

Covington Family News

February 2, 2025



*Serving Our Community
for the Glory of God*

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WHEN I PRAY I CAN ...

- Acknowledge that my help comes from above (Psa. 121: 1-2).
- Acknowledge that if God is for me, no one else can be against me (Rom. 8:31).
- See my unworthiness contrasted with the magnificence of God (Neh. 1:5-7).
- As a child, talk to my Father (Matt. 7:11).
- Pursue the will of God in my life (Matt. 26:39).
- Seek true wisdom (Jam. 1:5).
- Seek the blessings of God on behalf of the ones I love (John 17:19-21).
- Seek forgiveness—even for my secret sins (Acts 8:22).
- Ask whatever I want—according to His will (1 John 5:14).
- Have confidence that my prayer will be heard (1 John 5:14-15).
- Thank God for all that He has done/is doing on my behalf (Phil. 2:13; 4:6).
- Thank God for my brothers and sisters in Christ (Phil. 1:3).
- Draw closer to God (James 4:8).
- Petition God on behalf of the sick (Jam. 5:13,16).
- Take advantage of the promises God has made (Heb. 13:5).
- Tap into the vast resources of heaven (Eph. 3:20).
- Request help in resistance of the devil (Eph. 6:18).
- Win a battle against the devil (Jam. 4:7).
- Separate my self from the world—for a while (Matt. 6:6).
- Expect mercy and grace in time of trouble (Heb. 4:16).
- Find peace (Phil. 4:7).

I must not stop praying!

via The Forest Hill News

SERVING THIS WEEK 2/2/25 AM Worship Service

Announcements Neil Bringle
Song Leader: Wayne Dalrymple
Sermon: Mike Rogers

Presiding Over the Lord's Table:

Head: Michael Wyatt
Ken Mason, Brad Evins, Landon Bringle, Craig Robinson,
Nick Maness, Donnie Benjamin, Myles Benjamin, Zach
Higgins

Opening Prayer: Andy Whaley
Closing Prayer: Robert Trimm

Nursery Worker: Elaine Shankle

February Food Committee Leader: Leslie Howard

Attendance Card Collectors: (2/2)

Tyler Bringle, Dayton Maness, Beau Glidewell

February Door Greeters:

Main Lobby Entrance: Brenda & Hadley Mason
Auditorium Entrance: Brad & Becky Evins

PM Worship Service

Song Leader: Wayne Dalrymple
Opening Prayer: Jimmy McMahan
Closing Prayer: Alan Otts
Sermon Mike Rogers

PROOF OF OUR LOVE

Sunday Bible Classes	138
Worship AM	211
PM	113
Wednesday Bible Study	146

VISITORS ARE OUR SPECIAL GUESTS

Evangeline Word	Memphis, TN
Tanner & Danielle Baker	Stanton, TN
Josephine Draine	Henning, TN
Christopher Draine	Covington, TN
Marcia Murray	Covington, TN
Kaitlyn McCain & Kynlee Gross	Atoka, TN
Winona Robinson	Brownsville, TN
Alyssa Chris & Lizzy Dunn	
Mark Glidewell	

Covington Church of Christ
1690 Highway 51 South – PO Box 9
Covington, TN 38019

Schedule of Services

SUNDAY

Bible Classes 9:00AM

Worship 10:00AM & 5:30PM

WEDNESDAY

Bible Classes 7:00 PM

Mike’s Message

Three Cs of the Marriage

Volumes of books have been written on how to save a marriage or how to strengthen a marriage. But, at the core of every marriage must be God. If God is at the root of marriage couples will have these three things: Commitment, Communication, and Companionship. Most couples think that love is what will hold them together. There is even a song with the words, “Love will keep us together.” However, Dietrich Bonhoeffer writes, “It is not love that sustains your marriage, but marriage that sustains your love.” If our marriages have these three things with God at the center, your marriage will be the best it can be.

The glue that holds marriages together is not love but commitment. Commitment is a permanent and continual allegiance to the marriage. It is both husband and wife continually doing what is best for the marriage. Selfish desires, from the husband or the wife, are never to be the deciding factor in any situation. Commitment in marriage is about relinquishing our own selfish desires in the interest of serving each other (cf. Eph. 5:22, 25). God instituted the marriage relationship and intended the husband and wife to have commitment to one another. In the beginning God said, “For this reason shall a man leave his father and mother, and be joined to his wife, and they shall become one flesh” (Gen. 2:24). Jesus quotes Genesis 2:24 in Matthew 19:5 and follows it with, “So they are no longer two, but one flesh. What therefore God has joined together, let no man separate” (Matt. 19:6). The “no man” includes the couple joined together. This demands commitment. While there will be suffering in every marriage, ultimately it is not the amount of suffering that determines the success or failure of our marriages—it is the strength of our commitment. Divorce should never be an option (see Mal. 2:16).

Last week’s “Mike’s Message” dealt with communication. You can go back and read that article on our website under bulletins.

The third C in the marriage relationship is companionship. Companionship includes the physical and verbal expressions of affection. These expressions include hugs, kisses, compliments, kind words, thoughtful actions, recreation et al., which contribute to a strong and healthy relationship by fostering a sense of connection and intimacy.

If God is first and we work on developing commitment, communication, and companionship in our marriages, we will be happier, our marriages will be stronger, and God will be pleased.

--Mike Rogers

Prayer List



- Paulette Watkins—Home
 - John Evans
 - Ken Bringle Sr—Recovering from surgery
 - Susie Wyatt—Recovering from surgery
 - Alan Otts
 - Judy Merritt
 - Betty White—Wife of Bobby White
 - Jeff Cooper—Friend of Susan Mason
 - Israel, Wildfire Victims, Storm Victims, Our Country, Our Missionaries, LaVerne Baxter, Heath Billings, Debra Brownlee’s granddaughter, Gloria Brownlee, Robert Brownlee, Captain Mike Shipley, Larry Coughlan, Kenneth Coulston, Jason Elliott, Hattie Fields, Malissa Garner, Jackie Gatlin, Kay Gatlin, Pat Gatlin, Kyle Hanks, K.C. Haynes, Coy Hendrix, Vicki Mayfield, Stan McDivitt, Phyllis McLillie, Kathy McMahan, Gigi Miller, Robin Montgomery, Larry Newman, Sandy Newman, Sophie Nolan, Randy Rhoads, Bonita Rogers, Donna Sonwineski, Anthony Stacks, David South, John Oliver Wall, Melvin Wall, Fran Westmoreland, Delores Whaley, Larry WhaleyII
- NURSING HOME:**
Covington Care: Shirley Laxton, Cynthia Wilson
- MILITARY:**
Killian Bridgeman, Logan Bridgeman, Major Creel, Bradley Evins, Dayana Fendley, Danny Fields, Tanner Mason, Richie Newbill, Chris Nowak, Jedidiah Phillips, Jacob Sampson, Parker Speight, Isaac Stewart

BIRTHDAYS FEBRUARY 2-8



- 4—Jennifer Phillips
- 5—Marilyn Blevins
- 6—Jackson Whaley
- 7—Bobby White, Becky Evins
- 8—Karen Wall, Doresha Morris

ANNIVERSARIES

- 4—Tim & Cindy Scott

Theme For 2025:
A Common Love

Calendar of Events

FEBRUARY EVENTS

- 3—Monday Night for the Master, Group 1
 - 4, 11, 18, 25—Ladies Bible Class, 10AM
 - 10—Monday Night for the Master, Group 2
 - 15—Birthday Party at Magnolia Creek Nursing Home
 - 16—Devotional at Covington Care, 3:00
 - 17—Monday Night for the Master, Group 3
 - 24—Monday Night for the Master, Group 4
 - 26—Devotional/Worship in song
- We will be making Oreo Balls again this year for the Chocolate Tour. We will need lots of help to make the 2000 treats. All of the information and the recipe are on the church Facebook page. They will need to be here by Monday, February 3. Thanks to everyone for helping!**
- Secret Sisters forms are on the table by the Nursery. The date to turn them in is Sunday, February 9.**

MARK YOUR CALENDARS



- March 2-5—Gospel Meeting; Speaker: Todd Clipard**
- June 1-4—VBS**
- June 11—Wednesday Night Summer Series begins**

AREA EVENT

February 5-9—Great Smoky Mountain Marriage Retreat; register at www.smokymountainmarriage.com
Flyer on the table by the Nursery.

FEBRUARY YOUTH EVENTS



- 8—Chocolate Tour
- 9—Devo Night
- 17—No School
- 21—LOCK IN & LOOK UP

BIBLE READING SCHEDULE FEBRUARY 2-8

- February 2—Lev. 7-9
- February 3—Lev. 10-12
- February 4—Lev. 13-15
- February 5—Lev. 16-18
- February 6—Lev. 19-21
- February 7—Lev. 22-24
- February 8—Lev. 25-27

The Carpenter’s Apprentice

There are a several things in this world that universally make people smile. Sure, there are those who never seem to smile, but I am really referring to Christians; those who have every reason to smile, who smile often and look forward to smiling again. I guess I would be referring to those who are joyful. One of those things that make folks smile came over my phone this morning at 12:30 AM. That sounds early in the morning, but in Hawaii, it is only 8:30 in the evening! You have probably figured out; I am talking about a video of my twin granddaughters. However, it is not the video that universally makes people smile, it is the audio on the video. They are laughing. Both of them. Each time they made eye contact, they busted out laughing. A baby’s laughter makes people smile. I confess, I have shared this video with a number of people this morning and all have smiled. Many if not most have said, “Thank you. I needed that this morning.” Proverbs 17:22 says, “A joyful heart is good medicine, but a broken spirit dries up the bones.” Not surprisingly, science has proven this fact. In the article, “What’s the Science Behind a Smile,” the author, Ding Li, says, “Researchers had proven that intentionally exercising your zygomaticus major muscle and orbicularis oculi muscle can actually make us feel better.” She goes on to explain even fake smiles stimulate the release of endorphins in the brain that make us feel better. She explains, research has found smiling sends a message to the brain triggering our internal reward system and it increases levels of happy hormones and endorphins creating sort of a happy loop. Simplified, when our brain is happy, we smile and smiling makes our brain feel happier. Fake smiles work too and she even suggests holding a pencil in your mouth to stimulate the release of endorphins. There are other benefits to smiling too. Smiling has been shown to lower heart rate, reduce stress and even lower blood pressure. The best part though, is that smiling is contagious. Li says, “Seeing people smile stimulates our mirror neurons to suppress our facial muscle control and trigger a smile.” Science says smiling produces more smiling! Jesus said we are the “salt of the earth and light of the world” (Matthew 5:13-14). Salt brings flavor to the flavorless and light brings hope in the deepest and darkest of places. A smile is the vehicle to carry both and no special license is required to drive this vehicle! There are no age restrictions or limits on smiling either. One just has to do it. We talk a lot about change and all the things that need to happen to make people better, to improve families, the church, our communities, our country and even the world. How about we start with something as simple as a smile? Try it. The science says you will like it and so will those around you.