s Welcome
- Benediction

Children are now required to check-in upon arrival. Please report to the registration desk located in the children’s wing.
Infants—6th grade

MIDDLE SCHOOL - HIGH SCHOOL
2:30 4:15 & TUESDAY NIGHTS
SUNDAY e 7:30 PM

Reconnect

Ephesians 5:22-27

A. God's Order Is God's Breath
In The Home (vs. 22-24)

B. Sacrificial Love (vs. 25-27)

Scan For Full Notes



SPRING TECH WORKSHOPS
MARCH 29TH
MOBILE PHONE HELP

Register at <https://bit.ly/LWFTechMobile>

ANDROIDS IPHONES WINDOWS GOOGLE

The poster features a blue background with a red vertical stripe on the left. It includes an illustration of a smartphone and headphones, a QR code, and images of four different mobile phones at the bottom.

MEN'S PURITY DISCUSSIONS
EVERY THURSDAY
7:00PM-8:30
VIA ZOOM

STARTING APRIL 10, 2025

REGISTERED PARTICIPANTS WILL RECEIVE
ZOOM ACCESS CREDENTIALS

REGISTER AT [HTTPS://BIT.LY/MENSPURITY](https://bit.ly/menspurity)

For more information contact Omari Dawson at obdawson@gmail.com

The poster has a white background with blue and purple geometric shapes. It features an image of the book 'Every Man's Battle' and a QR code.

PRAYER REQUESTS

Grieving: Sylvia Edwards & family, Jeffrey and Charlotte Allen & family, Lula Hayes & family, Robert James & family, Michael Harris & family, the family of Susie Farley, Robert and Joselyn McCain & family, Melvin Bates & family, and Pat Brandon & family.

Health and Healing: Lurlean Lane, Florence Wiggins, Retha Amos, Margaret Baptiste, Cici Sharpe, Eunice Johnson, Jeffrey McQueen, Eric White, Pat Crawford, Tanisha Collins, Jon Heard, Rutha Patrick, Kevin Carey, Sherri Love, Elizabeth Clarke, Clara Williams, Kathryn Ford-Cheatham, Anthony Thomas, Beverly Austin, Joshua Williams, Ruby Hunter, Elizabeth Bean, Patsy Gatterson, Joyce Newsome, Arleatha Housley, Patrina Johnson, Cheryl Walker, Walter Banks, Sheryle Crowe, Arnie Glover, Clarence Coleman, Diana Doyle, Shannon Rice, Freddie Reid, Janie Buchanan, Yolanda Barnes, Rochelle Carter Brown, Terrance Ford, Robert Edwards, Jessie Austin, and Evelyn Harvey.



Ephesians 5:22-27