



How To Be Healthier & Better Looking

We have all had those times when we looked in the mirror and have been unimpressed with what we saw. So here are some simple tips to become much healthier and better looking.

Want to lose weight? Cast all your heavy cares and worries on the Lord (I Peter 5.7; Matthew 11.28-30).

Want beautiful lips? Speak words of encouragement, kindness, and goodness (Hebrews 3.13; Ephesians 4.29; Proverbs 15.4).

Want gorgeous eyes? Look out for the interests of others, not just yourself (Philippians 2.4).

Want to improve your vision? Focus on the things that are eternal, not the things that are physical (2 Corinthians 4.16-18).

Want to hear better? Listen to the words of Christ and act on them (Romans 10.17; Matthew 7.24-27).

Want great hands? Consistently lift up holy hands to the Lord in prayer (I Thessalonians 5.17; I Timothy 2.8).

Want nice looking feet? Use them to bring the good news of Christ to others (Romans 10.15).

Want the most fashionable clothes? Clothe yourself with Christ through baptism (Galatians 3.27).

Need more exercise? Get up every day to “walk in the light” and run the spiritual race (I John 1.7; Hebrews 12.1).



Need more strength? Then become strong in the Lord and in the strength of His might (Ephesians 6.10).

Want to smell amazing? Then become a sweet aroma and a fragrance of Christ to God and to others (2 Corinthians 2.15-16).

True beauty has little to do with physical looks and everything to do with our spiritual appearance to God. Don't focus only on the outward appearance, but also on inward beauty (Matthew 23.27). After all, *“Charm is deceitful, and beauty is vain” (Proverbs 31.30)*. Let's remember, *“For the Lord sees not as man sees: man looks on the outward appearance, but the LORD looks on the heart” (I Samuel 16.7)*. —Brent Petrillo, Denver, Colorado

Are You Possessed?

Matthew 4.24

1. Do you believe that people can be possessed today?
2. Were people in the first century literally possessed by demons?
3. If God made man a free moral agent, then what was the purposed behind permitting demons to take control of an individual?

I. What _____ Are You In (Mark 5.3-5)?

- A. The man bound by the unclean spirits was in a wretched condition, both _____ and _____.
- B. Look at the _____ of Satan over this possessed man.
- C. Are people today not in the same situation _____?
 1. What binds us today?
 2. God said, **"I have no pleasure in the death of the wicked" (Ezekiel 33.1)**
- D. Christians have the _____ to help others bound in _____.

II. Can You _____ Your Condition?

- A. The demoniac was changed when he met _____ (Mark 5.15).
 1. Matthew gives a similar illustration to this account (Matthew 12.22-32).
 2. Can you explain what Jesus said in Matthew 12.29?
 - a. Who was the strong man? _____
 - b. What did the **"strong man's house"** represent? A _____ servant of God.
 - c. What must Satan do to enter a person? Satan must first _____ a person's loyalty to God.
 3. The power of _____ is greater than the power of _____.
- B. The possessed man's change was _____ (Mark 5.15).
 1. No one is in his/her right _____ who has not the mind of Christ (Philippians 2.5-11).
 2. Do we try to follow Christ from _____?
 3. The apostle Paul proclaimed... (Galatians 2.20).

III. Where Can I Get _____ To Change?

- A. Does just _____ in God change me?
 1. James tells us, **"Even the _____ believe—and shutter!" (James 2.19).**
 2. The unclean spirits requested to go anywhere but home, i.e., the abyss.
- B. How did the people of the Gerasenes _____ (Mark 5.14-17)?
 1. They had suffered great material loss—two thousand pigs (Mark 5.13).
 2. Would we forfeit the equivalent costs of two thousand swine to save some nut?
- C. The power to change comes through _____.
 1. Jesus had other plans for the man (Mark 5.18, 19).
 2. All true work for God should begin at _____.
- D. The unclean spirits asked the most important question one could ever ask, **"What have _____ to do with _____, Jesus, Son of the Most High God" (Mark 5.7)?**

Conclusion: Do you need to lay aside sin and come to Jesus today?

CONNECTION

CO
RN
ER

Good morning WH family! Hope you have enjoyed the warmer weather this past week. Today we feature Vincent and Deanna Everett in our Connection Corner.



Vincent was born in Dallas, but the family moved several times to follow his father's teaching/coaching career. He graduated from Trenton High School, where he said the teachers had "mercy on me" because his father was first the principal and then superintendent of the school. So, he was spared trips to the principal's office for his minor "misdeeds." His grandparents were both immigrants: his grandfather from Russia and grandmother from Germany. He has some very interesting stories about them. Vincent graduated from East Texas State in 3 years with a BA degree in Math and Physics. He started teaching when he was 21 at Clarksville High School and had other teachers stop him in the hall and ask for his hall pass! He then went to Texas A&M and obtained a Master's in Nuclear Engineering. He spent the next 36 years in several positions, ending up with the Nuclear Regulatory Commission as a Radiation and Safety inspector. ("No, I don't glow in the dark," so he says!)

Deanna was raised in Clarksville, Texas and graduated from the high school there. Her mother worked in the school system as well, as a teacher, and Deanna says that she had to "toe the line" or else! After graduation, she went off to East Texas State to ultimately be a stewardess for Braniff Airways, her dream job. God must have had other plans though, as she started working in the college library where Vincent also worked, and he was her "boss/trainer." Deanna says he just "happened to get off when she did, be there to help her with something, just happened to be driving by to offer her a ride." (Ask her for the "rest of the story", it's so funny.) His persistence won out and they married. She graduated with a BS degree in Education and had a 25+ year teaching career in several states, following Vincent's job moves. (Ask her about the difference between a winter school day in Washington state vs one in Texas!)

Vincent and Deanna were blessed with 4 children and 6 grandchildren, with another on the way. Make an effort to get to know Vincent and Deanna, you'll be blessed!

Les Keele



NEW MEMBERS

JOE, AMY, TRUMAN AND ELLA TOMME

14813 STAR CREEK DRIVE

ALEDO, TEXAS 76008

DAVID, STEPHANY, AND KATE BIRDOW

1508 M3 RANCH ROAD

MANSFIELD, TEXAS 76063

PLEASE WELCOME THESE WONDERFUL PEOPLE AND MAKE THEM FEEL AT HOME!

SHEPHERDS

*Greg Ball	214-801-7375
Russ Bartee	817-938-5825
Dan Kille	817-793-7439
Chuck Meyer	682-553-5444
Ross Tomlinson	682-429-1983
John Walton	817-441-0000

*Shepherd of the month

MINISTERS

Gary Williams:	662-321-3208
<i>Pulpit Minister</i>	
Les Keele:	817-808-0566
<i>Associate Minister</i>	
James Bowie:	817-944-4492
<i>Youth Minister</i>	
John Boundtaroth:	817-891-2132
<i>Laotian Minister</i>	

DEACONS

Jon Bartee	817-889-2686
James Bowie	817-944-4492
Brandon Duncan	903-603-1059
Jay Garner	817-205-2070
Ben Meyer	817-673-8557
Robert Scott	817-246-0911
Matt Sloan	405-471-3404
Steve Taylor	817-291-2065
Buck Thomas	817-733-2620

MORNING WORSHIP (10 AM)

Welcome - Steven Johnston

Song Leader - Caleb Bartee

Song -

Song -

Song -

Prayer - Dwight Blair

Scripture - Matthew 4:23,24

Song -

Lord's Supper - Brandon Duncan

Prayer for Contribution - Brandon Duncan

Song -

Are You Possessed? - Gary Williams

Song -

Announcements - Les Keele

Shepherd's Prayer & Dismissal - Greg Ball

Donate
by QR
Code?
Here is
ours:
Thank



Attended Nursery: After communion, we have an attended nursery available for ages birth to 3 years, a cry room available, and Children's Bible Hour for children ages 3 years old up through second grade.

For our members and visitors with hearing difficulties, we now provide single side in-ear mono earbuds with a personal receiver for your convenience. Please see the sound booth at the back of the auditorium for one.

DAILY BIBLE READINGS

Monday, February 12

Numbers 11 - 13

Tuesday, February 13

Numbers 14 - 16

Wednesday, February 14

Numbers 17 - 19

Thursday, February 15

Numbers 20 - 22

Friday, February 16

Numbers 23 - 25

Saturday, February 17

Numbers 26 - 28

Sunday, February 18

Numbers 29 - 31

Last Week

Bible Class:	143	Wednesday:	88
AM Worship:	193	Contribution:	\$ 11,989.11
PM Worship:	56	Budget:	\$ 13,802.88

Times of Assemblies

Bible Class:	9:00 AM
Sunday Morning Worship:	10:00 AM
Sunday Evening Worship:	5:00 PM
Wednesday Evening:	7:00 PM

PRAYER REQUESTS

Members

February 11, 2024

NAME	SITUATION	PRAY FOR
The Grier Family <small>02/07/2024</small>	All have been very sick. 1520 Machinac Drive, Crowley, Texas 76036	Better health
Nancy Moody <small>02/05/2024</small>	Mrs. Polly passed away Wednesday evening. 917 Willow Way, Fort Worth, Texas 76126	Comfort and peace for Nancy
Susie Steadman <small>02/05/2024</small>	Is in Harris Downtown, Justin Tower, Room 602, with a bowel obstruction. 8713 South Normandale Street, #218, Fort Worth, Texas 76116	Surgery to be approved so the situation may be resolved
Mary Jo Winters <small>02/04/2024</small>	Has spiritual needs for which she request prayers. 9908 Caravelle Court, Fort Worth, Texas 76108	God knows what she needs
Angie Kirkpatrick <small>1/14/24</small>	Is having neck pain. 1424 Yorkshire Street, Fort Worth, Texas 76134	Relief of pain and healing
LeAnn Fisher <small>1/27/24</small>	Has the flu. 1003 Bryant Street, Benbrook, Texas 76126	Healing
Quin Gary <small>1/29/24</small>	Is in China on an extended trip visiting her 93 year old mother. 9912 Edmund Drive, Benbrook, Texas 76126	Safety and good travels
Chandra Mann <small>1/12/24</small>	Abdominal cancer has returned and she will begin chemo February 5, 2024. 106 Langham Drive, Aledo, Texas 76008	Healing and good news
John Walton <small>1/29/24</small>	After a consultation with the surgeon, they have opted for pain management first. The doctors will start injections this week for his back pain. 101 Bent Tree Court, Aledo, Texas 76008	Healing and pain reduction
Jeff Swan <small>12/17/24</small>	Leg is healing following accident and surgery. 1717 High Ridge Road, Benbrook, Texas 76126	Complete healing
Nancy Wright <small>12/11/2023</small>	Is in Stonegate Rehab, Room 115. 8600 Vista Royale Drive, Fort Worth, Texas 76108	Successful rehab and healing
Gary Williams <small>12/25/23</small>	Had a neck fusion. 9829 Maryville Lane, Fort Worth, Texas 76108	Healing
Gail Willmington	Is having great pain in her knee causing leg and back issues. She will have surgery in February 12. 1603 Tierney Road, Fort Worth, Texas 76112	Reduction in pain and a successful surgery

FOOD BANK STATS FOR JANUARY, 2024

226 – Families Served

\$571.55 – Cost to WHCOC

5,427 lbs. – Estimated Weight of Food

PRAYER REQUESTS

Family & Friends

February 11, 2024

NAME	REQUESTED BY	SITUATION	PRAY FOR
Jane Wilson, mother of	Mindy Markum	Will have a stint placed in her kidney on February 21.	Healing and recovery <small>02/04/2024</small>
Jimena Montanez, younger sister of Madeline	Melissa Montanez	Was in a motorcycle accident that resulted a cracked skull, broken arm, and a broken leg.	Recovery and healing <small>02/04/2024</small>
George Turner, father of	Keith Turner	Is having health issues.	Healing <small>1/21/24</small>
The Smith Family in Paradise and the people of the Paradise community	Mindy Markum	The Smith Family in Paradise, Texas lost Heath, Wyatt, and Noah in a plane crash.	Please pray for the community of Paradise and the Smith family <small>1/14/24</small>
Bob Blevins' family, father-in-law to Dorothy Anderson's daughter	Dorothy Anderson	Dorothy Anderson's son-in-law's dad, Bob Blevins, passed on January 18, 2024.	Comfort and peace <small>1/21/24</small>
Jared, brother-in-law to Charlie, nephew of	Ellen Bartee	Received a kidney on January 23, 2024.	Complete success and healing <small>1/1/24</small>
Charlie, nephew of	Ellen Bartee	Donated a kidney on January 23.	Complete success and healing <small>1/1/24</small>
Hawk, grandson of	Kristie McLeroy	8 month old who has spina bifida for which he is undergoing treatments to help his bladder grow.	For the treatments to work and healing <small>1/08/2024</small>
Myra Stanhope, sister of	Janelle Ball	Her husband, Doug, passed away on December 16.	Comfort and peace for Myra, her children, grandchildren, and extended family <small>12/16/2023</small>

All prayer requests will remain on the list for 30 days. Following that time, the request will be removed unless the office is notified differently. Thank you.

LTC: Practice today



2 PM Speech/Signing

2:30 Drama



3:00 PM Chorus



4:00 PM Bible Bowl



SKIPPER REED HAS MOVED!

BROOKDALE CLUB HILL
1245 COLONEL DRIVE
APARTMENT 1022
GARLAND, TEXAS 75043



LES AND DEATRA HAVE MOVED!

11017 TEXANUM TRAIL
FORT WORTH, TEXAS 76108



There will be a baby shower for Jessica Boudtaroth Mills, February 18, 2024 from 2 PM to 4 PM in the fellowship hall. She is registered at [babylist.com](https://www.babylist.com). Please come and share in their excitement.

Our hearts are saddened at the loss of Mrs. Polly McCarty.
Arrangements are incomplete at this time.



OPPORTUNITIES FOR GROWTH AND FELLOWSHIP

Small Group Sign-Up:

FRONT WEST FOYER

Please check the lists out and sign-up. **Tonight** will be our first small groups' meetings. Small groups **will not meet** on the 1st or the 5th Sundays of the month.



Ladies, if you would like to share prayer time and gain strength by coming together with your sisters, come to the Library on Wednesday nights at 6:40 PM.



BYO Brown Bag Suppers continue on Wednesday nights. Please bring your family's meal and we will enjoy a time of fellowship before evening services and classes. The building will be opened at 6 PM.

VBS ANNOUNCEMENT JUNE 2 - JUNE 5

Please look in the foyer and sign up for all the areas in which you wish to work at VBS. Slots are going fast; so, sign up early to get your preferred spot!

Sundays:

Auditorium: Revelation: Russ Bartee

Young Married and Singles: 1 & 2 Peter: Robert Scott

Wednesday Nights:

Ladies' Class: Prayer: Deatra Keele and Lisa Williams

Men's Class: Step Up To The Plate: Les Keele

Join Us For Our Tuesday Morning Bible Classes At 10 AM.

Men's Topic: 1 & 2 Peter - Milt Birmingham

Ladies' Topic: Obadiah (2/13) - Paula Pauley



Happy Birthday to you, February People

2 Joy Nanthareth
3 Chris Intharansy
5 Meth Boudtaroth
7 Mignon Bandy
8 Makayla Johnston
10 Dwight Blair
12 Kim Brown
12 Jean Wiggins
13 Marie Perez
14 Joe Gentry
15 Michelle Glenn
16 Andrew Montanez
16 Carol Meyer
17 Sandra Wade
17 John Wright
25 Carlene Reeves
27 Mary Lou Lee
27 Paula Pauley
27 Gene Menzdorf

Children:

13 Lily Scott
21 Mason Martinez
25 Stephanie Duncan

