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OUR MISSION



Nashville Christian Family® exists to provide Christians and the community at large with ways to strengthen and grow as a part of the Middle Tennessee Christian Family. This local monthly publication is designed to promote positive living by sharing with readers of all ages relevant and timely news and information related to health, faith, parenting, youth, finances, Christian entertainment, missions, church leaders, and much more GOOD NEWS!

FROM THE PUBLISHER

Critical Race Theory (CRT), Cancel Culture, the WOKE movement, pro vaccine, anti vaxxer, all seem to be dominating the news, social media and our conversations.

These are all issues that have really only come to the forefront in the last couple of years and represent some of the most divisive and polarizing ideas or theories that our country has ever experienced. In fact, things seem to be at a fever pitch.

These issues and whichever "side" you are on, have been the source of some of the most hate filled speech and rhetoric that I have ever witnessed in America, and I'm an old guy, 72, and can say that I have "seen a lot" of the best and worst of our citizens and leaders in my time.

It is bad enough that adults have to deal with these issues but it's far more serious when our children and grandchildren are brought into this "fight", I hate to use that word but that is what seems to have developed. Not only are our children and grandchildren being brought into this melee, but amazingly, at least to me, is the fact that through various avenues, school curriculum being one, and other groups, are attempting to force these theories and ideas upon the youngest of society.

I certainly don't have the answers as to how to deal with this other than to go back to the Bible. In this issue there are articles that address these topics from a Christian's perspective.

I believe that we as a country are in for a "long haul" addressing the problems that these issues create between us. The only answer that I have is to turn to the Lord for guidance and wisdom in dealing with our family, friends, co-workers, politicians and folks in general when we are confronted with having to give our opinions and thoughts.

Nashville Christian Family would welcome your comments or thoughts regarding these sensitive and dominating issues. If you would like to opine, please send to publisher@christianfamilynashville.com.

We must keep our hope in the Lord, trust that He does have a plan with a good outcome for our nation.



Robert Stringfellow, Publisher, 615-815-8765
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ON THE COVER 20

A Legacy of Faithful Music: The Annie Moses Band is back on tour. Their latest album release, *Tales From My Grandpa's Pulpit*, tells the story of the Wolaver family. Read their story on page 16.

24 Get Ready for Back to School

1-32 Good News

SPECIAL FEATURES

6 Critical Race Theory: A Christian Perspective

7 What Is Truth?

8 Did You Put On Your H.A.T.?

NEXT ISSUE



Crimson Tide Sportscaster Chris Stewart's miraculous return to the Nick Saban Show and the sidelines. AND MUCH MORE!

August 2021

DEPARTMENTS

3 From The Publisher

5 Miracle Moments
A "Healthy" Change of Perspective

6 Mission Makers
Restoring Respite Amid Chelsie's Challenges

9 The Home Front
Fall Army Worms Are On The March Across the Southeast

10 Money Matters
Ask The Expert Q & A

10 Parenting Points
Not Quite Ready For Departure

11 An Encouraging Word
Jesus Was Cancelled Too

12 The Home Front
What To Do When Your Home Feels Humid

13 Senior Scene
Socializing Seniors Post Covid-19

14 Healthy Living
Be Happy, Be Healthy, Be Whole

14 Teachable Moments
Forgiveness Elevates Gratitude

19 Body & Soul
The Good Promises of God

19 Hassle Free Zone

Do Natural Cleaning Products Kill Bacteria?

20 Our House

The Most Common Foundation and Waterproofing Misconceptions

21 Teachable Moments

Overcoming the Comparison Mindset

21 Faith Under Fire

Are You Thirsty For More?

22 Body & Soul

Critical Race Theory Debate Is Yet Another Example Of Hyperpolarization In America

24 Youth News

Back To School Tips For Divorced Parents

25 Hassle Free Zone

BBQ Grilling Safety Tips

26 Kid's Korner

Jumping For Jesus

28 Miracle Moments

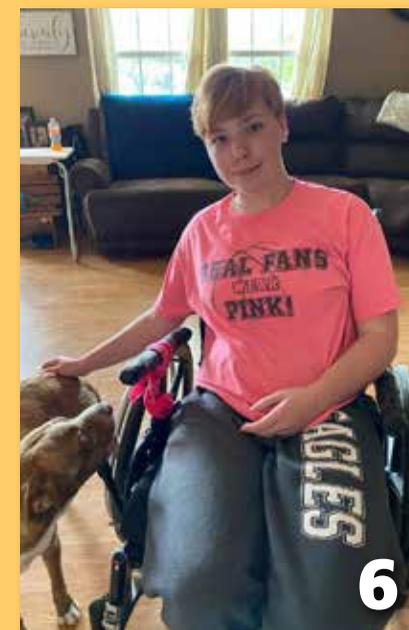
Angels Unaware

29 God's Plan For Salvation and Eternal Life With Him

30 About Our Advertisers

CONTENTS

VOLUME 12, NUMBER 2



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A “Healthy” Change of Perspective

I felt like I was “late to the party” and COVID-19 is no party. My wife and I finally had our go around with “the virus”. Both of us are healthy. We mostly followed the ever-changing “rules” for months but, like many, we continued our lives. My wife was first and I soon followed. If you are expecting a list of symptoms or what we did to combat it don’t waste your time. I am no doctor and I have zero credibility concerning how to physically handle this thing. I can tell you after months of hearing the stories and watching the cases rise, then fall and then rise and watching the “talking heads” discuss the deaths associated with it I had become “immune” to the tragedy of it all.



Immediately I began to imagine millions of people all feeling the same way I felt all at the same time. While most got better, some did not. The mental toll on these individuals and their families, even those who came though it settled in on me.

Suddenly I had an understanding of the fear and worry. I had finally developed empathy, “the ability to understand and share the feelings of others”, on this issue and as much as it stunk, it was a gift.

Having empathy when it comes to our fellow human beings is vital to our Walk. It is one of many “markers” of our Faith and it is in short supply.

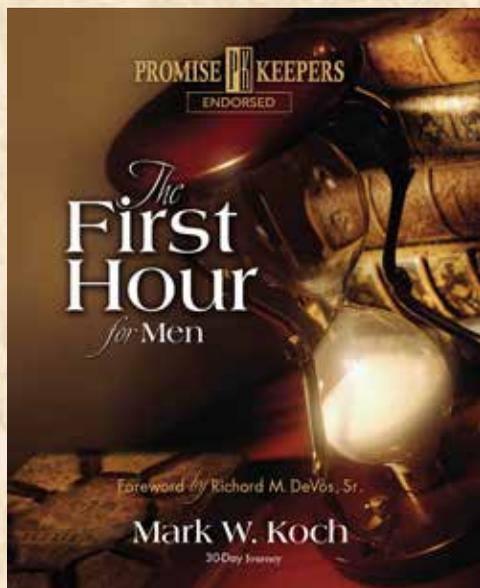
The great news is that you can chose empathy over judgement or, over empathy’s direct opposite, apathy.

That all changed once my wife and I got it. I began to develop a new perspective. A friend of mine calls this a “lens change” and it was much-needed. I know how I felt and it wasn’t good. The mental aspect of the process was what concerned me the most. I had zero desire to do anything. I had no energy. I felt “lazy” and “useless”. Things I normally enjoyed doing, like eating, I could not have cared less about. My taste buds were doing crazy things. Even water tasted funny. In a word I felt depressed. I knew my case was mild.

No matter where you fall on the issues of the day, whether you are “anti-vax” or “pro-mask” if you lack empathy, you are wrong. That was my healthy change of perspective that came about in a less than healthy way.

— Kevin Anderson-General Manager 94 FM The Fish

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Critical Race Theory: A Christian Perspective

“Critical Race Theory”, or CRT, espouses the view that the law and our legal institutions are inherently racist and that race itself, instead of being biologically grounded and natural, is a socially constructed concept that is used by white people to further their own economic and political interests at the expense of people of color. Today, CRT is being touted by some as an ideology for confronting societal evil and for adopting an educational curricula that elevates race to a position of relative dominance and brings awareness to racial inequality as a moral responsibility of our culture.

CRT originated in the Frankfurt School in Germany in the late 1920’s, but became popularized in this country through the writings of Professor Derrick Bell, the first black tenured professor at Harvard Law School. A central tenet of these writings is that “whites will promote racial advances for blacks only when they promote white self-interest.” In other words, throughout American history, our legal and political institutions have operated from an inherent bias favoring whites, and our country’s watershed advances, including passage of the civil rights acts in the 1960s, were not motivated out of genuine concern for achieving racial equality, but were merely an appeasement of people of color to quell racial unrest and further white dominance.

Here are a few of the dangers from CRT:

- CRT teaches that racism is pervasive. It is everywhere, all the time.
- All whites share in societal blame and are inherently racist.
- It encourages the very racist paradigm it purports to prevent.
- The proponents of CRT too often turn to cancel culture extremes against those who advocate more moderate approaches to dealing with racial inequality.
- It separates people purely on the basis of skin color contradicting the biblical teaching that we are all descendants of Adam and universally in need of God’s redeeming grace.

From a Christian perspective, CRT ignores the central theme from Genesis to Revelation that all of mankind was created in God’s image, (Gen. 1:26), and that as fallen creatures, we all “like sheep have gone astray.” (Isa. 53:6). None are exempt from the universal curse of guilt. As Paul reiterates, “There is none righteous, not even one” (Romans 3:10) and “There is no one who does what is good, not even one” (Romans 3:12). All are guilty, and all are without excuse (Romans 1:20).

A proper Christian response to CRT should reject CRT’s divisive premise based on the biblical truth that there is only one race – the human race. Any teaching or belief system that espouses a higher or more deferential regard for one group over another is therefore itself racist and blind to the biblical truth that the ground is level at the cross.

Racial division is not merely a social construct of modern man. It has existed since the dawn of civilization and was certainly prevalent during New Testament times. As Christians, we have a biblical responsibility to seek justice and to promote fairness and equal treatment in our system of government and societal institutions. At the same time, as ambassadors of Christ, we should reiterate Paul’s admonition: “For there is no distinction between Jew and Greek; for the same Lord is Lord of all, bestowing his riches on all who call on him.” For “everyone who calls on the name of the Lord will be saved.” (Romans 10:12-13).

— Larry L. Crain, Crain Law Group, PLLC
www.crainlaw.legal



MISSION MAKERS

Restoring Respite Amid Chelsie’s Challenges

Meet Chelsie. Chelsie is a 17-year-old in Middle Tennessee who has experienced challenges and trauma in her young life. She was involved in a car accident two years ago in which she suffered a traumatic brain injury. Her older brother passed away in the accident. This time has been difficult for Chelsie and her parents as they navigate through grief and through Chelsie’s permanent disability that resulted from her injuries. Chelsie uses a manual wheelchair for mobility and is hoping to walk again someday. She requires some assistance for dressing and other activities of daily living but desires to be more independent.



Her home had limitations that were keeping her from being more independent and did not create a safe home environment for her. Chelsie’s bathroom door was not wide enough to accommodate her wheelchair. Therefore, her parents had to help her stand and take a few steps into the bathroom. Chelsie’s balance is significantly impaired so this proved to be a dangerous transition into the bathroom whether to bathe or toilet. The space in the bathroom also made independence for Chelsie prohibitive. In addition, some of the flooring in the house was uneven and made it challenging for Chelsie to roll her wheelchair throughout her house and access various parts of the house. Some doorways needed to be widened or adjusted for wheelchair access. Finally, Chelsie’s closet was not accessible for her needs.

Tucker’s House recognized the limitations of Chelsie’s home and with our unique process of partnering an architectural designer with a therapist was able to complete home modifications to ensure Chelsie’s home was safer, accessible, functional, and provided more independence for her. Chelsie has already experienced many challenges and could use a home that is a place of respite. Tucker’s House came on the scene and bumped out Chelsie’s bathroom to provide additional space for a shower chair and a comfortable bathing situation. We installed a roll-under sink to provide more independence for her. We widened and pocketed the bathroom door and other doors in her home for accessibility and to maximize the functional space in the home. We widened and extended her closet so she could more easily access her clothes and other personal items. We also replaced the flooring to allow for safer access to all parts of her home.

We consider it a privilege to be a part of these family’s stories and help provide dignity and inclusion for children and young adults in our community. We have a core belief that every child should feel at home and this drives us in everything we do.

Tucker’s House is a 501(c)3 non-profit in Middle Tennessee that serves families who have children with disabilities by making their homes safer and more accessible. We receive no state or federal funding and our ability to perform services for children like Chelsie depends on the support of our Middle Tennessee community. The average cost of a project is \$14,000 and your continued support goes to help children like Chelsie and their families have safe and accessible homes.

— Graham Honeycutt, Executive Director of Tucker’s House,
to learn more or to donate visit www.tuckershous.org.



What Is Truth?

I think of the Bridges set as a safe and sacred space. No topic is off limit and the Bible is our guide. While our conversations run the gamut, the common thread has always been faith, hope, and redemption through Jesus Christ.

Whether I am talking with a *NY Times* Bestselling author, or a person nervous about their first TV appearance, the guests that prize God's Word over everything else live in an abundance of peace.

My Personal Truth? Our culture promotes a truth is whatever you believe it to be kind of philosophy. Perhaps that's why we hear people use phrases like this is my personal truth. But there is no personal truth unless your personal truth aligns with God's Word. God's Word is and always will be the absolute truth.

This is one of the reasons that we just started a whole new season of Bible teachings on Bridges. I will start off teaching from the book of John. We will go through each chapter in context because truth changes everything. Since I want us to study the book of John in community, I have invited special guests like Pastor Corey Trimble, Adonis Lenzy, and Pastor Erik Reed to join me on some of the episodes. This is a new direction for Bridges, and it comes from a place of much prayer and God's leading. Additionally, many of you have contacted me and requested more Bible teachings. I am happy to say that you asked, and we are answering.

If Only... In our book of John study, we will look at topics like how to be certain that you are Hearing from God, what to do with your if only moments in

life, and how you can honor God when your life seems chaotic. These are just a few of the topics as there are 20 chapters in the book of John. We've got a lot of ground to cover and that's why we've put together Online Extras so you can study along with me. Online Extras are free, and they are available on my website – no sign up required.

We Can Choose to Live in the Truth. In our uncertain times it is more important than ever to have a strong biblical foundation. Jesus encourages us in John chapter 16 to take heart because He has overcome the world. As the world embraces darkness we can choose to live in the truth. The darkness will never overtake the light.

Please consider this your personal invite to join me in this study. New episodes will launch on Sunday August 15 on WHTN. You can check my website for the most up to date details. You can also stream Bridges on Fire TV and ROKU. As we journey together in the book of John, we will see our lives transformed because truth changes everything.

Today's Secret from the Studio: When you prize God's Word over everything else you will live in His perfect peace.



— *Monica Schmelter is the General Manager of WHTN, Christian Television Network and host of daily television show Bridges. Monica enjoys working in media, writing books, and speaking but her most happy place is spending time with her family. You can watch Bridges on demand at www.monicaschmelter.com*



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Did You Put On Your H.A.T.?

I recently lied to my wife. Twice in fact. The first time she was waiting on me for dinner and called to ask if I was getting close. I said I was at the exit where the restaurant was. No, I wasn't. I was about three minutes from that exit.

I lied again when she asked if I had put all the ingredients in her smoothie (and my wife likes a lot of ingredients in her smoothie!). "Yeah," I said. "They're all in there." No, they weren't. I knew I'd left at least one of them out.

You might say these weren't egregious lies, but they were still lies and the Holy Spirit nailed me on it. He revealed that I flip little lies out there just like these and it undermines my integrity. If I tell a little lie, how easy does it become to tell big ones? I can't say I'm a man of my word if my word is sprinkled with what I try to justify as "white lies".

That's why as Christians we must remember to start every day by putting on our H.A.T. and that is to be:

- Humble
- Authentic
- Truthful

Let's look at these. First, humility is the foundational posture we must take if we are to be fol-

lowers of Jesus Christ. God's expectation is that His disciples be humble. The Apostle Peter tells us to "humble [ourselves] under God's mighty hand" (1 Peter 5:6), and that "God opposes the proud but shows favor to the humble" (1 Peter 5:5).

Humility leads to authenticity. The Bible says Jesus, "humbled himself by becoming obedient to death, even death on a cross" (Philippians 2:8). The dictionary defines authenticity as, "conforming to an original to reproduce essential features," or as Romans 8:29 puts it, "so that we might be conformed to the image of his Son." We become authentic followers – reproductions – of Christ when we humble ourselves.

Truthfulness in all that we say and do becomes a natural byproduct of our lives when we humbly and authentically conform to the image of God's Son. Jesus is truth. He'd never lie about how far away He was from a restaurant or whether coffee had all the ingredients.

But there is an opposite reality if you're not wear-



ing your H.A.T. If you're not humble, you're prideful. If you're not authentic, you're counterfeit. If you're not truthful, you're a liar. **Prideful, counterfeit, liars are not followers of Jesus Christ.**

The Holy Spirit taught me another lesson about failing to be humble, authentic, and truthful.

It always ends up in my humiliation. I confessed to my wife about the smoothie, and she was livid that I would compromise my integrity over something so insignificant. I went and fixed it the way it should have been done to begin with.

So how about you. Did you remember your H.A.T. today? If not confess, repent and put on humility, authenticity and truthfulness. You'll be glad you did.

— Mark W. Koch is an Author, Inspirational and Hollywood Film Producer. To order a Free Copy of "The First Hour" for Men 30-Day Journey, Visit www.thefirsthour.com and use promo code NCF

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THE HOME FRONT

Fall Armyworms on The March Across the Southeast

Have you noticed any greyish-green caterpillars around your home and in your lawn? Warning! These are NOT cute caterpillars that will turn into beautiful butterflies, but instead, the fall invader called armyworms and they are rampant across the southeast this time of year.

Despite the name, armyworms are caterpillars that grow into moths. They remain in this caterpillar stage for about 10-14 days and usually wreak havoc the last few days of this stage on lawns and crops.

What Are the Signs?

Small, brown patches of grass are often the first clue of an armyworm problem. The pests may leave grass blades ragged on or chewed up creating a “transparent” look. The grass may also be sheared to the ground, making bare spots. When feeding on crops, like corn, armyworms may leave rows of matching holes on the crops.



The best way to detect if you have armyworms in your lawn is with a strategy called “scouting.” This means kneeling and inspecting the tops of the grass blades during cooler parts of the day, and near the soil during the hotter parts of the day. When large numbers are present in your lawn, armyworms may seem to march side-by-side like an army battalion. Large numbers like this can destroy a lawn in just a few days!

What Can Be Done?

For current lawn customers, armyworm treatment is covered in your plan. After the treatment, avoid moving and watering your lawn for 3-4 days. This time period allows the armyworms to come in contact with the treatment.

Professional products for turf vary in type of turf, mode of action, and residual. Most products are granular formulations of pyrethroids. If you’re needing treatment for armyworms, or think you might have an issue with them, call Waynes! A Waynes Lawn Professional can address the issue and come up with the proper treatment plan for your lawn needs. For more information on our lawn care services, you can visit our website at callwaynes.com or call us at 866.WAYNES1.

— Meredith Boyd, Social Media & Marketing Coordinator at Waynes Pest Control, www.callwaynes.com

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Q & A With Darlene Kemp

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— *Darlene A. Kemp,*
 MPH, MBA-HCM
 Executive Director,
 Vista Points, Inc.



PARENTING POINTS

Not Quite Ready for Departure

As a parent, I have not felt more unprepared for anything than the moment our youngest “left the nest.” I know all the Christianeas about preparing them for the world, but I was not ready for how her independence would impact me.

It's been a couple of months since she stepped into this next phase of adulthood, and she is knocking it out of the park. However, the transition for me has been less than graceful. I remember longing for a quiet home while our kids were still there. Now I find myself making noise and being loud because it's just too quiet.

I had no idea how much time my wife and I had devoted to our girls. As we first began to adapt, those times spent waiting for the girls to come home so we could have dinner have become uneasy times, staring at each other, wondering what do we do now? We can eat when we want and what we want without worrying about whether or not they will want what we prepare.

I have tried extremely hard to be as excited about all the “new” things in her life. She calls to tell us things that are happening, new places discovered, young men that are interesting – I don't try as hard to hide my disapproval on this topic. Through it all, she is bubbling with excitement. Life is filled with new adventures as she embraces her independence, but I'm left wondering, was what we taught her enough?

I have learned to trust God more in these moments as a father letting my little girl soar to new heights then at any other time in my life. We lived (as best as we could, definitely not perfect) a Christian life in front of her. We tried to model the love of Christ in our relationship as husband and wife, as parents, with others, in giving... the list could go on, but you get the idea. We encouraged her to be independent, trusting that her relationship with Christ would guide her through times when we couldn't hold her hand and walk through the moment with her.

We are still there for her even though we can't get there as quickly as if she were still home. She calls when she needs advice or her car needs work, and I'm grateful for that. My newfound independence is becoming less overwhelming as time goes on. In fact, you could say it is liberating. I feel free to continue building my relationship with Christ as I watch her life develop, knowing that as long as she keeps her focus on God, she will be okay. In fact, I might just take her mom on a date when I finish writing this. After all, we don't have kids at home. We can stay out as late as we want!

— *Toby Swager is a husband, father, author of two books, Non-Profit Director, and Pastor. He currently serves at Connection Pointe Church in Goodlettsville. Log on to his website for more information, www.walkingwithswager.com.*





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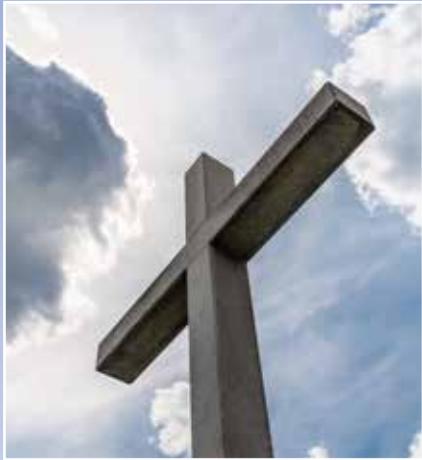
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Jesus Was Cancelled Too



Have you been a victim of the cancel culture yet? Being cancelled is becoming common place in today's world if you don't agree with certain groups. You are not alone; Jesus was cancelled, all the way to death on a cross. The New Testament records that the religious leaders hated Jesus to the point that they arrested Him, tried Him, and brought Him to Pilate for a sentence of death. What made them so angry at Jesus that they wanted to permanently cancel him that badly?

There were several things about Jesus that infuriated the religious leaders. These included the claims that He made. The deeds that He did. His threat to their religious system. His threat to their way of life. The people with whom He socialized. The lack of respect He had for their religious traditions.

Sound somewhat familiar in today's world? What are we going to do about being cancelled and shut down? First, even though Covid is real, vaccines have been more than shouted from the housetops. But I, along with others, have been shouting out a device to kill bacteria, mold and the Sars Covid viruses, which has been proven repeatedly to destroy the Covid virus, even the Delta Variant. A simple NASA-developed technology in the Active Pure Air Purifier will help keep you and your family breathing clean air. Haven't heard that all over the news, have you?

Another thing, and this is for everyone, there is a faith-based, family-friendly, viewer-supported streaming network being built as we speak. This is a global, non-cancellable network that will bring biblical and conservative, family-friendly programs to your home, smart phone, tablet or anywhere you can watch television. World Inspirational Network® Television (WIN TV) is a Tennessee Non-Profit LLC. It is a free streaming television network designed to educate, entertain, encourage, and evangelize on a global technological front. It has a global reach with private media server banks (not tied to Big Tech) protecting against cancel culture, with the potential of over 2 billion members, encouraging collaboration of hundreds of thousands of churches globally.

It will be a not-for-profit, family-friendly, and faith-based network, member and donor supported. There will be a multitude and a wide variety of channels on the network including news, sports, education, children's programs, movies, music, teen channels, and live programming, to name just a few of the subjects the channels will explore.

World Inspirational Network®, www.wintv.world, needs your help and partnership. WIN TV needs people to pray, they need channel owners and resources, donors and philanthropists. People willing to give part of their offerings to see this network grow and become a global voice for conservative and biblical values. Gifts and even complex assets can be donated for a tax write-off at www.give.idonate.com/the-signatry-foundation/win-tv.

It is your time to step up and be a loud voice for your children and for biblical values - now you can support and partner with WIN TV and make a difference in this cancel culture society.

— Michael Carnes

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What to Do When Your Home Feels Humid

From summer into fall, hot weather, pop-up storms, and humid air are common in the south. When the air systems in our home are all working fine, stepping inside is a well-deserved respite from the heat and humidity.

About Home Humidity

The first thing to know about humidity in your home is that it's natural. Our regular everyday activities produce humidity including washing clothes, showering, and even breathing. Your basement or crawl space can also bring in humid air. While you can't avoid producing moisture, too much can affect the health of your home and family. Ideally, the humidity levels in your home should be between 40-55%. If you're noticing things feel too sticky or excess condensation is present, your inside air may have too much moisture.

The Effects Of Excess Humidity

Too much humidity in your home can affect your family and possessions. Some of the effects of excess humidity include:

Mold: Mold and mildew thrive in warm, damp environments. Keep an eye on places you know will have more air moisture than others. It also thrives in dark places with little air circulation.

Bugs and mites: Dust mites are one of the most common causes of asthma in the U.S. They prefer warm, humid air.

Technology: Electronics are susceptible to damage from moisture, which can corrode wires and circuitry. Dramatic humidity changes can cause them to short circuit.

Health effects: Mold spores and dust mites can cause allergy flare-ups. If you notice water eyes, sneezing or a running nose, it could be a sign of excess humidity.

Ways To Prevent Excess Humidity

If you do notice your home has high levels of humidity, there are a few things you can do:

Air conditioning: An efficient air conditioning system will reduce moisture in your home. Cold air can hold less moisture, so your AC will remove moisture from the air it circulates.

Exhaust fans: Pay special attention to the rooms in your home that have more natural moisture such as your bathroom, kitchen, and laundry room. Make sure to run exhaust fans to pull moist air.

Windows and storm doors: While these have a



greater effect in the winter, new windows and doors can improve your home's energy efficiency in any season.

Air circulation: Leave doors open so air can circulate between rooms.

Check to make sure your air vents are open so you can keep air flowing.

Pipes: Insulate cold water pipes to prevent condensation in summer months. Dripping water can get behind walls and produce mold growth.

Dehumidifier: The most effective way to reduce humidity. They're especially useful in basements or crawl spaces that feel damp year-round. There are many dehumidifier options and we recommend asking your HVAC professional what is best for your home.

When it feels like the humidity has followed you into your home, act before it leads to bigger problems. If you have questions about how to take action, give Lee Company a call.

— Dan Kalman, Executive Vice President of Service, Lee Company

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SENIOR SCENE

Socializing Seniors Post COVID-19

This past year has been a challenge. It's been a long, lonely year for everyone. But with millions of older adults having received the new COVID-19 vaccines, their enforced social isolation can finally begin to ease. This is great news for family caregivers concerned about the health and welfare of their aging loved ones.

The chance to begin resuming some degree of normal socialization will be good for the elderly. Ongoing social isolation or loneliness is known to have negative health consequences on seniors, including a higher risk of depression, death, and heart disease, according to the National Academies of Sciences, Engineering, and Medicine. Even before the pandemic struck, according to the report, "an estimated 24% of adults 65 and older who live independently ... were already suffering from isolation and loneliness."

But as people begin to emerge from a year or more of social distancing, it benefits everyone to be cautious and continue to follow Centers of Disease Control guidance. Progress is being made, but the pandemic is still not over. Even if fully vaccinated, encourage your loved ones to continue practicing basic COVID safety protocols in public: Wearing face-masks, frequent handwashing, and maintaining 6 feet of distance from anyone outside their household. According to the CDC, to be considered fully vaccinated, individuals must wait 2 weeks after their second dose in a 2-dose series (Pfizer or Moderna vaccines) and two weeks after the single-dose vaccine (J&J's Jansen vaccine).

If it has been less than two weeks since your loved ones received the last shot or if they have not received a second dose, they must continue practicing full prevention steps. The good news is that the CDC is advising that once fully vaccinated, individuals can safely visit with unvaccinated, low-risk people from a single household indoors, without wearing masks or having to be physically distanced. Of course, they must be careful to continue practicing prevention measures when visiting people who are at increased risk from the coronavirus, people with unvaccinated household members who are at an increased risk, or unvaccinated people from multiple households. Some of those prevention measures include wearing a well-fitted mask, staying at least



six feet away from others and avoiding large in person gatherings.

Even as advances continue to be made in the fight against COVID-19, an article that the AARP published at the height of the pandemic in mid-2020 offers advice that continues to be useful: "If you opt to hold off on in-person visits for now ... be sure to find ways to stay connected to

each other so that you're physically distant but not absent from each other's lives. You should also encourage your loved one to tap into a wider network of friends and relatives remotely."



If a senior needs in home care or assistance, families can work with reputable agencies to get a vaccinated caregiver in the home to care for that senior. Amada Senior Care (www.AmadaNashville.com) has developed a comprehensive Universal Protocol modeled after CDC guidance and local hospital protocols to minimize risk for seniors as much as possible. Feel free to reach out to us to discuss your specific situation. In the months ahead, the situation will continue to evolve. We hope we are at the beginning of the end of the enforced social isolation

requirements. Keeping everyone healthy and safe, however, will require continued vigilance and consistent safety practices.

We pray daily that our society will get back to a sense of normalcy, but for now, safety for our seniors needs to be the top priority. Following this guidance and asking for help when needed can be great first steps for a promising future. Let's stay strong, be prayerful, and create a village to help the ones who need it the most. Be Well.

— Kevin B. Fehr, CSA, CDP, President & CEO,
Certified Dementia Practitioner, Amada Senior Care Nashville,
Amada Senior Care Bucks/Mont. Co., www.amadanashville.com

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Be Happy Be Healthy Be Whole *A monthly column on diet, exercise and my weight loss journey.*

As I put this column together, can you hear the dogs barking? I don't mean my two King Charles Cavaliers, Noah & Chloe, no; I'm talking about the dog days of summer. It's this time of year that is my most challenging when it comes to exercise ... Because it's too stinkin' hot!

Can I get an "Amen!"?

So if the heat is keeping you in, let's look at few tips for weight loss without the sweat.

STAND & TALK

Want an easy way to lose some extra weight? You'll lose four pounds in a year if you stand instead of sit whenever you're on the phone according to the book, *The Little Book of Detox Tips for People on the Go*, by Michael Van Straten

GIVE PEAS A CHANCE

If you're fighting fat, add peas to your diet, according to an article in Prevention magazine. Peas are packed with fiber. They also contain protein, which, along with fiber, keeps you full so you're less likely to reach for sugary or processed foods.



CHEW SLOWLY

If you want to lose weight but hate to exercise, I've got some good news for you. Eating slowly helps people lose twice as much weight, according to research journal, Pediatric Obesity. Simply chewing each mouthful of food for 30 seconds led to study participants losing 5 pounds in weight over a six-month period. In contrast, a control group who ate at their normal speed put on around 8 pounds. There was no exercise or major diet change involved.

So, how is your weight loss journey going? Need encouragement, knowledge, and accountability? Let me point you to the place I've found success – Dr Lodge and the crew at Cool Springs MD. In 2011, I met with Dr Lodge and 16 weeks later lost 65 pounds. How much weight would you like to lose? Connect with Dr Lodge and his team and they will show you how.

This monthly column is a two-way street. I would love to hear from you. What has helped you lose weight? Any tips you would like to share? I welcome your feedback, thoughts and ideas and look forward to sharing them in a future article.

— Doug Griffin

You can email me at Doug@94FMTheFish.net or feel free to call me during my live radio show, weekdays between 3 pm – 7 pm on 94 FM The Fish. (800) 826-3637



TEACHABLE MOMENTS

Forgiveness Elevates Gratitude

Throughout our lives we are taught the importance of forgiveness. As young children, we are led by our guardians, sometimes by our ears, to reconcile grievances though an apology to others. I'm sure, as a young parent, I probably made the wrong child apologize or ask for forgiveness. As adults, we too should seek forgiveness when our thoughts, words, or deeds cause harm or grief to another.

It is an ongoing fact that humans need a societal construct to live their social existence. This paradigm is difficult for many reasons and when actions result in harm to others it requires that we take ownership of our flawed responses by admitting fault, asking forgiveness and repair the damage when possible. These steps make up the societal Law of the Contrite. It is required for us to remain weaved into the fabric of our society; to maintain a peaceful status within the community of which we live and work. No matter how hard we try, slip ups will occur but it is only when we choose to remain outside the parameters of acceptable behavior that we are cast out of the community. Sadly, our penitentiary system is full of those who could not or would not conform this natural law that spells out the importance of civility.

Acceptable behavior demands that we address the problems or sins we create by an act of forgiveness and once forgiven, we can once more move on, feeling at peace with our self, the person or people which we erred against and the God to whom we worship. Since the "journey" of life requires us to interact over our lifetime with many people; the best results can only be obtained by remaining in good grace with those whom we play, work, and pray.

A byproduct of forgiving others is that we find it much easier to forgive ourselves. When we forgive others, we benefit more than the ones we forgive. These lessons teach us not to be quick to judge another, especially when we were not a witness to their infraction. Those on social media would benefit greatly by learning that a person cannot truly judge or forgive that of which they were not present to confirm. One must have all the facts, which is impossible to do when you are not an actual witness or participant in the event. This



prompts a great question, "Who are we to judge, except that of our own actions?"

When forgiven, our gift is gratitude. A readiness to show appreciation for and to return kindness is the actual meaning of the word but when we take a few minutes

to dwell on the lessons discussed above, it can bring our mind to a place of peace. By experiencing gratitude, we are given the frame of mind to return the kindness shown toward us, when we least deserved it. The very act places other's needs before our own; a selfless act of kindness. In my search for wisdom, I have learned; "Kindness is given at no cost yet my payment of Gratitude brings me riches." Regardless of your situation, there is always something to be grateful for. What a beautiful way to live the one life we are given.

— Anthony "Tony" Boquet, Vice President, The American College and the author of *The Bloodline of Wisdom, The Awakening of a Modern Solutionary*



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A Legacy of Faithful Music:

The Annie Moses Band



A love for music started at a young age for the Wolaver family. The six siblings, that make up the Annie Moses Band, grew up in a musical home where classical music was consistently played and a love for music was common ground- eventually leading all six to attend the Juilliard School and become professional musicians.

Members of the Annie Moses band include Jeremiah (electric guitar), Gretchen (violin, mandolin and harp), Alex (viola), Annie (violin and lead vocalist), and Benjamin (cello). In addition to playing main instruments, all of the siblings sing.

The Roots of a Mission. The family's love for music started well before any of the siblings were born. During the Great Depression, the Wolaver siblings' great grandmother- Annie Moses- was a very poor sharecropper's wife. "She worked cotton fields, but her daughter had extraordinary musical talent," explains Annie Dupre, the lead vocalist for the Annie Moses Band. Even though the family didn't have money for music lessons, Annie Moses had a passion for music that she passed on to her talented daughter Jane, who passed it on to the Wolaver's mother Robin. Dupre's mother attended music school at Oklahoma City University where she met and fell in love with their father, Bill. The couple married and started writing music together. Soon after, they composed a hit song for the Christian Music Artist Sandi Patty called "Make His Praise Glorious." This accomplishment moved Bill and Robin to Nashville, Tenn., where the Wolaver children grew up, honed their craft, and still live today. "It's ironic now, looking back, that the message of the song 'Make His Praise Glorious' would very much be the missional calling of our music," Dupre reflects, adding, "Our early mission as a family was to praise the Lord with the string instruments, to give God the very best of our skill, and hopefully to make His praise glorious."

A Spiritual Discipline. The Wolaver brothers and sisters grew up with a firm foundation in Christ. "A knowledge of Jesus and a knowledge of what it



The latest album release from the Annie Moses Band, *Tales From My Grandpa's Pulpit*, tells the story of the Wolaver family.

means to follow Him was at the core of our childhood and education," Dupre says. The Wolavers instilled in their children that music was a spiritual discipline. "The perspective of our music growing up was that part of being made in the image of God is being made a creator of sorts." Excellence was a key ingredient. "It's like King David said, 'I will not offer to the Lord that which cost me nothing.' (2 Samuel 24:24) We are going to give to God something that involves sacrifice." This mission has taken many forms over the years from attending the world-renowned school of artistic education, Juilliard School in New York City and performing as a family for nearly 20 years. The siblings also established and run the nonprofit Annie Moses Foundation. The mission of the foundation is to "empower a new generation of young artists with the excellence and spiritual integrity to transform our world for Christ."

"The arts are more influential in our world and culture than any other thing," Dupre says, adding, "When you create a powerful voice- that voice can go into any sphere of influence." Dupre believes that stories- whether read or watched or listened to- make up the deepest part of our subconscious. "It's incredibly important that the people of God are part of what's being made for our culture to listen to and watch." Before the siblings perform, they pray a type of two-part prayer- a logistical prayer for skill and a prayer for their performance to inspire the audience. The band has performed all over the country including venues such as Carnegie Hall and



the Grand Ole Opry. They have traveled to Europe and Asia and even to North Korea with the contemporary Christian and Christian Rock band Casting Crowns for missional performances.

Reflecting on 2020. As a family of musicians, COVID-19 “was pretty devastating,” Dupre says. “When you make your living playing music and somebody says actually you can’t do that and it isn’t safe for people to hear your performance in person, it’s pretty hard.” The Annie Moses Band had to cancel 40 plus shows in 2020 and are hoping and praying for brighter days ahead. “The last year has made me feel very small and insignificant and powerless.” In response to this, Dupre has leaned on the truth that “the work we are here to do is to believe in His Son and if you get up each day and seek the face of God, you’ve done the work.” Dupre has sought to reprioritize things in her life and focus on what is truly important. “I want to be a person full of truth and discernment because I feel that there are a lot of lies and manipulation in the world today.” Dupre adds that she wants to reflect the love of the Savior to everyone with whom she comes in contact.

Performing Again. On April 29, 2021, The Annie Moses Band performed live in Birmingham as a part of Samford University Legacy League’s Scholarship Celebration! The new project, *Tales From My Grandpa’s Pulpit*, which released April 16 in coordination with Gaither Music Group, features a variety of hymns and Americana songs that have played a role in the family’s faith journey. In addition, there are original songs that tell “funny stories” about the family and others that carry their missional message of praising the Lord like “Heaven’s a Heartbeat Away”, written by Dupre and her sister Gretchen. Visit www.anniemosesband.com for information about upcoming performances.

— Melissa Armstrong

Annie Dupre is named after her great-grandmother, Annie Moses. Without her sacrifice of picking cotton and saving for her daughter to have piano lessons, the love the family shares for music may not be as lasting through the generations.



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BODY & SOUL

The Good Promises of God

Life is constantly changing, seemingly at a rapid pace. What may have been in style just a few months ago is suddenly obsolete. People are fickle. Emotions run hot and cold. Promises are easily broken.



It is wonderful to know that in a world that is constantly changing – God always remains the same. We can count on Him, we can count on His Word, and we can count on His promises.

Joshua 21: 45, “All of the good promises that the Lord had given Israel came true.” Amen! God had set apart a group of people to teach them His ways. Much of the Old Testament is made up of God guiding and teaching these unruly people how to become “godly”. All the promises that God had previously promised were realized at the end of the Book of Joshua. He made covenants and promises with His people and this verse declares that ALL of the GOOD promises came true! Not a few promises but all the promises.

Fast forward to the New Testament, there are many good promises God has made as well as a new Covenant. All of these good promises of God were made possible and came true through Jesus Christ.

When Jesus conquered death on the cross - He made it possible for us to have HIS spirit live inside of us when we became a Christian. (“Therefore, if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.” 2 Corinthians 5:17). This means we are a brand-new species of being.

We fail sometimes to see these promises because we limit ourselves to our flesh only. If there is a struggle to see the promises of God in your life, I would suggest that perhaps your flesh is in control and not your spirit. The Bible tells us that our flesh is an enemy to our Spirit. (Romans 8:7). Therefore, we are applauded to “walk by our spirit and not by our flesh”. (Galatians 5:16).

For instance, as a Christian, we always have access to love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, and temperance (Galatians 5:22-23). Yet, many times our flesh is quite the contrary.

We have amazing promises that Jesus has already fulfilled. God has given us everything we need in our Spirit. Our faith will appropriate what Jesus has done. Are we realizing God’s good promises or are we limiting our faith to what we only see in our flesh?

The goal of the Christian is not to try to get more of Jesus in our life or trying to “make” our flesh behave, but rather learning how to “walk by our Spirit”.

As a result, we too can declare and see “all of the good promises of God.”

— Rhonda L. Smart
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Do Natural Cleaning Products Kill Bacteria?

If you are looking for a way to clean your home without the use of harsh chemicals, there are countless natural products out there that market themselves as ideal, eco-friendly solutions. The problem is many of the natural cleaners you see advertised do not disinfect the surfaces you use them on, failing to provide the deep clean you need and expect.

“Natural” Cleaners in Recycled Bottles

Many cleaning products advertise themselves as being “natural” when they are anything but. They use the same harsh chemicals as any other mainstream, standard cleaning solutions, including ammonia and petroleum. The product is then placed within a recycled bottle, thus making it “green.” While there are numerous environmental benefits to reducing plastic, if you are searching for a proper natural cleaner (one that both disinfects and is environmentally friendly), these products simply don’t fit the bill.



Natural Cleaners that Do Not Disinfect

Believe it or not, some natural cleaners remove germs from surfaces without killing them. The germs simply get transferred from one surface to another. While this may not sound like a big deal, when it comes to stopping the spread of harmful bacteria, such as E. coli, you need to use a cleaner that disinfects too! Without disinfecting, you and your family could find yourselves quite sick. Before purchasing a natural product, confirm that it does in fact disinfect so that you get the deep clean you want and need.

Natural Cleaners that Disinfect

Natural cleaners that disinfect balance the cleaning power you need with the environmentally friendly ingredients you long for. When used the right way, products that disinfect get rid of germs and kill them without using harsh chemicals that can damage your surfaces or even your health. This is especially important if you are pregnant or have young children at home. Best of all, these natural products use ingredients that are sustainable for the environment, making them a win for environmentally conscious parents everywhere.

How to Make Your Own

Sometimes, finding a natural cleaning product that is eco-friendly with disinfecting power is a challenge. The good news is you can easily make a green cleaning solution right at home, with ingredients you probably already have. To clean a shower, you could create a simple solution from baking soda, warm water, liquid soap, distilled vinegar, and lemon juice. Spray it on, let it sit, then scrub. Your shower will be good to go!

Need help taking care of cleaning your home? Call the experts at Molly Maid today to schedule an appointment at 615-794-0200 or 615-603-3766, today www.mollymaid.com/s-davidson-williamson-maury-counties.

— Ashley Farrar

Ms. Molly Foundation: A portion of Molly Maid’s sales support victims of domestic violence in the communities we serve. To date, Ms. Molly has proudly raised more than \$3 million – and we are not slowing down! This non-profit organization aims to increase public awareness of domestic violence and to provide victims with support. We believe everyone deserves to feel safe in their homes. The Ms. Molly Foundation strives to empower communities to end the cycle of violence in the home. It’s our goal to help give victims of domestic violence a second chance at happiness.

OUR HOUSE

The Most Common Foundation and Waterproofing Misconceptions



The most common misconception: My house is brand new; I don't need an inspection.

As the general public we want to believe that when we buy a newly constructed home the structure is perfect. We trust that the code requirements will protect us and ensure the safety of our home. A large purchase like a home should be a solid investment that will not lose value, but potentially increase in value and make money when it needs to sell.

Unfortunately, this is not always the case. Code requirements are a minimum requirement and most homes are built to be cost effective for the builder and the homeowner. Like most things, if we want upgrades or nicer commodities those are something we do on our own later.

As building and construction continues on homes and roads near us, not only is the soil below our homes disturbed, but so is the path of ground water. Recognizing that these infrastructure changes that happen every day affect the foundation of your home is important. It is also important to be aware of what severe weather can do to the soil that your home sits on. Soil is like a sponge; it will expand after heavy rains and contract when it gets warm out. Your home will shift accordingly.

Comparable to purchasing an older home, regular checks and maintenance in a newer home are also required. It's easy to recognize the need to clean out gutters or trim the hedges but knowing what is happening under your home or under the surface is more challenging and requires an expert to know the best permanent solution.

Little tells that your home may share with you when it has foundation or moisture issues are bouncy floors, doors and window not shutting properly, or a mildew scent lofting in your home. Multiple temporary fixes over time are frustrating and become costly. The best thing to do is get the job done right the first time. Waiting can lead to many things, such as noticeable cracks in the exterior and interior walls, which will reduce the value of your home. If you have concerns, have a professional come out and inspect your home. The foundation that your new home was built on might not be as sturdy as you think!

— Brittney Gebers, Account Manager, Frontier Basement Systems
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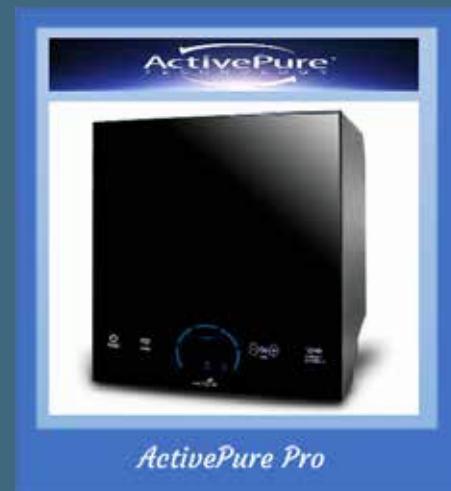
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TEACHABLE MOMENTS

Overcoming The Comparison Mindset



Do you struggle with negatively comparing yourself to others in your health resulting in feeling less-than and discouraged? My wife said something profound the other day that will really help with this. It completely destroys the temptation to compare ourselves to others in a negative way.

“If everyone on the earth ate the exact same thing and worked out the exact same way we would still all look different...”

Think about that for a second. See, the comparison game is a slippery slope. In our culture, we have all of these unrealistic expectations put on us by the health industry and Hollywood. It has caused us to compare ourselves to a standard that is unattainable and not sustainable. (And most of the time not really healthy long term) We can let others inspire us and spur us to change, but what health looks like for us looks a bit different than it does for others. But we all have different genetics, body types, and predisposes. We are all in different seasons and have different callings.

Optimal health doesn't look the same for each of us. Of course, there are foundational principles, ways of thinking, and scientific data that we may all follow. But in the end, it's about comparing yourself to that best version of yourself, not to others that may be a little further along than you.

A couple of simple steps for you:

1. Get a clear vision- Who are YOU called to be in the future, and what does your health need to look like to help you get there? Once you have clarity on that everything else will fall into place. Maybe you are called to business

long-term, maybe you're called to be an amazing mom, or maybe you don't quite know yet. Wherever you are at, getting clarity around where you want to be in the future gives you clarity on the steps you must take now.

2. Structure your health specifically to help you achieve that vision. Instead of just:

- Eating random healthy foods
- Doing random workouts
- Drinking 5 gallons of water a day
- Watching movies and wondering why you don't look like Chris Hemsworth or Scarlett Johansson.
- Not knowing why we are even doing any of these things

Try structuring every single thing you do in your health specifically and intentionally to help you become that person in the future you want to be. Then there won't be any confusion. There won't be any empty meals or workouts. There won't be any guilt or shame when you see someone who may look better than you.

You can leave a legacy of health that is specific to you!

— Ashton Tate, 615.488.8203
ashton@glorytogloryfitness.com, www.glorytogloryfitness.com

FAITH UNDER FIRE

Are You Thirsty for More?

God can do anything, you know--far more than you could ever imagine or guess or request in your wildest dreams!
—Ephesians 3:20

This morning I woke up early to pray for a friend's son who had a critical court date that will decide Mitch's future for years to come. I prayed for him and his parents, who have given so much of her lives and love. But, despite the dire facts, I know God will provide Mitch the miracle of a second chance.

“The Prayer of Jabez,” a small inspirational book written by Bruce Wilkinson, described Jabez as asking for more than a tough start in life. Jabez wanted more than a life jam-packed with lack or pain. His prayer was: Lord, enlarge my territory. (1 Chronicles 4:10) He prayed for increase. He asked God for Big! Yet, silently he wanted far more than what his future appeared to have in store.

Today, you may face your giants, but I assure you of one thing. God will give you more if you believe Him for more!

Are you waiting? Thirsty? For what? For something in addition what you al-



ready have? More love? More peace? Healing? Blessings? A way out of the darkness? A home for your family? The lifting of all life's serious, mundane challenges? A clear path to the work you are assigned to complete? Or, are you like my friend's son, one who needs a way out of an outcome threatening to impede the future?

God satisfies our thirsts. He is not offended when we ask for more. On the contrary, He gives us more than enough, and He responds to our requests with divine favor.

Decide today that you want the MORE that God promises you! It's your season of MORE! Walk into your season.

— Regina M. Prude is an inspirational speaker & author. Comments: regina@reginaprude.com or POB 58795, Nashville, TN 37205. www.reginaprude.com; twitter.com/rprude.

Critical Race Theory Debate Is Yet Another Example Of Hyperpolarization In America

Our nation is hyper-polarized.

We are increasingly fixated on our differences, rather than appreciating what we have in common. We are more interested in power alliances than the merits of the issues themselves.

The current controversy surrounding the Critical Race Theory (CRT) is one such example of hyper-polarization. I have asked many conservatives why they are against CRT, and their reply is that it falsely claims that whites are inherently racist. I have also asked many progressives why they support CRT, and they have shared it is because they continue to see the presence of racial discrimination in America.

As I carefully listened to each side, it dawned on me that they actually had different definitions of CRT! How can human beings behave so irrationally, arguing so fervently without first being clear about what they are arguing about?

The answer is hyper-polarization, namely, we are so focused on power alliances rather than the merit of the issue itself. Our tendency is just to just go ahead and disagree and argue, if the view point comes from the other side of the political spectrum, we don't even carefully examine what that view point actually is!

Once these different definitions of CRT are pointed out, however, most Americans do in fact agree with both sides! Specifically, most of us agree that there is no such thing as a "discriminating gene", and yet we are also aware that there continues to be discrimination in America today. Furthermore, although there are exceptions, most of our policies in recent decades have indeed been aimed at eliminating discrimination and racism.

We as Americans have faced and conquered many challenges. To break this current downward spiral of hyper-polarization and its deadly cycle of division and destruction, we need to step away from our presently inflamed feelings and emotions, change our mindset, and start focusing on the things that we do have in common. This can be achieved by following these STEPS:



- See: Look for areas of common ground.
- Trade places: Walk in the shoes of others.
- Empathize: Be compassionate toward others who have different views.
- Pay the price needed to maintain this new mindset.
- Seek ways to build bridges with others.

America is a great nation because it was pioneered by a spirit of optimism, not pessimism. We see the cup as half full, not half empty. Furthermore, we all have a shared humanity on Spaceship Earth, so we really have no other choice but to find a way to work together.

Christ modeled these STEPS for us. He saw our need, traded places by becoming human, empathized and had compassion for us, paid the ultimate price by dying on a cross, and then sent us into a broken world to be peacemakers and reconcilers. Finding common ground may be the road less traveled, but it is the road that leads to a better nation for all of us.

— Dr. Ming Wang, Harvard & MIT (MD, magna cum laude); PhD

Dr. Wang is a world-renowned laser eye surgeon, philanthropist, and a co-founder of the non-profit Common Ground Network. As a teenager, Ming fought valiantly to escape China's Cultural Revolution – during which millions of innocent youth were deported to remote areas to face a life sentence of hard labor and poverty. He came to America with only \$50 and earned two doctorate degrees, one in laser physics and one in medicine, and graduated with the highest honors from Harvard Medical School and MIT. Wang Foundation for Sight Restoration has helped patients from over 40 states in the U.S. and 55 countries, with all sight restoration surgeries performed free-of-charge. Dr. Wang was named the Kiwanis Nashvillian of the Year for his lifelong dedication to help blind orphaned children from around the world. The film "Sight" is based on Dr. Wang's autobiography "From Darkness to Sight", co-starring Greg Kinnear.

Dr. Wang can be reached at www.drmingwang.com, www.commonground.network and drwang@wangvisioninstitute.com.

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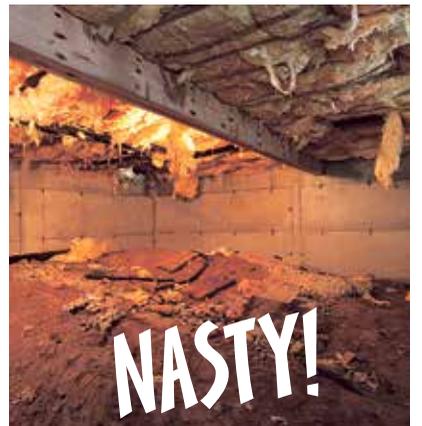
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Back to School Tips for Divorced Parents



When kids live between mom and dad (apart) they sometimes have unexpected challenges with homework, backpacks, and school requirements. Often details get lost between the homes by no fault of anyone specific; however, here are six ideas to help your children have a great school year while helping you and your co-parent communicate and strategize without losing your minds:

- 1. Explore using a co-parent app as a “central location” for all communication.** The apps help organize calendars, request changes to the calendar, upload documents from school or the doctor’s office as well as a central location to exchange receipts and reimburse each other as needed. There are a few that are free and a few that cost money. A few of my regular recommendations include: AppClose.com, OurFamilyWizard.com and WeParent.app.
- 2. Inquire at school about dates and information as far in advance as possible and share this with your co-parent.** Details that need preparation, payments and sometimes extra items brought to school might include Picture Day, Field Day, Field Trips, Award Day, Parent-Teacher Conferences, Open House and anything that they might be involved in such as band, sports, art or a science exhibit. The earlier in advance these details can be added to both homes’ calendars, the better.
- 3. Try to plan for a “Happy Handoff” every time you exchange the children and don’t use that time to discuss parenting business.** Be intentional about your facial expression, tone of voice and body language during the handoff; use an upbeat, positive inflection in your voice as you send your child to the other parent’s home to help ease the stress for your shared children.
- 4. Plan to have a co-parent meeting at a local coffee shop or by Zoom or phone call at least once a month as school gets started.** The handoff is NEVER the time or space to discuss details, but neither are the ball games and choir concerts. Instead, pro-actively schedule a time to talk monthly for 60 to 90 minutes about all things child related: homework strategies, extra-curricular activities, social media, cell phones, internet access, finances, etc.
- 5. Homework Gameplan:** work together to show alignment between homes regarding what is required at school. Come up with consequences and rewards that can be shared between homes accordingly.
- 6. Internet, Cell Phones & Screen Strategy:** The number one thing a divorced/divided co-parents need to create and work on is shared plan on how much screen time and what apps and games a child has access to. And no matter how old they are, buy them an old-fashioned alarm clock so they can have their phones charging elsewhere besides their room. Kids need to sleep at night and so often they use the excuse of “needing” their cell phones 24/7 because it’s their wake-up alarm. Check out resources like www.CovenantEyes.com, www.ScreenStrong.com and www.Bark.us for a deep dive on these topics.

— Tammy G. Daughtry, MMFT is Founder of Co-Parenting International and the “One Heart, Two Homes” Digital Resource. She and her husband, Jay, are a blended family of four.



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BBQ Grilling Safety Tips

Jack Rabbit Clean Choices (JRCC) is a local service that provides professional industrial grade specialty cleaning for BBQ Grills, Dryer Vents, and more, visit www.jackrabbitcleanchoices.com & www.bar-b-clean.com/nashville for details. Marc, the owner emphasizes that JRCC exists to help extend the life of BBQ GRILLS and DRYERS by keeping them clean and operationally safer.



Basics to help avoid grilling accidents. National Fire Prevention Association reports that grills cause more than 10,000 fires a year leading to hospitalizations, fatalities and millions spent for repair. Accidents can result from not grilling, cleaning or maintaining properly. The following tips can help: Clean and inspect the grill before you BBQ. Grease, rodents/bugs, leaves, and burnt leftover carcinogen containing food particles builds up over time creating fire hazards and reducing the grill's operating ability to produce great results for the guests. Be sure the gas hose does not leak. Whether propane tank or a natural gas connection check for hose breaks and tighten all connections before ignition. Spray soapy water on hose, turn on the gas and if bubbles occur replace the hose.

Keep grills a safe distance from the home and other flammable structures, trees, wood decks etc. Gas grills cause more fires than charcoal type grills, choose wisely. Do not squirt liquid fuel on a fire, it sets a bad example and people get burned when the flame flares up to hands, arms, face and hair. Grills are hot, keep out of the way of where guest are and or will be. When grilling is complete turn off the gas so it can safely cool down. What do we do? We professionally clean BBQ grills and Dryer Vents. The grill like the Dryer Vent is about the flame. Professionally cleaned grills have better flames, safer cleaner surfaces, and amazing BBQ results for your family and

guest. Our process and training places emphasis on industrial grade cleaning and protecting patios.

NEXT STEPS:

1. Schedule your next BBQ grill or dryer vent cleaning
2. Professional cleaning will refurbish the BBQ Grill – We remove rodent buffet carcinogens using special scrapers and power brushes, clear the flame holes, and remove grease/grime.
3. Extend the life of the grill and create amazing BBQ results – Metal last, our industrial grade processes help control corrosion.
4. Remember it is all about the flame. Reduce the chance of fire in your dryer vent (visit u-tube dryer vent fires) and create the right cooking flame in the BBQ grill.
5. Value pricing - Ask Marc about bundled pricing.
6. Gifting is an opportunity - Gift a professional dryer vent and or BBQ grill cleaning to a father, mother, friend, relative, or other person for whom you have found it difficult to find that right gift.

— Marc Tepner, 615-594-9052 (call or text for pricing/scheduling)

Marc is owner operator of www.jackrabbitcleanchoices.com which includes www.bar-b-clean.com/nashville. Marc is a graduate of Abilene Christian University and brings a wealth of customer care experience from his time with Bridgestone, Schokolad Chocolate Factory, Greener Solutions Lawn and Yard, and more. Marc is energized by his amazing wife Elise, son Cole, their Church and Life Group Family.



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Jumping For Jesus

BIBLE TRUTH

Many get excited about sports and even sales at the mall, we should get even more excited for Jesus.

WHAT THE BIBLE SAYS

Mark 11:9

9 *Those who went ahead and those who followed shouted, "Hosanna!" "Blessed is he who comes in the name of the Lord!"*

HANDS-ON EXPERIMENT

Jumping Cup

INGREDIENTS

2 18oz Plastic Disposable Cups

INSTRUCTIONS

STEP 1: Put one of the 18oz plastic disposable cups inside the other.

STEP 2: Hold the cups close to your mouth, blow softly between the rims of the cups, and observe.

STEP 3: Hold the cups close to your mouth, blow harder between the rims of the cups, and observe.



EXPLANATION

Blowing air between the rims of the cups creates a force, which pushes the top cup up. Blowing softly only pushes the top cup up, but not out. Blowing harder pushes the top cup up and out of the bottom cup.

BIBLE CONNECTION

Just as the cup jumped from the other cup, we should show our excitement and jump for Jesus every day.

— Jason Lindsey, Meteorologist



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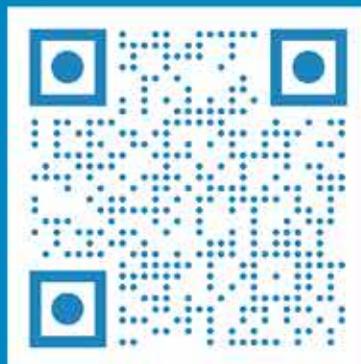
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MIRACLE MOMENTS

Angels Unaware

Remember to entertain strangers. By being hospitable...we may entertain angels without knowing it. You and I have read that message many times while studying Scripture. Obviously, angels may appear in many forms; such as a person speaking into our lives; maybe a near accident that was avoided in a split second. I'm confident you can recall when someone or something happened in your life...and afterwards...it became clear that God's angel had intervened.

With this article, I would like to share my first (to my knowledge) encounter with an angel. I believe there have been many others that I did not recognize at the time. However, my "first" known encounter with an angel was in 1965 when I was in Chattanooga headed to Atlanta. The following is some background.

I was 17 and determined to be a radio announcer. Keep in mind that I was probably the most bashful young man in the world at that time. Imagine wanting to be a radio announcer... however, I knew there was a person inside me who wanted to talk, share conversations and participate in normal interaction with others.

I wrote in a previous article how my goal was set at the age of six...and for 11-years I practiced to be a radio announcer...too bashful to tell anyone except Mother and my first grade school teacher, Mrs. Alice Foster. Back then, an aspiring DJ had to have a Third-Class License to operate the station equipment. I was promised a job if I got a license.

I grew up in Smithville, Tennessee...and for my entire life until 17 had never ventured beyond a seven-county area; never outside the Volunteer State. But, being determined to get a job in radio (a mail-in application was not an option) it meant passing an in person test with the Federal Communications Commission.

I recall purchasing a roundtrip bus ticket on a Monday afternoon from Smithville to Atlanta for \$29.50. There was one hitch. There was to be a layover in Chattanooga for two-hours before heading further south. That ordinarily would be a simple task...but not for me...a shy, bashful kid.

Time passed slowly inside the Trailway bus station. Those two hours seemed like an eternity. Whether my nerves played tricks on me...or the intercom system was muffled...I don't know...but finally I approached the clerk and softly asked, "When will the bus for Atlanta leave?" The lady snapped, "That bus departed 30 minutes ago." She must have seen the tears welling up in my eyes...because she told me to show my ticket. She stamped it...and told me to walk to the Greyhound station a few blocks away and it would be honored.

Chattanooga was as large as New York City in my eyes as I headed out the door trying to remember her instructions. Apparently, I must have walked in circles. The Greyhound station was nowhere to be found.

I had heard that in the big cities panhandlers walked the streets trying to take advantage of unsuspecting travelers. So, I was on guard. I prayed, "Lord, please help me. I'm lost in this big city. I need a miracle." Seemingly from out



of nowhere, a shabbily dressed man appeared begging for money to get a hot meal. Afraid to open my wallet in front of him, I promised to help if he would tell how to find the Greyhound station. Not only did he tell me...but walked me to the front door. Quickly I pulled a bill from my wallet, I think it was a \$5, and handed it over. I mumbled a thank you, glanced at the door and then turned back around to give a better "thank you"...but he was not in sight. I knew The Lord had answered my prayer. He was an angel; not how I thought an angel should be.

Made it to Atlanta; sat in the bus station until 8 o'clock the next morning; quickly washed my face and headed out the door. I had always been told that when in a big city, get a taxi. There was one parked in front of the building. I approached and asked if he would drive me to the FCC Headquarters in the Merchandise Mart on Peachtree Street.

The taxi driver said, "It is right over there. Have you ever ridden in a taxi?" Of course my answer was no. He said, "Get in, I'll drive you where you can have the experience."

I walked into the Merchandise Mart and announced to the elevator operator (they were manned back then) that I was headed to the FCC Headquarters. They were expecting me (16th floor if I recall correctly). Riding an elevator was also another first.

I took the test; was told I would receive the results in about two-weeks. Sure enough, the letter arrived. I cried when reading the results. I had aced it. The next day, I went to WJLE Radio and showed station manager Tony Glenn my good news. As promised, I got a job working odd hours that other employees didn't want. But, I began living a dream that lasted for the next 21 years.

I trust that my simple story will cause you to reminisce about when an angel (unaware at the time)...rescued you. Thank The Lord right now for His love and grace and for His angels.

— *Ralph E. Vaughn*

PLAN OF SALVATION

Has something in the magazine or something you have discussed with someone or some thoughts that you have had or something that you have heard, brought you to a point of realizing that you want and need to know Christ in the truest and personal sense?

If so, below is a simple outline for someone of any age who is not a Believer to act on their desire to accept Jesus Christ into their heart as their Savior.

God's Plan of Salvation

God created us to honor and serve Him

Revelation 4:11: "You are worthy, O Lord, To receive glory and honor and power; For You created all things, And by Your will they exist[b] and were created

Each of us has sinned against God

Romans 3:10: As it is written, "There is none righteous, no, not one"
Romans 3:23: For all have sinned and fall short of the glory of God,

The penalty for sin is eternal separation from God and Heaven

Romans 6:23: For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

Good works cannot ever earn God's forgiveness and Salvation

Titus 3:5: not by works of righteousness which we have done, but according to His mercy He saved us.

God loves each of us

John 3:16: For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

Jesus Christ died on the cross in our place, paying the penalty for our sin

Romans 5:8: But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

We each must accept Jesus Christ as our personal Savior

Romans 10:9: that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.

Romans 10:13: For "whoever calls on the name of the LORD shall be saved."

To accept Christ into your heart and life, pray a simple prayer along these lines - "Dear God, I know that I am a sinner and I am sorry for my sins. I know that Jesus died for my sins and the sins of the world. Right now, I ask Jesus into my heart and receive Him as my personal Savior. Forgive me of my sins, thank you for saving me through the blood of Jesus. Please Lord, help me live for you. In Jesus name, amen."

All scriptures are taken from The New King James Version of the Holy Bible.



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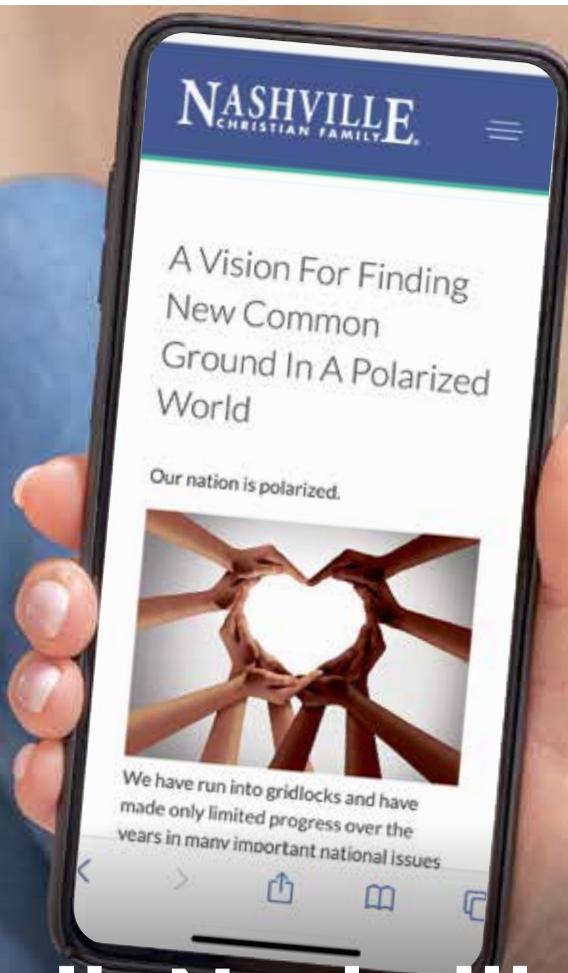
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