Money Saving Tips for Christmas

http://notmadeofmoney.com/blog/2006/11/50-homemade-gift-ideas-from-around-the-web.html

Check out the above website for 50 great handmade gift ideas such as:

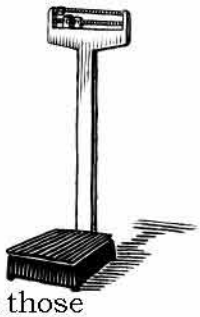
- No sew personalized towels
- Paper bag scrapbook
- Washcloth puppets
- Photo ornament
- Friendship bracelet
- Personalized calendar
- Fleece blanket
- Garden stepping stones
- Holiday ornaments

Praying for your husband

by Stormie Omartian

Lord, I pray Your Holy Spirit would guard my husband's mouth so that he will speak only words that edify and bring life. Help him to not be a grumbler, complainer, a user of foul language, or one who destroys with his words, but be disciplined enough to keep his conversation Godly. Your Word says a man who desires a long life must keep his tongue from evil and his lips from speaking deceit (Psalm 34:12-13). Show him how to do that . Fill him with Your love so that out of the overflow of his heart will come words that build up and not tear down. Work that in my heart as well. May Your Spirit of love reign in the words we speak so that we don't miscommunicate or wound one another. Help us to show each other respect, speak words that encourage, share our feelings openly, and come to mutual agreements without strife. Lord, You've said in Your Word that when two agree, You are in their midst. I pray that the reverse be true as well-that You will be in our midst so that we two can agree. Let the words of our mouths and the meditations of our hearts be acceptable in Your sight. O Lord, our strength and our Redeemer (Psalm 19:14). Amen.

Scale Down



Check out **www.shapefit.com/dailycalorie-calc.html** to get a rough estimate of how many calories you need to maintain your current weight. It's ok to eat those delicious Christmas desserts, just choose a smaller portion. Cut a very small portion like you would for a young child, just enough to get a taste. Be sure to budget your calories wisely. You may even need to budget your calories for the week just to plan ahead for Christmas day. Check out **walking.about.com/library/cal/blholidaycalories.htm.** This website gives an estimate of how many calories a traditional Christmas dinner can be. I added up what I would normally eat without overdoing it and it came up to 2125 calories. That's only one meal. Plan some extra exercise throughout the week to offset the meal as well.

Creative ways to say...

I love you

- Get dressed up nice one day and arrange to meet him for lunch.
- Kiss the back of his neck when he's sitting at his desk.
- Keep the house neat and clean.
- Hide some sexy underwear somewhere only he will find them with a note that says I am looking forward to tonight. Then spend the day thinking about all of the things you love about him and prepare yourself both physically and emotionally for a wonderful night with your husband.
- Be appreciative when he does something to help you out, even if it's not done exactly the way you would have done it.
- Tell him how much you appreciate how hard he works to provide for your family.