Men and Women	February 20, 2011
3. Naked Choosing to be vulnerable and real.	Men and Women
5. Tvakeu Onoosing to be vuinerable and real.	²⁴ Therefore a man shall <i>leave</i> his father and his mother and <i>hold fast</i> to his wife, and they shall become one flesh. ²⁵ And the man and his wife were both <i>naked</i> and were <i>not ashamed</i> . <i>Genesis 2:24-25</i>
Practically speaking	4 Components of a Healthy Marriage
Fractically Speaking	1. Leave Establishing boundaries and re-defining expectations.
	Practically speaking
	2. Hold fast - Prioritising your angues
	Hold fast Prioritising your spouse. However, let each one of you love his wife as himself, and let the wife see that she respects her husband. Ephesians 5:33
4. Unashamed Creating an environment of grace and acceptance accept one another, just as Christ also accepted us to the glory of God. Romans 15:7 Not returning evil for evil or insult for insult, but giving a blessing instead; 1 Peter 3:9a Practically speaking	Husbands: Love your wife. husbands should love their wives as their own bodies. He who loves his wife loves himself. Ephesians 5:28 How? Tukewise, husbands, live with your wives in an understanding way, showing honour to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered. Finally, all of you, have unity in mind, sympathy, brotherly love, a tender heart, and a humble mind. 1 Peter 3:7-8 Wives: Respect your husband. How? 1 Likewise, wives, be subject to your own husbands, so that even if some do not obey the Word, they may be won without a word by the conduct of their wives, when they see your respectful and pure conduct. Do not let your adorning be external—the braiding of hair and the putting on gold jewelry, or the clothing you wear— 4 but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious.
	Practically speaking
COMMENTS, PRAYERS AND PRAISES We have a team of people who are praying for our church body regularly. If you have a praise item or prayer request that you would like to share with our prayer warriors or a comment for church leaders, please complete the form below.	WELCOME TO ISLAND ECC Thank you for worshipping with us today! If you are new to Island ECC or want to get connected to our community, please complete this short form and drop it in the offering bag, or at a designated box on the 1st or 2nd floor. Also be sure to check us out at www.islandecc.hk
	Name
Name	Mobile Number Email
Mobile Number Email	Today I attended the service at: On the:
☐ Please pass along my prayer/praise but without my name	☐ 9.30am ☐ 11.30am ☐ 5pm ☐ 1st Floor ☐ 2nd Floor