



# milestones COVENANT MARRIAGE

February 17, 2008 • Dr. David Self

## Adulthood: Can You Hear Me Now?

Ephesians 4:25-32

### I. Honesty is the Best Policy

“...putting away lying...” v.25 “instead, speaking the truth in love” v.15

- Truthfulness is a hedge of protection for your morality.

### II. Hot Heads and Cold Hearts Never Solved Anything

“Be angry and do not sin...” v.26

- Two relationship killers: anger and selfishness James 4:1-3

#### People Who Get It

Reflect: “Guess you really felt...when...”

Clarify: “Are you saying that...?”

Explore: “I’m not sure what you mean...?”

Extend: “You really feel...Do you also feel...?”

– Larry Crabb “**The Marriage Builder**” Chapter 4

#### People Who Don’t

Adjust: “What I meant to say”

Apologize: “I shouldn’t have said that”

Attack: “I may be wrong, but you...”

Advise: “Maybe you should...”

### III. Make Your Words Sweet, You May Have to Eat Them

“Let no corrupt word proceed out of your mouth...” v.29

### IV. Forgive and Forget

“And be kind to one another, tenderhearted, forgiving one another...”

v.30

(over →)

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## Hard Hat Crew

On Sunday, March 30, the HFBC family will hold its first worship services in the CLC, Fellowship Center, and Chapel, our

temporary sites while the Worship Center is being renovated. With this transition, there is a need to prepare and maintain these venues for worship. The church has hired an outside firm, Church Solutions Group, to oversee the preparation of these venues for worship. While there is budgeted money for work done by outsourced contractors, there is a volunteer opportunity, **Hard Hat Crew**, for you to serve with your time and talents and...*Be a Part of the Story!*



## HARD HAT CREW

Here is a brief listing of the **Hard Hat Crew** volunteer opportunities:

- **Building the stage in the CLC** (*Now through February*) Tasks include unloading lumber and supplies into the CLC, unpacking supplies, measuring cuts, sawing, hammering, painting the stage, and debris disposal.
- **Set up audio, video, and theatrical lighting in CLC, Fellowship Center, and Chapel** (*Now through March*) The first step is to remove existing components and wiring from the Chapel and Fellowship Center. Components will be used elsewhere in the church, disposed of, or moved to storage for resale/donation. The next step is installing new components in all three venues. Volunteers in this area may have skill sets ranging from electricians to people who can unpack boxes.
- **Transitioning to the CLC the week after Easter** (*March 24-29*) Media equipment will need to be completely removed from the Worship Center and relocated to the CLC, onsite storage for refurbishing and reuse, offsite storage for resale/donation, or to other churches.
- **Production assistance and greeters during worship outside the Worship Center** (*March 30–August*) With three worship venues, production and greeter requirements will significantly increase. This will include: stage help, running audio/video from multiple venues, directing members and visitors down proper pathways for worship and Bible studies.
- **Setting up and taking down temporary chairs** (*March 30–August*) On Saturday afternoons, volunteers are needed to set out approximately 1,850 chairs in the CLC and 700 chairs in the Fellowship Center. On Sunday evenings, these chairs will need to be stacked and stored away.
- **Transitioning back into the Worship Center** (*Late August*) Media equipment will need to be moved from the CLC back to the Worship Center or storage. The CLC stage will need to be dismantled and all debris removed.

To sign up, go to [www.hardhatcrew.org](http://www.hardhatcrew.org) or fill out information cards available in Sunday Bible studies.