

April 2021

COMPLIMENTARY

NASHVILLE

CHRISTIAN FAMILY®

**Spring
CLEANING**



The Isaacs

**Living On
MISSION**

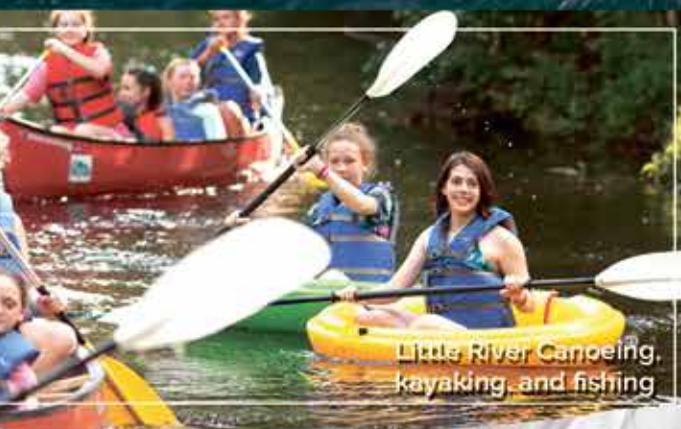
FREE Good News



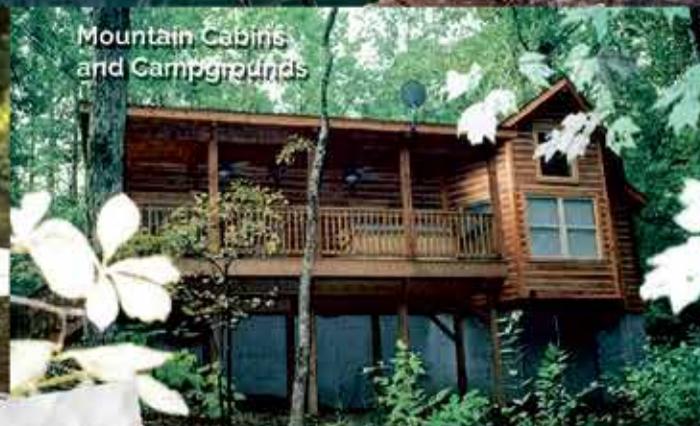
Set Your Own Pace

ON ALABAMA'S LOOKOUT MOUNTAIN

Martha's Falls
Photo by Bill Boehm



Mountain Cabins and Campgrounds



Buck's Pocket State Park | DeSoto State Park
Little River Canyon Nation Preserve | Tigers for Tomorrow
High Falls Park | 11 Scenic Waterfalls

Get Your Free Travel Guide Today!
Mentone, Fort Payne and Sand Mountain

888-805-4740

AlabamaLookoutMountain.com

NASHVILLE

CHRISTIAN FAMILY®

Publisher: Robert Stringfellow • 615-815-8765

publisher@christianfamilynashville.com

Editor: Raymonda Jagers

Contributing Writers:

Kevin Anderson

Anthony "Tony" Boquet

Michael G. Carnes

Larry L. Crain, Esq

Tammy Daughtry, MMFT

Ben Davis, III CSA

Ashley Farrar

Kevin G. Fehr, CSA, CDP

Doug Griffin

Darlene A. Kemp, MPH, MBA-HCM

Britney Krbek

Jason Lindsey

Sheila Moss

Kenneth Oosting, Ph D

Regina Prude

Monica Schmelter

Rhonda Smart

Ashton Tate

Marc Tepner

Ron Tepner

Ralph E. Vaughn

Cover Photo: Courtesy The Isaacs

Production and Art Direction: Wendy Satterwhite

Website Development, Digital Marketing & SEO Services:

Eric Crilly - Web Design and Maintenance

Bowen Digital - Digital Marketing and SEO Services

Social Media: Dashia Brandon/Administrative Assistant and

Social Media Manager

Sales & Marketing: Robert Stringfellow,

Brenda Delgado/Marketing Specialist

Nashville Christian Family is published monthly by Clarion Concepts, P.O. Box 463, Spring Hill, TN 37174. The phone number is 615-815-8765. E-mail publisher@christianfamilynashville.com. Reproduction of any part of *Nashville Christian Family* without permission of the Publisher is prohibited. Distribution of this paper does not constitute and endorsement of information, products or services. Views expressed in *Nashville Christian Family* do not necessarily represent those of the Publisher. Every effort has been made by *Nashville Christian Family* staff to insure accuracy of the publication contents. However, we do not guarantee the accuracy of all information nor the absence of errors and omissions; hence, no responsibility can be or is assumed. All Rights Reserved. Copyright 2021 by The Christian Family Publication, Inc.

Unless otherwise noted, scripture taken from the Holy Bible, New International Version, copyright 1973, 1978, 1984 by International Bible Society. Use by permission of International Bible Society.

Circulation and Distribution: *Nashville Christian Family* is free and available at targeted, high traffic locations throughout the Nashville Metro Area and surrounding counties, Williamson, Wilson, Davidson, Cheatham, Sumner, Rutherford and Maury. Copies are available by subscription, \$75 for one year (12 issues). To subscribe, e-mail publisher@christianfamilynashville.com

– *Nashville Christian Family* is a part of The Christian Family Publication, Inc. celebrating 20 years of Good News! Visit www.ChristianFamilyNashville.com



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

The Gospel of Luke:

Chapter 23

The Death of Jesus

44" *It was now about noon, and darkness came over the whole land until three, because the sun's light failed.*

The curtain of the sanctuary was split down the middle.

And Jesus called out with a loud voice, "Father, into Your hands I entrust My spirit." Saying this, He breathed His last. When the centurion saw what happened, he began to glorify God, saying, "This man really was righteous!" All the crowds that had gathered for this spectacle, when they saw what had taken place, went home, striking their chests.

49 *But all who knew Him, including the women who had followed Him from Galilee, stood at a distance, watching these things."*

The Burial of Jesus

50 *"There was a good and righteous man named Joseph, a member of the Sanhedrin, who had not agreed with their plan and action. He was from Arimathea, a Judean town, and was looking forward to the kingdom of God. He approached Pilate and asked for Jesus' body Taking it down, he wrapped it in fine linen and placed it in a tomb cut into the rock, where no one had ever been placed. It was preparation day, and the Sabbath was about to begin. The women who had come with Him from Galilee followed along and observed the tomb and how His body was placed. 56 Then they returned and prepared spices and perfumes. And they rested on the Sabbath according to the commandment."*

Chapter 24

Resurrection Morning

1 *"On the first day of the week, very early in the morning, they came to the tomb, bringing the spices they had prepared. They found the stone rolled away from the tomb. They went in but did not find the body of the Lord Jesus. While they were perplexed about this, suddenly two men stood by them in dazzling clothes. So the women were terrified and bowed down to the ground. "Why are you looking for the living among the dead?" asked the men. "He is not here, but He has been resurrected! Remember how He spoke to you when He was still in Galilee, 7saying, "The Son of Man must be betrayed into the hands of sinful men, be crucified, and rise on the third day'?" And they remembered His words. Returning from the tomb, they reported all these things to the Eleven and to all the rest. Mary Magdalene, Joanna, Mary the mother of James, and the other women with them were telling the apostles these things. But these words seemed like nonsense to them, and they did not believe the women. 12 Peter, however, got up and ran to the tomb. When he stooped to look in, he saw only the linen cloths. So he went home, amazed at what had happened."*

Above Scripture taken from the Holman Christian Standard Bible

Please take time to worship with your family in the true meaning and spirit of Easter.

HALLELUJAH, HE HAS RISEN!!

Robert Stringfellow, Publisher, 615-815-8765
publisher@christianfamilynashville.com



April 2021

DEPARTMENTS

3 From The Publisher

5 Miracle Moments
Every Day Joy: Hope Survives the Cataclysm

6 Mighty Men
Tithing Your Time

8 Legal Matters
A Trial Lawyer Examines the Trial O Jesus

10 Body & Soul
Secrets From the Studio

11 Money Matters
The Costs of Long Term Care

12 Money Matters
Ask The Expert

12 Body & Soul
Expect To Win

13 An Encouraging Word
What Has God Been Saying Lately?

14 Our House
Is Your Air Conditioning Ready For Summer?

19 Hassle Free Zone

Kids and Teens: Tips To Clean Your Room And Make Your Parents Proud!

20 Healthy Living
Be Happy, Be Healthy, Be Whole

20 Teachable Moments
Leverage Love Today – Don't Wait Another Minute!

21 Faith At Work
God's Plan For Service – People We Admire

24 Teachable Moments
A Legacy Of Health

25 Hassle Free Zone
Specialty Cleaning – Why Bother?

25 The Home Front
Be Proactive With Concrete Repair

28 Kid's Korner
God's Rainbow Promise

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

30 About Our Advertisers



ON THE COVER 16

The Isaacs are Better Together! Read their story on page 16.

5, 21 Living on Mission

14, 19, 25 Spring Cleaning

1-32 FREE Good News

SPECIAL FEATURES

7 Choices in Senior Care

9 Nasa, Covid, Tennessee and Me

23 Son Of The Fathers?

27 Another Casualty of the Pandemic: The Foster Care System

NEXT ISSUE

CELEBRATING
11
YEARS!

AND MUCH MORE!

NASHVILLE
CHRISTIAN FAMILY®

Your favorite monthly publication for
Christian content about Family, Parenting, Social Issues, Healthy Living and Much More!

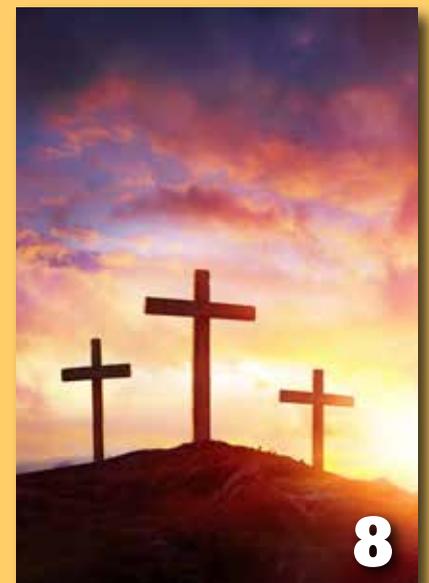
READ ONLINE AT
ChristianFamilyNashville.com

CONTENTS

VOLUME 11, NUMBER 10



5



8



19

MIRACLE MOMENTS

Everyday Joy Hope Survives the Cataclysm

I went to the grocery store this afternoon for the first time in about eight months. Thanks to my more fearless family members and doorstep delivery, grocery shopping is very easily avoided. Plus, today's list was so short; I committed to staying focused and being back in the car in fifteen minutes. Twenty tops.

What brought me great delight was walking into the store and being astonished by two tables weighted down with a vast array of lilies. Of course! How could I have forgotten? We always have lilies around the house during the Easter season. This year, when everything is so different, it slipped my mind completely. Perhaps because lilies are not the kind of thing you select from the online food list or expect your store shopper to choose for you. Lilies remind us of how vital Resurrection Sunday is in our lives. This is not merely a holiday. Or a weekend for spring baskets, decorated eggs, and family feasts—even when we make modifications in consideration of pandemic restrictions.

As a pastor's wife, I spent many years focusing on how we, as Christians, commit ourselves to concentrating on the spirituality of these three days. We observe Good Friday. For me, that was a tradition of listening to sermons on Jesus' seven last words from the cross. Then, we joined others at Easter sunrise or a special morning worship service. Whether or not any of these opportunities exist for us this year, one thing is certain: it is different.

The hope of this 2021 holy season is our awareness of the Gift we receive from God. "Hosanna! He is risen!" This is the essence of the glorious promises we have for today and forever. Jesus conquered death and the grave. "It is finished." That is our assurance that Christ defeated Satan, washed away our sins, and promises us everlasting life, surrounded always by His love.

Trauma touched our world deeply over the last year. Perhaps it reached you personally, or into your family, or ravaged your daily pattern or your finances. Maybe these months brought on another loss that was devastating. We may be hurting, but we are not in despair! Because He lives, hope and Joy abide! Since Easter greets us early in April this year, let's spend the entire month growing our commitment. Do something each day to deepen your faith. Allow God to speak His own peace as you listen for His voice!

— Regina M. Prude is an author and inspirational speaker.
Send e-mail comments to regina@reginaprude.com.
Follow her on Facebook (www.facebook.com/reginaprude)
and Twitter (<http://twitter.com/rprude>).
Write her at PO Box 58795, Nashville, TN 37205.



CHOOSE YOUR AIR FILTERS
SET THE DELIVERY SCHEDULE
RECEIVE YOUR FILTERS AT THE DOOR
HEALTHIER & HAPPIER HOME, CHECK

Use code **NCF** for **20% OFF** your first
order at filtertime.com/ncf

Tithing Your Time!

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place where He prayed.

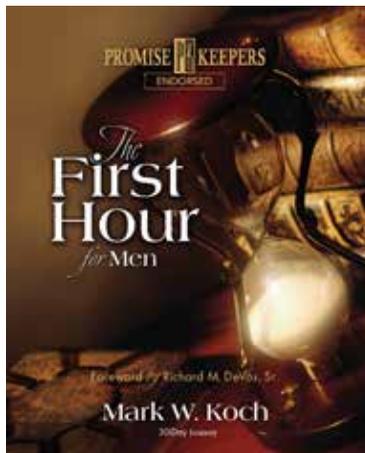
Mark 1:35

It's interesting that in the Bible, there is only one thing that we are allowed to test God on, "Tithing", giving Him the first fruits of our income. I believe with all my heart that Tithing our time, giving Him the first fruits of our "Time" falls into this same category and is probably just as important to Him, after all He is our Father, and what Father doesn't yearn to spend time with his children.

Secondly as Christians with a desire to strive to be more like Jesus, the above scripture clearly shows that Jesus did just that... "Tithed His Time". He started His day off early in morning in prayer and intimate conversation with our Father.

The Bible tells us that God wants to bless our lives in ways that we cannot even imagine. As our heavenly Father He wants to fulfill His dream for our lives. So many times we miss God's best because we don't give Him the opportunity to guide and direct our lives on a daily basis!

With all the challenges us men face as Husbands, Fathers and providers, the stress can be unbearable at times. There is an enemy whose sole purpose is to rob us of our peace and Joy. I call the enemy Jr. "Joy Robber" because that's



exactly who he is and is his entire M.O. Although many of us do not realize it, we're always wrestling against the unseen powers in the spiritual realm. There is an unending struggle and prayer is the weapon that will turn the tide! "Stay alert. Watch out for your great enemy the Devil. He prowls around like a roaring lion, looking for someone to devour." 1 Peter 5:8

People that know me are very familiar with two of my favorite slogans, Armor up.. or get slaughtered. "Put on the full armor of God, so that you will be able to stand against everything the enemy throws your way". Ephesians 6:11

The second is "There's power in the Hour". Spend your first waking hour "Tithe your Time" in prayer and reading the word of God and watch your life drastically change!

God has a pre-planned destiny for you and a perfect plan for your life. Spend time with Him at the beginning of each day, pray to Him, seek Him and ask Him to help you be the son He wants you to be. Talk to your Father each and every morning and Watch Him bless you with peace and joy in a way that you could have never of imagined. I challenge you to take the test!

— *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.*

DOES SOME BUNNY NEED HELP WITH CLEANING?

As you prep for Easter festivities, don't put all your eggs in one basket. Our team of trusted professionals will come clean up, so you can cheer on the sidelines of the egg hunt this year.



10% OFF ANY SERVICE

New customers only. Cannot be combined with any other offer or discount. Participating locations only. Some restrictions may apply. Offer expires 04/30/2021.

MOLLY MAID® OF S. DAVIDSON, WILLIAMSON AND MAURY CO
615-794-0200 • mollymaid.com

©2020 Molly Maid®, LLC. Each franchise locally owned and independently operated.

Choices in Senior Care: Know Your Options

Navigating the options for senior care for a loved one is a challenge. Often times, many families are forced into this as a result of an episodic event. I've seen this far too often throughout my career as a Certified Senior Advisor (CSA) and it's my goal to give families an overview of the senior care landscape, so they can make informed, intelligent decisions for their loved one. My name is Kevin Fehr and I serve as the President & CEO of Amada Senior Care. Our company has been providing nonmedical in home care for seniors throughout Middle TN for the past six years (www.AmadaNashville.com).

What is home care? A licensed company can deploy caregivers into the home to care for the elderly or sick. It is nonmedical in nature, meaning that our caregivers are prohibited from doing anything invasive to the body. Rather, they assist seniors with common activities of daily living. These activities include help with bathing, dressing, toileting, incontinence, ambulation and transfer. We also provide assistance with meal preparation, laundry, light housekeeping, running errands for our clients and anything that will enhance the senior's quality of life. If a senior suffers from a cognitive impairment, our trained caregivers know exactly how to help those seniors. Alzheimer's Disease and many other forms of vascular dementia often require some professional assistance from a company like Amada Senior Care in order to give the family some respite and time for themselves. It's a tough calling to care for a loved one with dementia twenty four hours a day. I am a licensed Certified Dementia Practitioner (CDP) and offer complimentary consultations for any family needing guidance on their specific situation.

Home Care is the entry point into senior care options and is usually the most cost effective. The next step in the continuum is moving a loved one into an Assisted Living community. These communities often have Memory Care units should your loved one be suffering from dementia. These communities offer caregivers for the residents along with providing meals and activities for the seniors. This option may be needed and a good one for some families, but relocating loved ones out of the comfort of their own homes is a tough decision that requires a thoughtful approach. The COVID-19 pandemic also complicates this approach. Again, consult with a professional on this topic to thoroughly understand all of your options. As a CSA, I'm honored to help you navigate this situation.

When Assisted Living communities cannot deliver the professional care needed for a loved one, your final option is a long term rehabilitation center. The old vocabulary referred to these places as "Nursing Homes", but that term has a negative connotation and efforts have been made to provide a non-sterile living arrangement for residents today that historically was not present in the older nursing homes. In these rehab centers, seniors have access to professional or medical care twenty four hours a day. Doctors and nurses are always present to deal with complicated medical issues. While this is a great solution for some, it comes with the highest price tag for senior care options and families must plan accordingly with their finances.

Other terms of note are Home Health (not Home Care) assistance, Palliative care and Hospice care. Home Health is when a nurse or therapist can come to the home a few days a week to provide skilled care for a loved one. This type of help must be prescribed by a physician and Medicare will pay for the services. Palliative care is an approach that aims to improve the quality of life



of seniors with life threatening conditions. Hospice care must also be prescribed by a physician and that is end of life care and preparation. All hospice care is palliative care, but not all palliative care is hospice care. Again, feel free to call me directly if you need further explanation.

Payment sources for home care and assisted living communities are not supplied through Medicare, as Medicare reimburses for "medical" expenses. There are many payment options for home care and assisted living to augment private pay. Long Term Care Insurance plans cover these expenses, along with VA benefits for veterans, and other options are available. Feel free to call Amada Senior Care to learn more about payment options for senior care. 615-933-7494

On behalf of the over 100 employees who work for Amada Senior Care, it has been my honor to help readers navigate the complex world of senior care and I want to reaffirm with you that you are not alone in this journey. I have been blessed over the past 6+ years to help hundreds of families and it's an honor to lead an ethically-based, Christian organization that values the lives of our senior community.

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

**ADVERTISE HERE
and Get Results!**

**Robert Stringfellow • 615-815-8765
publisher@christianfamilynashville.com**

NASHVILLE
CHRISTIAN FAMILY

SPECIAL FEATURE

Brought to you by:

Community Partner Crain Law Group www.crainlaw.legal



A Trial Lawyer Examines The Trial of Jesus

This special Easter season we as Christians again pause to reflect on the Passion of Christ. As an attorney, I have always been intrigued by one aspect of the Passion: the criminal trial culminating in the death sentence and execution of Jesus. The Gospels provide four narratives of this trial. Matt. 26:47-68; Mark 14:43-65; Luke 22:47-71 and John 28:3-38. These passages describe both Jesus' trial before the Sanhedrin and his later trial before Pontius Pilate. Together, they provide very telling insights into the mockery and irregularity of these proceedings.

Lawyers would call the following "reversible errors" committed by the judges in the trial of Jesus. What is even more egregious, the ones in charge of the prosecution of Jesus were the most astute lawyers and highest courts in Israel at the time, who surely must have recognized the injustices being committed.

An Illegal Arrest – Jesus had just celebrated the Passover Feast, probably in the home of Mark on the outskirts of Jerusalem. Scripture tells us that after that feast, Jesus and the eleven went to Gethsemane to pray. At the approach of midnight, a mob led by Roman soldiers, members of the Temple Guard carrying swords and torches, accompanied by Judas, arrest Jesus.

Privately Examined – Jesus was taken to Annas' house, the brother of the High Priest Caiaphas, and there examined in private – a violation of Hebrew law.

The Proceedings Were Conducted At Night – The trial of a capital case was strictly forbidden at night. The analogy used in the Talmud was like the treating of a wound. Care was required to examine the evidence in the clear light of day.

Court Convened Before The Morning Sacrifice – The Great Sandhedrin convened court at the close of the morning sacrifice and had to conclude before the evening sacrifice.

The Proceedings Were Conducted On The Day Preceding The Jewish Sabbath – Court could not be held on the Sabbath, or a feast day, or any holy day.

Trial Was Conducted In One Day – To assure due deliberation and reflection, particularly where a human life was at stake, Hebrew law required that the trial should last a minimum of two days to allow time for the judges to sleep, fast, meditate and pray.

Sentence Was Pronounced On Uncorroborated Confession – fundamental principle of Hebrew law prohibited conviction of a crime based solely on the confession of the accused; the law required corroboration by two witnesses.

The Verdict Was Unanimous – A simultaneous and unanimous verdict of guilt rendered on the day of trial had the effect of an acquittal. Bear in mind there were no advocates. The judges were deemed the defenders of the accused. Thus, a unanimous verdict meant the accused had no friend or defender on the panel. To the Jewish mind, this was the equivalent of mob violence. Scripture tells us: "And straightway in the morning the chief priests held a consultation with the elders and scribes and the whole council, and bound Jesus, and carried him away, and delivered Him to Pilate." (Mark 15:1).

This litany of procedural errors confirms the travesty of injustice and the political show trial of Jesus. While we look back with disdain upon the mocking criminal conviction of the One who alone embodied innocence, we are also regard it as a necessary stepping stone in God's plan of redemption through the cross.

— Larry L. Crain is a trial attorney specializing in civil rights and constitutional law. He is a frequent speaker on the trial of Christ to church groups and gatherings. Crain Law Group, PLLC, www.crainlaw.legal



Breathe Clean and Virus Free Air with Active Pure Surface Pro

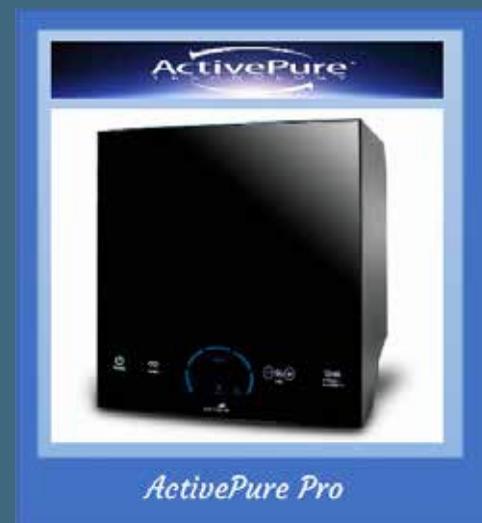
with ActivePure Technology®

Empowering Health and Dreams

The company with ActivePure Technology
Developed at NASA.

ActivePure Technology eliminates 99.9% of airborne SARS-CoV-2 virus within 3 minutes in FDA-compliant military lab tests.

Destroying SARS-Cov-2 before it gets in your lungs. It actively destroys bacteria and viruses continually, it doesn't just block molecules passively. One purifier covers 3,000 sq ft.



MY1LINK.ME/MEDIACONSULTANT

MICHAEL.AIRPURESHIELD@GMAIL.COM

NASA, Covid, Tennessee and ME

I am so thankful God brought me to Middle Tennessee with my late wife in 1992. As we all know, life can take you through some tumultuous times and some grand times, yet in it all, God is God and we are not. We must look to Him for our guidance in all that we do. Since the early nineties I have run a large television facility, been all over the country doing shows and events, driven for ride share companies, lost a wife, married, then ended up single again, lost a father, been through a flood and so on. Life is never boring, but I choose to look to see what is on the other side of the storm and keep my eyes forward.

Now, I am getting married to a wonderful woman who actually edited my book on pre marriage, and she stayed with me, so that says a lot. Here is the book information: www.webapp.mobileappco.org/m/marriagebook/ I am signed to produce a faith-based movie about a teen finding herself in her music after some early trauma in her life. It is a testament to how God works out all things for good for those who trust in Him. We must trust Him with our families, our finances, our jobs, our ministry, everything in life we need to bring to His alter and ask His guidance for. One thing we must keep in perspective, in everything we do, we need to do in honor of Him and we must love Him with all our hearts, mind and soul and be other minded in our walk, being a light and hope for others.

With that said, we need to be aware of our surroundings and make good choices. I made a great choice when a minister friend called me about how I could make my family safer from the dreaded Sars Co-V-2 virus with a NASA based purifier. I have known people who have died but know more that have had Covid and gotten better. My friend called because he knew my father was an administrator in NASA for years, in fact, if it is in space right now, my father probably touched it in some way. He knew I would understand the research behind this Air Purifier.

The Active Pro Technology, Surface Pro Air Purifier is derived from NASA and is FDA compliant tested to destroy the Sars Co-V-2 virus along with other pathogens and bacteria including mold. I have taken the unit to bible studies, put it in restaurants, medical offices, churches, anywhere where people are confined in a closed air space, the Surface Pro will destroy the virus on surfaces and in the air.



Why not destroy the virus BEFORE in gets in your families or customers lungs? Multiple units and non-profits will receive a discount. Keep your friends, families, children, associates, church members safe. Look into the 24/7, 365 protection of the Active Pure Surface Air Pro and a mobile unit you can take with you.

— Michael Carnes attended Oral Roberts University and was called to the faith media industry while there. He has worked with some of the biggest names in Hollywood. He has been on mission fields in Africa and Iraq. Michael's mission is to encourage and teach others in their faith personally or through mass media, pointing people to Jesus and the hope and salvation He offers all of us.

Can a special needs trust help you?



Special Needs Trusts provide for your loved one's supplemental needs when you cannot.

A Special Needs Trust can play a significant role in preserving the financial security and lifestyle of an individual, of any age, living with special needs.

A Special Needs Trust allows a person to qualify for government benefits, such as Supplemental Security Income (SSI) and Medicaid while using the supplemental resources deposited into the Trust.

Peace of mind does not have to cost a fortune.



*Darlene Kemp
MPH, MBA-HCM
Executive Director*

VistaPoints
The Special Needs Trusts & Resource Center

Vista Points, Inc. | Special Needs Trusts & Resource Center

888.422.4076

www.vistapoints.org



The Best Weight You'll Ever Lose - Other People's Opinions

When my weight reached an all-time high in 2005, I knew I had to change my junk food ways. Of course, I knew that losing weight would be challenging. What I didn't count on was the added pressure of other people's opinions and questions about my weight.

Thankfully, no one was mean or cruel. It was more a matter of dealing with personal questions from all directions – family, friends, and the Bridges viewing audience. The most awkward question was “Monica, how much do you weigh?” Can you say questions that make me cringe?

Whether I cringed or not the questions kept coming. As my weight loss journey progressed, I started noticing that people treated me more favorably. While I was aware that we live in a culture that celebrates outward appearance, I had no idea how this value played out in everyday conversation.

Uncomfortable with Preferred Treatment

I found myself in an awkward situation where losing weight was equated with being a better example and more valuable person. I was uncomfortable with the preferred treatment, and the added pressure of awkward questions. As with most things in a broken world, there is no quick fix. However, I did learn a few lessons on my journey that might be helpful to anyone feeling the pressure of other people's opinions. First, I had to accept that human beings have a penchant for saying what they see. Many times, there is little thought about the impact of their comment. Accepting this part of human behavior helped me keep a positive attitude.

Let Go of the Negative

Secondly, I committed to hold on to the positive and let go of the negative. To help me with that, I enlisted help from my favorite book.

But the wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to others. It is full of mercy and the fruit of good deeds. It shows no favoritism and is always sincere. James 3:17 NLT I call this passage The Wisdom Test. I find it very helpful in weeding out the negative and finding what's good. When a comment or question comes my way that concerns me, I ask myself these questions: Is this comment... pure?

- peace loving and gentle?
- willing to yield to others?
- full of mercy and the fruit of good deeds?
- without favoritism and sincere?

If the answer is yes, the comment passes the wisdom test and I hold onto it. If the answer is no, I let it go. Today's Secret from the Studio is when other people's opinions start to weigh you down go to the Wisdom Test for the help you need to hold on to what's good and let go of what's negative.

— Monica Schmelter is the General Manager of WHTN, Christian Television Network and host of daily television show Bridges. You can watch Bridges on demand at www.monicaschmelter.com



CRAIN LAW GROUP, PLLC



WE SOLVE LEGAL PROBLEMS

- Dedicated to the Practice of Law as an Honorable Calling
- Over 30 Years of Court Room Experience
- National Litigation Experience in Over 26 State and Federal Jurisdictions

- | Civil Rights and Constitutional Law | Injury | Contracts |
- | Business | Church Law | Non-Profits | Employment |
- | Conservatorships | Wills |
- | Civil Litigation | Real Property Disputes |

615-376-2600

Larry@crainlaw.legal | www.crainlaw.legal

5214 Maryland Way | Suite 402 | Brentwood, TN | 37027



Ask The Expert

Q: I have recently established a third-party special needs trust for my son. He has Down Syndrome and will not be able to care for himself, as an adult, without additional assistance. The money I have gifted my son, in this trust, will take care of him, in his future needs. I want to be sure the money is used correctly so any expenditure do not affect the government benefits he is receiving. What are some allowable expenses?

A: Although your son may not realize what an exceptional gift you have given him, your trustee is there to serve his needs so he can live a good quality of life. Many parents request services such as: respite care, and nonmedical care, allowing social interaction with someone other than a family member; housekeeping; additional therapies or services such as chiropractic care, acupuncture, and massage; the purchase of items such as toys; educational items or classes; therapeutic equipment and electronic devices such as computers, cell phones and gaming devices. All of these items or services can be paid from the trust without jeopardizing your son's government benefits.

— Darlene A. Kemp, MPH, MBA-HCM,
 Executive Director - Vista Points Special Needs Trusts
www.vistapoints.org 888-422-4076



Expect To Win...

One might be hard-pressed to find a “win” these days. We have a vaccine but it's not 100% effective so keep doing “all the things”. Better, but not “a win”. Some would say that a pretty big election was won while others would say that same election was a loss.

My basketball team was put out of the tournament in round one. That was definitely not a win. A three-year ministry marked by radical conversions, healings and even resurrections ends abruptly with a public execution. Its followers are scattered and in hiding. This doesn't feel much like “a win”.



Those of us who know Christ know differently. We celebrate it this time every year. It's kind of a big deal, the biggest “win” ever. Then we forget about it around the time we wake up the following Monday and go right back to our defeated mindset.

Ask me how I know this. Recently I was given a book by Corey Trimble the Pastor of the Experience Church in Murfreesboro, written by David Young, another Murfreesboro Pastor, (North Boulevard Church), called “King Jesus”. (Corey also has a killer book Called “An Authentic Experience-Creating An Inviting Culture with Biblical Integrity”.) Then I heard a sermon from my Pastor, Brady Cooper also a Murfreesboro pastor, (New Vision), and the dots were connected for me.

Jesus is King. A ruling Kings doesn't surrender his life. It isn't taken. He gives it. It is His choice because it is part of a much bigger plan....to win. Definitely, Finally, Eternally.

This past week I was reminded of this as I spoke to someone who spends a lot of time in Washington DC. I asked him how it really was up there. He spoke candidly and hopefully. He said “I know it's going to be okay because I know we win in the end.”

He wasn't referring to a political fight or the victory of any political party. He was referring to that King. My King. King of the Universe. Whether we officially recognize His Kingship does not impact His legitimacy but understating that Jesus is King will impact us every day we allow it.

That is your homework. Remind yourself daily that Jesus is King. He is running things. Doing this will go a long way in teaching us to “expect a win”... because we won.

— Kevin Anderson-General Manager 94 FM The Fish



Looking for some Good News?



Read & Share Good News 24/7
 at www.ChristianFamilyNashville.com

We are your local resource for all things family - including health and wellness, spiritual growth, parenting, education options, entertainment and more!



AN ENCOURAGING WORD

What Has God Been Saying Lately?

When we think of Almighty God of the Universe speaking to us, one may imagine that of a loud tumultuous voice speaking down from Heaven. In fact, the Children of Israel in the Old Testament were afraid to speak with God and asked Moses to go before God on their behalf. Exodus 20:19, (NKJV): *Then they said to Moses, "You speak to us, and we will hear; but let not God speak with us, lest we die."*

It seems that the Children of Israel had forgotten the true nature of God and how He longed to have a relationship with His people. He created us for companionship with Him. Genesis 3:8-9 speaks of God approaching in the cool of the evening to just "hang out" with Adam and Eve. It was ordinary for Adam and Eve to enjoy the fellowship of Majestic God as they walked around the garden.

The truth of the matter is that God is always speaking, the question is are we listening? As Christians, we have a tremendous advantage to "hear" from God. He will lead, guide and direct us. He goes before us. We are not limited to hearing from Him just at our bedside prayers.

Foundationally, we have an astounding resource in the Word of God, it is full of direction, examples,

advice, wisdom and so much more. There are countless stories that we can learn from and should live by. Likewise, there have been times when I have prayed about a specific issue and seeking direction that may not be so clear; I open the Bible and God's word speaks directly to me and my situation. The Word of God is living and breathing; it is organic.

When God spoke to Elijah, it was in a still small voice. 1 Kings 19:11-13, (NKJV), *Then He said, "Go out, and stand on the mountain before the Lord." And behold, the Lord passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake, and after the earthquake a fire, but the Lord was not in fire; and after the fire a still small voice.*

This still small voice is still speaking to us today. Our Spirit leads us. If we turn off the other voices, get out of our fear and quiet our beings, we can



hear from God. We may have a thought that comes to our mind, does it line up with the nature of God? If so, God is speaking.

God may also speak through other people, whether it be a sermon, a friend, an article, or all of the above. Have you experienced an encouraging word from someone or an idea that resonated within? God is speaking. His speaking will never violate His written Word.

God knows when every sparrow falls to the ground, He cares deeply about you. He knows how many hairs are on your head, He is affectionate about your details. Take time today to hear from Him.

If you would like more information about hearing from God, please feel free to contact me at rhondalsmart@gmail.com.

— Rhonda L Smart

Extended Care Coverage

Also known as Long Term Care Insurance

- **Protect your assets** ▪ **You choose how or where to live or receive services.**
- **Options include : Traditional LTC, Hybrid LTC, and Annuities with Extended Care Coverage**



Ben Davis, CSA

Certified Senior Advisor

Director of Outreach

615-584-4946 cell

615-617-9953 office

ben.davis@selectpointe.com

"Get the answers to questions you don't even know to ask."

 **Select Pointe LLC**
"helping you know which way to go"

FIND OUT HOW YOU MAY BE ELIGIBLE FOR 3X'S YOUR PREMIUMS RETURNED TO YOU!

OUR HOUSE

Is Your Air Conditioning Ready For Summer?



One of the worst feelings for a homeowner is turning on the AC during the first heatwave of the year only to feel hot air blowing from the vents. Regular maintenance is the best way to make sure your AC unit doesn't let you down when you need it most.

Here are 5 things you can do this spring to keep your AC unit operating at its best.

1. Clear Debris From Around the AC Unit

Winter and spring storms can toss debris around your yard. Clean up any sticks or branches that may have fallen around your outdoor unit. Once that's done, trim back any trees or plants that are encroaching on the space around your unit.



2. Schedule an Annual HVAC Inspection

The trusted HVAC professionals at Lee Company can complete an annual HVAC inspection and tune-up on your unit before you turn it on for the season. The tune-up will include cleaning the condenser and coils, testing wiring and capacitors, and checking both interior and exterior units. Lee Company technicians complete a 22+ point inspection on every visit, detailing all maintenance they perform. Pro Tip: For

extra peace of mind, schedule your next HVAC inspection when your Lee Company technician is still on site.

3. Clean or Replace Air Filters

Your heating and air conditioning systems both use the same air filters. Spring is a great time to replace your HVAC filters, especially if you forgot to check on them over the winter. We recommend checking your filters once a month and changing them every three months to keep your HVAC units running efficiently.

4. Check Interior Vents and Air Ducts

Check all your air vents to make sure they're open! Closed vents will reduce airflow and make your system work harder than necessary. Make sure there is nothing blocking any air vents — curtains, furniture, etc. If you suspect your air ducts have leaks or need to be serviced, contact Lee Company and we'll perform a leakage test in your home.

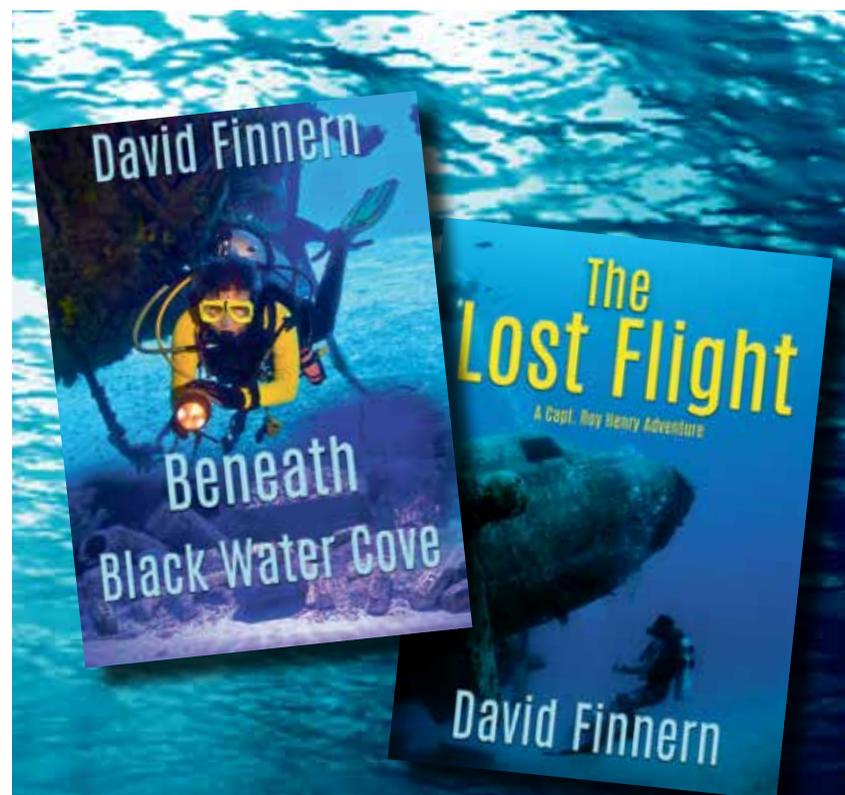
5. Program Your Thermostat Settings for the Season

Our HVAC professionals will run a test on your unit after completing a tune-up. Once you know things are ready, check your programmable thermostat to ensure the schedule and temperatures are set correctly for warmer weather. That way, when things get hot you're already set and won't waste money. Don't have a programmable thermostat yet? Lee Company can help you upgrade to a smart thermostat! Pro Tip: During the summer, always leave the fan setting on your thermostat set to auto, not on.

Safeguard Your AC Unit with a Home Maintenance Plan!

Keeping your AC unit in working shape requires a little extra planning every summer but it's worth the effort. To save even more time and money, Lee Company's Home Maintenance Plan helps keep all of your home's critical systems — heating, cooling, plumbing, and electrical — in tip-top shape. Visit us at leecompany.com to learn more!

— Karol Hernandez, Director of Marketing and Communications
The Lee Company



THE CAPT. ROY HENRY ADVENTURES

"A Christian Adventurer To Believe In"

Award-winning adventure writer David Finner has published hundreds of stories about his underwater discoveries and explorations which have regaled the pages of books, magazines and newspapers for over 35 years. Now the adventures come alive through fictional characters in the new Christian series, *The Capt. Roy Henry Adventures*.

"Where have all the good men gone? Look no further than Capt. Henry. His high adventures will hook you. His character will motivate, influence and inspire you. You'll want to be with him wherever he goes next."

— Dr. Douglas Brown,
Educator/Christian Leader

"It was, dare I say, a boatload of fun. I think the literary technique that heightened the anxiety was the attention to detail that takes the reader right smack into the moment. I actually felt a little breathless."

— Sandra Scherf, White House
Distinguished Teacher

Available through Amazon and
where better books are sold.



COOL SPRINGS MD

life management medicine



stop dreaming.

NEW YEAR. NEW START. NEW BODY.

Our program is not a diet; it's a lifestyle change. Get off the dieting roller coaster and rejuvenate your life! Our trained professionals help make your weight loss journey stress free and uncomplicated. It's true! Physician-supervised and clinically-proven approach that helps our patients learn to live healthy and lean for a lifetime!

*Call today for your **FREE in-depth consultation.***

615.690.6600 | **CoolSpringsMD.com**

1642 Westgate Circle, Suite 100 • Brentwood, TN 37207

WEIGHT MANAGEMENT • NATURAL HORMONE THERAPY • PRP PROCEDURES • AESTHETICS



The Isaacs: *We're Better Together*

**E Pluribus Unum:
Out of Many, One**

Consider The Isaacs as the many (Pluribus) who have become the one (Unum), each maintaining a separate identity while becoming a better-together team: a really spectacular motto not only for The United States of America but for a family music ensemble as well. Unity: each supporting the other, respecting the other's gifts and quirks, and working together to accomplish the common mission. Their mission? Spreading the Gospel and shining the Light wherever they go. Indeed, what a mission for them—and for the USA if she would only remember and honor E Pluribus Unum!

Lily, Sonya, Ben, Becky, and Levi—E Pluribus, Unum of a different variety. Or is it?

When an exceptional musical team has been singing and playing for decades and has racked up phenomenal numbers of awards and nominations (Doves and Grammys), recognitions, appearances, performances, productions, and writings, their unity is tested. In our recent interview, even matriarch Lily, who could pull rank merely from her founding position, stressed the combination of unity all through—E Pluribus Unum. Commendable.

Origin

Looking back over the 50 years they celebrate this year, they can relay how The Isaacs joined the singing world and how they began singing together. Lily remembers, “I’m not sure there was a specific time in my life when I realized I could sing. My mother always sang around the house. She loved Broadway show tunes, and I sang along with her. Later, I joined choirs at school, entered talent contests, and started acting and singing in musicals. My goal was to be an actress in Yiddish Broadway shows. I think it was in my DNA. My three children started singing at very early ages, too. By the time they were talking, they were singing. Their father and I traveled full-time by then; they had little choice! They learned harmony without any coaching.



“I met my husband in Greenwich Village, New York, in 1968. I was a folksinger, and he was a bluegrass singer and musician. I suppose that’s when we entered the music scene. Joe and I married in 1970, and by 1971 we received salvation and started singing Christian music. Traveling as a family, we started receiving national attention in the early 80s. Our career seemed to blossom from there.”

Meet the Isaacs

What does a singing troupe do with extra time? It’s a wonderful thing when career and interests meld. Lily confirms that she “loves to travel and learn about new cultures.” She explains, “My spirit has always been adventurous that way. I also enjoy the beach, the sound of the waves, the sun on my face, the quiet of the ocean, and reading—a perfect combo.

Son Ben enjoys living on a farm. He’s a veritable handyman and can fix almost anything! He enjoys his tractor and loves the woods, hiking, and hunting. He’s also an amazing studio engineer, a fantastic producer of many well-known artists, and has been voted Producer of the Year several times in the Absolutely Gospel Awards and voted Male Vocalist of the Year and Musician of the Year in several prominent award shows. Ben has produced many Dove Award winning Grammy nominated projects, won several IBMA awards for his production of bluegrass greats, and is the bass player and a vocalist for The Isaacs. He loves time with his wife Mindy and their three children: Jacob, Kyra, and Cameron. As a young boy, Ben accepted Christ and has always had a heart for ministry and helping people.

Daughter Sonya Isaacs Yeary is a planner who enjoys scheduling vacations and trips. She could probably own a travel agency! She organizes our ministry, Heart for Israel, so we can take people with us to experience that beautiful land. Sonya, the mandolin player and vocalist for The Isaacs,

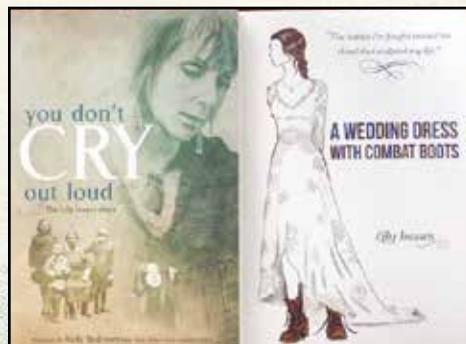
also enjoys creating and writing songs, shopping, spending time with family, including her little children, Ayden, Gatlyn, and Evya, and husband Jimmy, singer-songwriter with The Isaacs. After her solo adventure with country label Lyric Street Records, Sonya began writing songs professionally and has had many songs recorded by prominent artists, including Gospel artists, for which she has won several Dove awards. She also enjoys singing background vocals and can be recognized as a background singer in the Hannah Montana movie and on soundtrack performances for Disney Films Geppetto and My Neighbor Totoro. Sonya has won awards by IBMA, SGMA, and CCMA and been nominated many years for Female Vocalist. Sonya believed on Christ at the age of six and has dedicated her life to Gospel Light.”

Lily describes youngest daughter Becky as a deep thinker. “She loves a good mind challenge, gardening projects, any kind of medical challenge, and reading history. She probably would have been a surgeon if we hadn’t been in the entertainment field. Married to singer-musician-minister John Bowman, Becky Isaacs Bowman is the guitar player and vocalist for The Isaacs; Levi and Jakobi are their two children. As a teenager, Becky started writing songs that have been recorded by many artists. Her first number one song was ‘Stand Still.’ She and Sonya wrote ‘Heroes,’ winning Bluegrass Song of the Year from the Dove Awards, ‘Waiting in the Water,’ ‘Your Cries Have Awoken the Master,’ and ‘A Miracle Today.’ Becky has sung background vocals on a variety of artists’ projects and been nominated and awarded Female Vocalist and Songwriter of the Year in several awards programs. Becky has a passion for the Lord and loves to minister through song and testimony.”

Levi Bowman, the son of John and Rebecca (Becky) Isaacs Bowman, is the latest member to join The Isaacs, playing guitar and singing along with Nathan Fauscett- drummer and Josh Swift- dobro player. He just released a new solo album entitled “Find Yourself.” Levi has a heart to serve the Lord and has recently announced his calling to preach the Gospel

Travel

It seems the Isaacs love to travel the world and experience different cultures. There’s great family passion for the countries of their heritage: Poland, Germany, all over Europe. Lily would love to go to Australia and meet family members that she has never met because they were separated by the war. Ben and his wife are big outdoors people who would love to be free enough for cross-country hiking given extra time. Maybe Ben would build a barn on his farm. Sonya would probably want to travel as well. She and Mom share a love for the beach and traveling to Israel. Enjoying time with her husband and babies, perhaps cross-country traveling in a motorhome and eating at varieties of restaurants, would be optimum. With unlimited time Becky would probably opt to travel to places that she’s never been—Paris, London, and Australia—as well take a course in the medical field. Mom thinks Becky would make an incredible physician.



Narrating Life

Lily Isaacs has written a couple of books recounting growing-up stories. She describes them: “My first book, *You Don’t Cry Out Loud*, is an autobiography. It recounts my parents’ struggle in Europe, their concentration camp years, how they were liberated, when we came to America as a little family of three, how we became American citizens

when I was nine years old, and my years of growing up in New York City and later. Then, I basically give a synopsis of my life nowadays.”

“My second book, *A Wedding Dress with Combat Boots*, is a continuation of the first. Because I’ve lived a lot of life, I’ve learned so many things about my

parents that I didn’t know when I was younger. I explain how, in the past seven years, I’ve found out so much family history and about ancestors. Having been to Israel 17 times, I’ve done lots of research and discovered many details about my parents’ lives in concentration camps—things they couldn’t share because of their heartache. This second book incorporates going through a divorce and health issues and how I had to be a big girl and just lace up those combat boots to survive!”

Holocaust Reality

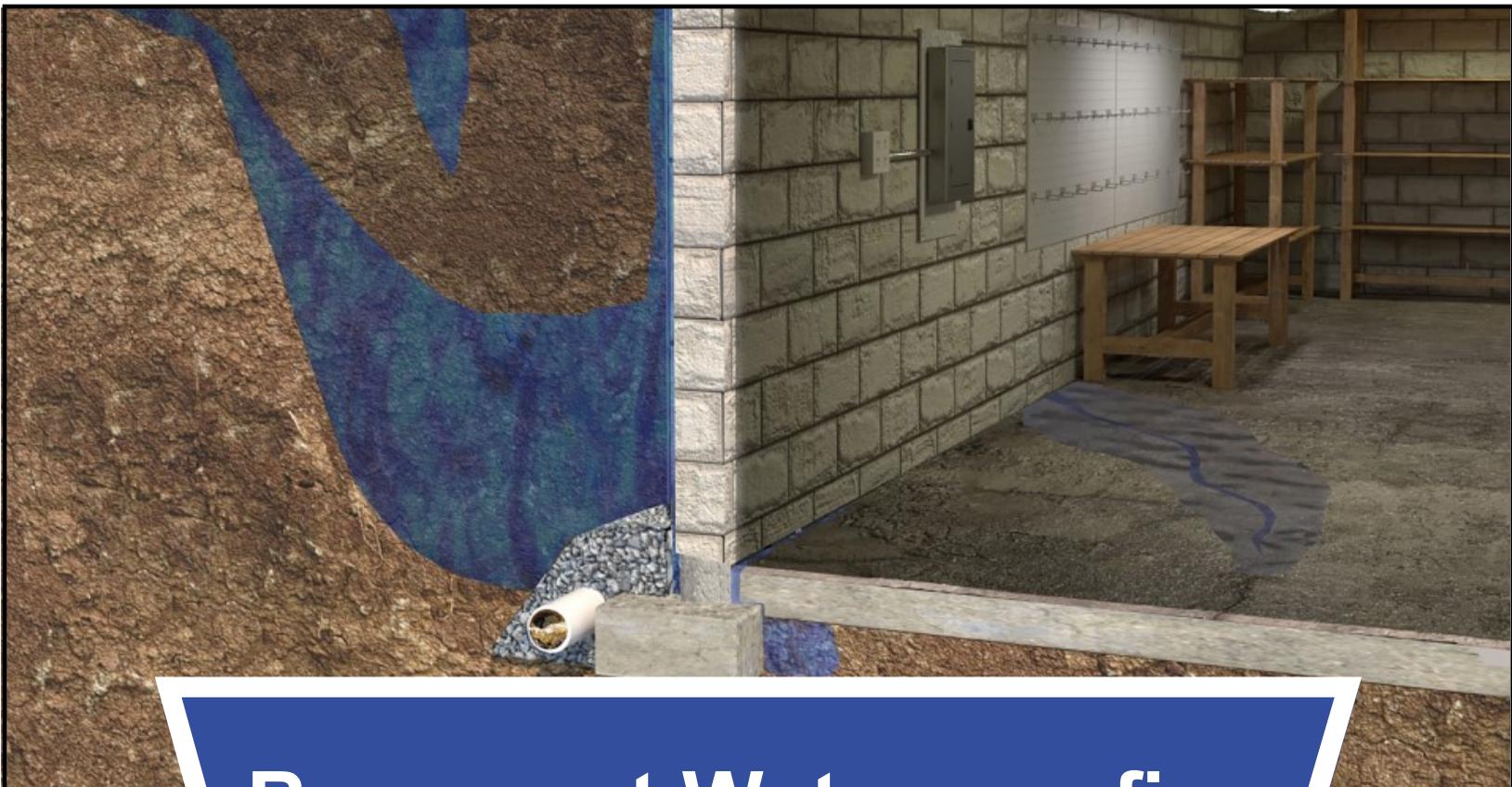
Lily takes Holocaust reality into various public events and into school settings where she talks to students and faculties about WWII and her family’s experiences in the Holocaust. She has intense thoughts about folks who believe and even teach that there was no Holocaust: “it literally makes me nauseous and infuriates me to think that some people don’t believe, and some even teach in our schools, that the Holocaust never happened. I know it did—my parents lived through it. I lost my grandparents, aunts and uncles, cousins—many others because of the atrocities of Nazi Germany and the happenings during World War II. In this age of cancel culture, very little is discussed about the Holocaust, but 6 million of my people were inhumanely murdered at the hands of a tyrant and his regime. I have very little tolerance for people who refuse to believe that that murderous action happened. We cannot prevent such atrocities if we don’t know and believe what happened in the past.”

Because of personal repercussions and experiences, strong ties to their “mother land” exist. The Isaacs, first-line descendants of Holocaust survivors, started a non-profit organization called the Fishman Isaacs Israel Initiative (“FIII”) in 2018 and have raised hundreds of thousands of dollars to bless Israel, specifically Holocaust Survivors, Israeli Defense “Lone” Soldiers, and orphans. The family’s heart is to bless Israel: “Blessing is promised to those who bless Abraham and his descendants, the Jews: I will bless those who bless you, and whoever curses you I will curse; and all peoples on earth will be blessed through you (Genesis 12:3). We Isaacs, as Jewish Holocaust surviving descendants, feel it a calling and an honor to bless the land of our people, Israel. We love the Holy Land because of our heritage, but we also love the land because it was the location of the birthplace, home, and resurrection city of our Savior Yeshua Jesus! We have been there many times and have witnessed the needs of so many underprivileged people there. This is why we started FIII, to create a trustworthy opportunity for others to help us bless Israel. We have chosen to partner with several experienced reputable, non-profit organizations in Israel. By giving to the orphans and the elderly, especially the remaining Holocaust survivors, we are honoring the beginning and end of Yeshua Jesus’s earthly life. We are honoring Abraham’s descendants, and we are helping Jesus’s people. We love what He loves. We bless what He blesses. We are His hands and feet, and our hearts beat as His does for His homeland.”

Especially for Fellow Nashvillians

Beyond their phenomenal achievements (see their website for details), The Isaacs have a message: “We are so proud to live in Nashville, Tenn.; we love the state; we love the people. As a family, we’ve learned and practice the value that we all bleed the same blood; we are all one human race. We need to treat each other equally with kindness. Although we don’t agree on everything, we must respect our fellow man—regardless of race, color, creed, or religion—all equal in God’s eyes. We must trust God in everything; ultimately, He is the controller of life. We can do many things to help ourselves, but all things in life we must put in God’s hands and trust Him.

— Sheila E. Moss: author of *Living to Matter: Mothers, Singles, and the Weary and Broken*; *Interrupting Women: Ten Conversations with Jesus*; and international publications from teaching Bible and Christian ethics in Africa, Ukraine, and Venezuela; teacher of Bible classes for over 35 years; mother of three daughters and two sons; and grandmother of eleven grandchildren.



Basement Waterproofing

Frontier

- HEALTHY CRAWL SPACES
- DRY BASEMENTS
- FOUNDATION REPAIRS

ALL THINGS **BASEMENTY!**



615-547-8701

christianbasement.com

BBB
Torch
Awards
for Ethics
PROFESSIONAL SERVICE AND SERVICE TO THE COMMUNITY
2018 Recipient

TOP
WORK
PLACES
2019

Tennessean.

HASSLE FREE ZONE

Brought to you by:
**Molly Maid of South Davidson,
Williamson and Maury Counties**



Kids and Teenagers: Tips to Clean Your Room And Make Your Parents Proud!



If you're a kid or teen reading this, thanks for studying the art of cleaning your room! Knowing how to clean your room the right way will save you time and leave you with a room you're happy to spend time in.

Put away your clothes: Are there clothes thrown around the room? Hang up the ones you can wear again, and put the dirty ones in the hallway or laundry basket/hamper, so you can take them to the laundry room when you're done cleaning.

Make your bed: If your sheets haven't been washed in a week or two, take them to the laundry room with your dirty clothes. Once your bed is made, you can use it for organizing your stuff.

Clean your dresser, desk and any other surface: Put some warm water and a few drops of dish soap in a bucket. Dip a clean cloth in the bucket, and wipe down all the hard surfaces. Or you can use some pre-moistened wipes. Don't forget to clean your doorknobs, window sills, bookshelves, computer and other surfaces that collect dust. Dry everything with a towel when you're done.

Clean any glass and Vacuum: Use glass cleaner and a soft cloth or paper towels to clean your bedroom mirror and windows. Vacuum the furniture. Are there crumbs in your chair or on your bedspread? Vacuum them off with a brush attachment. Try to do this about once a month.

Clean the floor: Save the floor for last because it can get dirty when you're moving everything around. First, make sure you pick up any coins or other small things that could accidentally get vacuumed or swept up. If you have carpet, vacuum the entire floor, including under the bed. If you have hardwood floor, vinyl or something else, sweep the entire room with a broom and dustpan. After that, use a mop (or just a towel dipped in your cleaning bucket) to clean the stuck-on dirt.

Fun Ways to Clean Your Room

Music: Cleaning is always more fun with the right music. If you're cleaning with others, have a dance battle while you clean! If you're by yourself, work on your moves.

Hoops: Whether you're throwing away trash or putting clothes in the laundry hamper, why not make a game of basketball out of anything that isn't breakable.

Mop Socks: Spray wood or vinyl floors with a cleaning solution, put on a pair of clean, fluffy socks and start sliding! Your socks will clean up the dirt while you have fun. You may want to use a pair of socks that are close to retirement, as they'll get extremely dirty in the process.

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.

— Ashley Farrar

Contact your local Molly Maid at 615-794-0200 or 615-603-3766

<https://www.mollymaid.com/s-davidson-williamson-maury-counties/about-us/contact-us/>

Your home is where our heart is



Sign up as a **Lee Company**
Home Maintenance Plan Member

Enjoy priority service and member-only discounts on replacements, parts and labor. Discover how well-maintained systems can help lower your utility costs.

ONLY
\$99*
PER YEAR

Just \$8.25
per month*
gets you
4 visits
per year.

*Price valid for one system.
\$99/year for each
additional HVAC unit.

Air conditioning tune-up
Heating tune-up
Plumbing inspection
Electrical inspection

\$20 OFF*

**A SERVICE CALL
OF YOUR CHOICE**

Heating and air conditioning (reg. \$79) Plumbing (reg. \$49) Electrical (reg. \$49)

*Residential service only. Cannot be combined with other offers or discounts.



visit us **leecompany.com**
or call **615.567.1000**



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

Over the last few months, there has been no shortage of news crossing my desk having to do with weight loss. Here's just a few reports I thought you would find interesting.

Doesn't Take Much

You probably know by now that doing exercise will help you live longer. The real good news is that it doesn't have to be a lot of exercise to get years added on to your life. According to a report in *The Lancet*, a research journal, people who had relatively low activity — they exercised 92 minutes a week or about 15 minutes of exercise a day — had a 3-year longer life expectancy compared to people who were inactive.



Losing Even 15 Minutes Of Sleep Can Lead To Weight Gain

Weight gain is not only an outcome of overeating or lack of physical activity. Even small lifestyle habits can make a huge impact on your waistline. According to research published in *JAMA Internal Medicine*, after examining the sleeping pattern of 120,000 people researchers concluded that our sleeping pattern can be closely associated with

weight management and overall health. At the end of the study, it was found that people with body mass indexes (BMIs) above 30 (which is categorized as obese) only slept about 15 minutes less on average than those with lower BMIs. When you are tired, your hunger hormones called ghrelin spikes and your fullness hormone leptin decreases. This makes you more hungry and

you tend to eat more, leading to weight gain. Feeling sleepier can also increase your average calorie intake by 300 per day. The sleep requirement of every individual varies, but a common observation is that getting sleep for less than seven hours can lead to fluctuations in weight. The ideal sleeping time for most people is between 7 to 9 hours.

Mustard Over Mayo

Want to lose weight? Switch to mustard. According to the book, *Healthy Lunchbox*, if you use mustard on your sandwiches instead of mayonnaise, you can lose up to four pounds a year without doing anything else.

Now, while all these tips and tricks are interesting food for thought, you and I both know that nothing is going to change without taking deliberate action and going it alone is hard. Do you need some extra help in your diet and exercise goals? Let me point you to the people that helped me lose 65 pounds in 16 weeks – the staff at Cool Springs MD. Dr Lodge and his team of personal trainers, dieticians and medical professionals are ready to help you with their stated goal for everyone to be “Happy, Healthy and Whole”

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. 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

— Doug Griffin



TEACHABLE MOMENTS

Leverage Love Today – Don't Wait Another Minute!

Have you ever thought of someone you love and fully intended to call them “tomorrow” or write them “soon” or schedule a trip to go see them “someday?” Have you ever received a call that someone you love suddenly passed away, without notice, no illness, no warning? What was the first thing you thought of as you hung up the call? I have had that happen twice in the last six months and in both cases my first thought was complete regret – regret for the hundreds of times I had thought, “I need to call _____ and just say hello.” I thought about the many times I started to pick up and the phone or send an email or a handwritten note yet something more “urgent” took my attention away.



Now, two people I dearly loved and who meant the world to me, are in their Eternal Homes and I will not ever have that chance again. Each of these people are part of my “extended family” – one on my mom's side and one on my husband's side. They were each the kind of people who made the whole family laugh. When they walked in my heart jumped up because I knew everything was going to be that much more enjoyable because of the unique laughter and silliness they brought to our family. As I write this, I realize how much they were alike – humorous, sarcastic, outspoken and incredibly insightful! We knew what they believed in and what mattered to them. Each of them

loved God and they spoke of Him in real time. Each of them loved their family and were so incredibly proud of their kids. They were hard working men who got up early and showed up for decades as reliable, consistent employees and co-workers. They made a difference in their jobs. They took time to talk to people they met along the journey – even strangers found a friend in these two men. Each of them LOVED football – one the Fighting Irish and the other the Vikings. They each impacted my life in such a powerful way and I would do anything to re-wind the clock of time and have made the calls, written the letters, sent the texts

more often and simply reminded them of the unique and wonderful role they played in my life.

May we all leverage love. Make the calls. Send the handwritten notes. Schedule the trips. Invest the time and money to be together and never assume there will be another summer or another time to call.

— Tammy Daughtry, MMFT is the Founder of CoParenting International and is raising a blended family in Nashville.
www.CoParentingInternational.com



God's Plan For Service

People We Admire



This month let's talk about the people we admire. Who and what we admire tells a lot about our own values. We admire what we think is significant or beautiful or what we appreciate. When limiting the discussion to people, what is it about people that we most admire?

Some of the things we admire in others are characteristics we wish that we could personally possess or possess to a greater degree. Such characteristics as courage, knowledge, wisdom, honesty, integrity, attractiveness, health, personality, intelligence and wit are some of them. We see some of these characteristics in some people, rarely all of them in one person. Nonetheless, we hold these characteristics high in our value system and we wish that we had more of these characteristics than we think that we now have.

What we admire in others could be a position they hold, accomplishments of the past and present, what they have such as appearance, faith, wealth, being famous, charisma, their relationships with others (who they know as well as how they relate to strangers). We are attracted to people who demonstrate an interest in us. This is enhanced when it appears that they are in a position to help us reach our goals. Any of these personal features can be a role model for us as long as they enhance our faith and our strengths. Too much influence of some characteristics, such as charisma, for example, could pull us away from our faith and our gifts/strengths.

The characteristics we should seek the most, however, are to be Christlike. Being Christlike includes 1) what Jesus told us to do, 2) the examples He provided by His life on earth, and 3) the work of the Holy Spirit who helps us to be Christlike. Examine the qualities mentioned above and think about which of them were demonstrated or possessed by Jesus Christ. Every positive characteristic we admire, Jesus exhibited. Even the people we admire the most will have some characteristics we don't admire. However, with Jesus, there were no such characteristics. As a result, Jesus should be our role model as we face decisions about what to do, what to say, and what not to say or do. While it is true we never saw Jesus drive a car, we did see Jesus as he related to people during His time on earth. How do you think Jesus would drive a car if He were physically present today? To be sure He would obey the law, stay alert and He would be kind to others. In other situations of today, we could apply what Jesus would do. While we might admire other people exhibiting appropriate Christian behaviors and attitudes, the person to admire the most is Jesus Christ.

Find the study questions relating to this article in the April issue at www.christianfamilynashville.com

— *Kenneth W Oosting, Ph. D*



BOTT RADIO NETWORK
Quality, Christian Talk Radio



SERVING NASHVILLE

89.1 FM

1160 AM

107.1 FM

91.5 FM

Find Stations Nationwide,
Download Apps, Listen Live,
Worldwide bottradionetWORK.com

BROADCAST MINISTRIES



(from left) **Chuck Swindoll, Robert Jeffress, Anne Graham Lotz, Adrian Rogers, Tony Evans, And Many More!**
Visit bottradionetWORK.com for a Program Schedule.



**DID YOUR CHILD FALL BEHIND DUE TO COVID?
PRIVATE SCHOOL CAN MAKE A DIFFERENCE!**

Save \$2,000 off regular tuition to great schools like:

New Hope Academy

4 available

Ezell-Harding Christian School

1 available

Robson Academy

1 available

Lighthouse Christian School

2 available

Lancaster Christian Academy

2 available

Community Christian Schools

2 available

Pleasant View Christian School

5 available

Hendersonville Christian Academy

2 available

St. Edward School

4 available

Saint Ann School

8 available

McClain Christian Academy

4 available

St. Pius X Classical Academy

2 available

**Call Natasha at The FISH to secure your child's spot for the
coming school year!**

615-390-9968

**Mention promo code NCF when you call for an
EXTRA \$500 savings!**



SPECIAL FEATURE

Son of the Fathers?

I love words, regardless of the language used!

Words are the basis for all written communications. When spoken, the right words, at the right time, to the right audience can create a wave of change spanning millenniums of human existence regardless of the language in which they were originally spoken. The Right Words, Right Time and Right Audience; the Law of the Message is another true example of the Power of the Wisdom of Three.

Christians around the world are preparing for the Easter Season while our Jewish family, likewise, are preparing to celebrate Passover and the Feast of Unleavened Bread. This is a special time of the year in the northern hemisphere, when the natural rhythm of life renews in a grand display for all to see. Ecological science reaffirms the facts of how our three environments, land, air and sea, co-exists in unity with one another. Massive thunderstorm will arise as the colder air of winter fights to compete with increasing temperatures created by the tilt of the earth in relationship to the sun. To the creatures that live in these environments, these changes will create hardships such as hail, lightning strikes, tornadoes and in some cases life threatening floods but it will also create new birth, beautiful flowers, cleaner air and soil primed to bring abundant new life to the seeds planted in the fields.

These are just a few examples of why we, as Christians, choose to celebrate the good of the times while accepting the bad co-existing from the same forces given to us by our Creator. No better example of this is described to us in the biblical passages detailing the Passion of Christ. In the words of the various scripture writers, there are multiple accounts that use similar wording. They tell of how Pilate, when given a choice, released a man named Barabbas instead of Jesus. We are told that Barabbas was justly imprisoned and the man Jesus was completely innocent and falsely convicted. The most interesting contrast about the two men in this story is that when told in Hebrew, Barabbas, translates to “son of the fathers” (plural). Very close to the title that Jesus liked to be referred as, Barabba, (singular) “Son of the Father”. Of course, as a Jewish son he would have been called, Barjoseph, “Son of Joseph”.

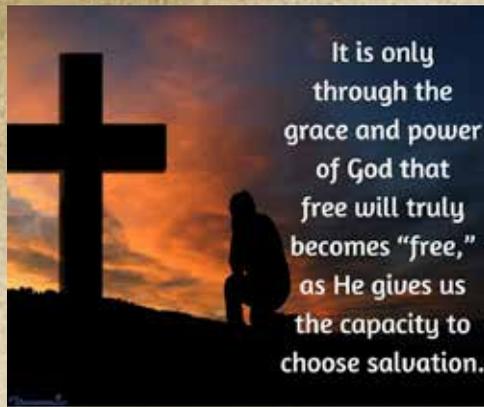
One well known belief is that storytellers and authors of the times; when they did not know the name of a character, would have used, “son of the fathers”, as a reference of a regular guy; one of the many. You could liken this to our slang references using the word “guy”, “fellow” or “dude”. This would have meant that either the exact name of the criminal released in place of Jesus wasn’t remembered or was of little consequence; the only fact that mattered then and still remains true today is that when humans are given a choice, we can and sometimes do choose evil over goodness; even when we are offered redemption that comes through selecting the true, good, and right choice. Pilate choose the easy way out.

Throughout our history, the human race has proved time and again that through acts of free will, we are prone to making bad choices. Jesus came into this world as man, to prove that He is the Son of God the Father, Truth Incarnate, Prince of Peace and the Creator of all that is good.

During this year’s Easter Season, let’s try just a little harder not to be just one of many; another Barabbas.

If this is my last post, I want all to know there was only one purpose for all that I have written; to have made a positive difference in the lives of others.

— Anthony “Tony” Boquet, the author of “The Bloodline of Wisdom, The Awakening of a Modern Solutionary”



MEET US BEFORE WE MEET YOU!

Safety & Security with a Technician Profile Appointment Confirmation E-mail!



PEST, Inc.

PEST ELIMINATION SERVICES OF TENNESSEE

615-851-4912

www.pestinc.net

Serving the Greater Nashville area since 2001

- Free inspection, money back guarantee
- Security-screened employees
- Fast, courteous service with convenient, flexible scheduling
- Responsible treatment tailored to your home and family

**Ants • Spiders • Roaches
Rodents • Termites • Mosquitoes
Bed Bugs and more!**



TEACHABLE MOMENTS

A Legacy Of Health

We are called to be legacy leaders. God Has called you to great things. Your legacy is not about how much money/assets you leave your family. It's about leaving a legacy of YOU. The years you will be most remembered for are the last 20-30 years of your life. Were you able to be present, healthy, and life-giving in those years? Or was your family burdened and left alone because all of the "Grind" has caught up with you.

I have experienced this first-hand. My grandparents exemplify what it means to be legacy leaders. They built a business, have the investment proper-



Gene and Judy Adams

ties, take us on great vacations. BUT they didn't sacrifice their health and family for it.

They have poured into me. I won't remember them by the money, properties, and gifts left behind. They will be remembered by how present they were in every interaction.

- Every football game they were able to come to because they were in good health.
- Every wedding they were a part of. (My grandpa was my best man)
- Every lesson we learned while working on their property.

Your family doesn't want you to build an amazing life while sacrificing your health. They want you to live long and be present for them in the future. Money is not your legacy. YOU are your legacy. The memories you leave. The lessons you teach. The example you set. The character you pour into your kids, grandkids, and great-grandkids.

Your legacy starts now. God has called you to great things. What do you want your legacy to be?

— Ashton Tate, CEO

615.488.8203, www.glorytogloryfitness.com

WE'RE LOOKING FOR GREAT PEOPLE TO JOIN OUR TEAM.

Call 615-794-0200 today for more information about joining our team!



MOLLY MAID

Competitive wages.
No nights or weekends.
Comprehensive, paid training.
Company car while you work.

Call today!

615-794-0200

MOLLY MAID OF S. DAVIDSON, WILLIAMSON AND MAURY COUNTIES



SPECIALTY CLEANING

BBQ GRILLS

MATTRESSES

sanitation/cleaning



DRYER VENTS

A hot new process utilizing industrial grade cleaning processes!



Bar-B-Clean.com/Nashville



JUST ASK

We service other items.

CHECK OUR WEBSITES AND CALL OR TEXT MARC
615-594-9052

Extend Dryer Life



ALERT!
Many fires start in vent

JACK RABBIT
CLEAN CHOICES LLC

JackRabbitCleanChoices.com

Specialty Cleaning: Why Bother?

Jack Rabbit Clean Choices (JRCC) is a local service that cleans items many of us do not have the tools or time to clean. JRCC provides professional specialty cleaning to include BBQ Grills, Dryer Vents, and much more – visit www.jackrabbitcleanchoices.com & www.bar-b-clean.com/nashville for detail. Marc, the owner emphasizes that JRCC exists to help extend the life of BBQ GRILLS and DRYERS ETC. by keeping them clean and operationally safe.

Recently we listened to a sermon that had an interesting theme, Why Bother? There seems to be so many things in our day that gets in our way of making one more positive difference for someone and we can name more things we pass up in the name of why bother? So, it hit me, every home has a grill and a dryer vent so let's make the April article about why bother to have them professionally cleaned, so here goes:

- 1. Reduce fire hazard** – Clean the dryer vent; that lint, nests, dead rodents, birds, etc. will heat up and light up.
- 2. Extend the life of our dryer and reduce utility bills** – A dryer that breathes operates efficiently and dries clothes quicker with less harm to the fabrics.
- 3. Refurbish the BBQ grill** – Remove the rodent buffets, remove (special



scrapers and electric powered wire brushes) the carcinogens, clear the holes where the flames emerge, and remove the grease and grime so the grill looks and operates safely, like new and produces a BBQ that neighbor's family and friends will rave about.

4. Extend the life of the grill and create amazing BBQ results – Grills are metal and should last a long time if cleaned professionally on a regular basis by professionals utilizing industrial grade processes that help stay ahead of the rust/corrosion.



SUMMARY

1. It is all about the flame, that is a why bother answer. Avoid the chance of fire in your dryer vent (visit u-tube dryer vent fires). The BBQ grill is all about the flame as well. Burning grease, and grime, and rodents, and carcinogens that may have been a part of old food particles is not the result you want but is a good reason to have a positive answer to why bother?
2. It is a lot about value pricing, that is also a why bother answer. Ask Marc about bundled pricing for other things around the home/yard that may need specialty cleaning attention like

bar-b-cue grills and mattresses...it is normally less expensive for a one stop professional providing services, it is no bother.

3. It is about an opportunity to gift a professional dryer vent and or BBQ grill cleaning to that special person, neighbor, friend, relative, or other person for whom you have found difficulty finding that right gift, so you maybe said, why bother!



— 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, JRCC Dryer Vent Cleaning, Hygienitech Green Mattress Cleaning/Sanitization for middle TN., and other special Yard/Home Services. 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 constantly energized by his amazing wife Elise, son Cole, and their Church and Life Group Family.

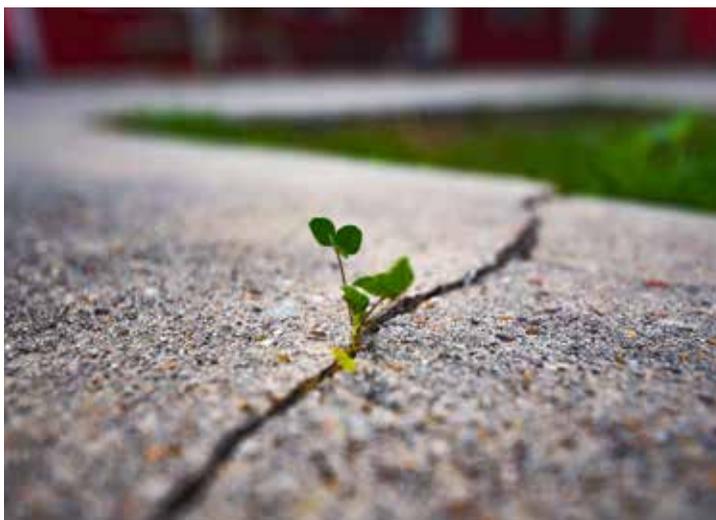


THE HOME FRONT

Be Proactive With Concrete Repair

We are all ready to get back outside. Find some sunshine and enjoy the fresh air. After the winter months and the recent flooding, it is important to walk around your home and check for any changes or damages. Make your to-do list, but do not forget concrete on that list. Maintaining the concrete around you home is often overlooked, or so low on the priority list we never get around to it. However, concrete repair is still important. Broken or sinking concrete is not attractive and will continue to get worse with time. Curb appeal applies to appearance but also value of your home. Concrete is expensive to replace. A 1/4" difference in a path is considered a tripping hazard. Trip hazards = Liability. As a property owner you are also responsible to protect those who visit your property. No one wants loved to trip and get hurt on something that could have easily been corrected. A trip on a sidewalk at a business will distract the customer from the real reason and could be expensive for the business if any medical attention is needed.

What you will see: Cracks, breaking, sinking, settling. These are all indicators of changes and break down of the concrete. You may also hear a void



under the concrete. The area will sound hollow when you tap on it. Skateboards, wagons, or other fun toys with wheels may feel the roughness of surface.

All 4 seasons:

- Spring: Water puddles. A lot of fun in rubber boots or a real nuisance in nice shoes.
- Summer: Stubbed toes, and skinned knees.
- Fall: Leaves will hide the uneven hazards.
- Winter: Ice patches will develop in the lower spots of the surface.

Causes:

- Poorly compacted soil. When the home or structure was built the soil was not compacted well and over time has settled.
- Dry Soil. When the soil dries out it shrinks, creating voids under the concrete.
- Flooding: Wet soil is weak, and water will wash that soil away leaving large voids that cannot support the weight of the concrete. Do not wait on a trip hazard to cost more money down the road.

Permanent concrete repair solutions are faster, cheaper, and easier than you think. Do not replace it just raise it. For a free inspection call 1-615-547-8701 or visit www.ChristianBasement.com

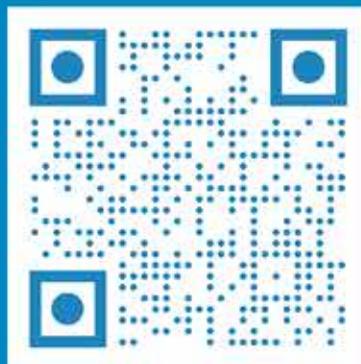
— Brittney Gebers, Account Manager at Frontier Basement System



Nashville's *uplifting*



88.7
89.9



*LISTEN
NOW!*

SPECIAL FEATURE

Another Casualty of the Pandemic: The Foster Care System

In a “normal” year, 400,000 children are in the US foster care system. That’s 1 out of every 184 American children. The pandemic has brought havoc to this already overstrained system in an unexpected way.

While child welfare calls have gone down—for example, reports of child maltreatment in New York City dropped 51 percent in the spring of last year compared to the same period in 2019—most experts agree kids are not safer. In fact, the heightened stress and insecurity of this crisis has likely increased abuse, neglect, and other factors that would normally necessitate intervention. But with schools, day cares, and community life closed or on hold, fewer mandated reporters and even concerned neighbors are interacting with kids who might be in need.

One county in North Carolina reported a spike in the number of children actually removed from homes in the fall of 2020, even though reporting calls were down 20%. Wake County Child Welfare saw an added, disturbing change: while 83 percent of removals are typically due to neglect, social workers found nearly half during the pandemic, 45% were because of abuse. Fewer reports but more removals with a higher percentage of abuse paints a dreary picture of the life of the American child enduring this crisis.

A complicating factor for this catastrophe is many counties are reporting low numbers of foster homes. Working parents who aren’t able to be home with foster children when schools are closed, worries about spreading the virus, generally increased stress and uncertainty, the average higher age of foster parents, and other factors

are making it harder for agencies to recruit willing families. For example, Dane County in Wisconsin has 385 children in foster care, but only 165 foster homes—their lowest number of homes in the last decade. Stark County Children’s Services in Ohio reported that 10% of the foster parents on their regular roster are no longer able to take in new children at this time. Nationwide, scattered reports from desperate agencies echo more of the same: dropping numbers of foster parent applications.

Additionally, with courts limiting procedures or even temporarily closing, more children are staying in foster care instead of being granted permanency (whether via reunification with their family or through another permanent resource). For example, in California, almost 4,300 fewer children left foster care between October 2019 and September 2020 compared with the same time frame a year earlier. A child’s average stay in the foster care system is already over a year, and extending that time only further stresses the system and each individual child’s development.

Older children in foster care, particularly those who are aging out of the system or nearing that age, are not immune to the economic and emotional impact of the pandemic. One in four 18- to 24-year-olds who are (or were) in foster care experienced heightened food insecurity since the pandemic began. In addition, about 40% were forced to move or feared having to move, nearly 33% said



they only had enough money for a week or less of living costs, and 27% of transition-age foster care youth lost their jobs because of the pandemic.

So, what is your calling to the hurting kids of our country? Most experts agree that an overwhelming surge of kids is about to hit the foster care system. As restrictions are lifted and more sunshine enters dark places, abuse and neglect that has been hidden for months is going to expose the needs of an unprecedented number of children.

But the question we face is not, “What can our nation do to help hundreds of thousands of children?” The question is, “What can I do to change one child’s life?”

— Kelley Rose Waller and her husband are Pennsylvania foster parents. She is the author of two novels, *The Senator’s Youngest Daughter* and *Going Back Cold*. Kelley is Vice President of a marketing firm. Her goal is to live, work, and write to glorify the name of Jesus Christ. www.kelleyrosewaller.com

NASHVILLE

CHRISTIAN FAMILY

Contact us today to see how we can help you
SPREAD GOOD NEWS and
GROW YOUR BUSINESS in 2020!

615-815-8765

Here’s what one of our advertisers has to say about their experience with *Nashville Christian Family*:

“*Nashville Christian Family* meets such a need in our community. We also get a great response to the ads we place in the publication. We are thankful to be partnering with such a quality Christian publication that’s so well read and respected.”

Monica Schmelter,
General Manager,
WHTN - Christian Television Network



KIDS KORNER

God's Rainbow Promise

BIBLE TRUTH

God's rainbow is His promise to never again use a flood to destroy life on Earth.

WHAT THE BIBLE SAYS

Genesis 9:12-16

And God said, "This is the sign of the covenant I am making between me and you and every living creature with you, a covenant for all generations to come: I have set my rainbow in the clouds, and it will be the sign of the covenant between me and the earth. Whenever I bring clouds over the earth and the rainbow appears in the clouds, I will remember my covenant between me and you and all living creatures of every kind. Never again will the waters become a flood to destroy all life. Whenever the rainbow appears in the clouds, I will see it and remember the everlasting covenant between God and all living creatures of every kind on the earth."

HANDS-ON EXPERIMENT

Milk Rainbow

INGREDIENTS

Whole Milk
Food Coloring
Dish Soap
Cotton Swab
Deep Dinner Plate



INSTRUCTIONS

STEP 1: Fill the deep dinner plate with whole milk.

STEP 2: Add drops of different food coloring to the milk. Make sure the drops of food coloring are evenly spaced.

STEP 3: Dip the end of the cotton swab into the dish soap.

STEP 4: Touch the tip of the cotton swab, with dish soap, to the surface of the milk and observe.

EXPLANATION

The milk contains water, proteins, and fats. Milk is mostly water and has surface tension. Surface tension is a force present within the surface layer of a liquid that causes the layer to behave as an elastic sheet. The dish soap reacts with the fat, in the milk, and reduces the surface tension, creating a milk rainbow.

BIBLE CONNECTION

Milk rainbows are beautiful, but God's rainbow is not only more beautiful, but an important promise of His everlasting love.

*Jason Lindsey - Hooked On Science | Stem Certified Educator,
Science Multimedia Journalist, Host, and Freelance Meteorologist
Facebook: www.Facebook.com/Hookedonscience
Instagram: www.Instagram.com/Hookedonscience
Website: www.Hookedonscience.org*

TOTAL LANDSCAPE SOLUTIONS

Landscaping

- Custom Designs
- Installation
- Full Line Nursery Stock
- Rejuvenation

Water Features

- Ponds/Streams
- Spas/Hot Tubs
- Waterfalls
- Lighting

Hardscapes

- Decks/Patios
- Retaining Walls
- Gazebos/Arbors

Reclamation/Renovation

- Drainage/Irrigation
- Grading/Sculpting
- Swells/Burns
- Erosion Control



Landscaping by JOEL

Creating Custom Environments
at a Price You Can Afford

Joel Angulo
615.642.4492
20 years experience

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.

If you do not have your own Bible, email publisher@christianfamilynashville.com and we will make sure you receive one.

DO YOU HAVE YOUR OWN BIBLE?

If you would like to receive a Bible at no cost,
email ncfpublication@gmail.com.



**Playing
Great
Gospel
Music
24 hours
a day!**

www.mygospel365.com



**Listen
Anywhere
In The
World,
The Best
Internet
Radio**

**Want To Hear Your Favorite Song or Artists...
Check Out The Request Section on the Front Page of
www.mygospel365.com**



Special Thanks to our Community Partners

who directly impact the ability of
Nashville Christian Family
to reach people with the
Good News of Jesus Christ!

VistaPoints
The Special Needs Trusts & Resource Center


COOL SPRINGS MD
life management medicine

PRELUDE
PUBLISHING

The
**First
Hour**
for Men




MOLLY MAID
a neighborhood company


**94 FM
FISH**
93.7 | 94.1 | 104.9

 **Select Pointe LLC**


WANG VISION
CATARACT & LASIK CENTER


DEMOS BRANDS



CRAIN LAW GROUP, PLLC

ABOUT OUR ADVERTISERS

Please support these local businesses that support Nashville Christian Family with their advertising. Support us by patronizing them.

Air Pure Shield – www.my1link.me/mediaconsultant, 615-498-8518

Amada Senior Care Nashville – www.amadanashville.com, 615-933-7494

Ben Davis – www.selectpointe.com, 615-584-4946

Bott Radio Network – www.bottradionetwork.com, 615-871-1160

Cool Springs MD – www.coolspringsmd.com, 615-283-7291

Filter Time – www.filtertime.com/ncf

David Fennern – “The Lost Flight” and “Beneath Black Water Cove”, 949-735-6396

The First Hour For Men – www.thefirsthour.com

Frontier Basement Systems – www.christianbasement.com, 615-547-8701

iServe Residential Lending – www.kathiegrodi.iservelending.com, 615-970-2216.

Jack Rabbit Cleaning Services – www.jackrabbitcleanchoices.com, 615-594-9052

Landscaping By Joel – 615-642-4492

Larry Crain – www.crainlaw.legal, 615-376-2600

Lee Company – www.leecompany.com, 615-567-1000

Molly Maid – www.mollymaid.com, 615-794-0200

My Gospel 365 – www.mygospel365.com, 615-375-1212

P.E.S.T., Inc. – www.pestinc.net, 615-851-4912

The Fish 94FM – www.94fmthefish.net, 615-367-2210

TN Christian Chamber of Commerce – www.tnchristianchamber.org, 615-815-8765

Trevecca Nazarene University – www.trevecca.edu/NCF

Vista Points – www.vistapoints.org, 615-758-4660, 888-422-4076

WayFm – www.wayfm.com, 615-261-9293

WHTN TV – www.ctntv.org, 615-754-0039

Become a Partner & Spread Good News!
To find out how your company can become a Community
Partner, Visit ChristianFamilyNashville.com/Partner
or Call 615-815-8765 • Limited to 16 Partners

He is Risen!



DEATH COULD NOT HOLD HIM

Rejoice in the Resurrection of

Jesus Christ



"Jesus said to her, "I am the resurrection and the life. The one who believes in me, even if he dies, will live." John 11:25 CSB

Secrets

from the Studio with Monica Schmelter



Bridges with Monica Schmelter is celebrating 25 years on the air with Christian Television Network.

To celebrate we are bringing you "Secrets from the Studio" to reveal the behind the scenes moments that don't make it on air.

Find the "Secrets" at

www.secretsfromthestudio.com

or

 [@MonicaSchmelterTV](https://www.facebook.com/MonicaSchmelterTV)



bridges
with monica schmelter

AMADA

SENIOR CARE



IN HOME CAREGIVERS

- Personal care
- Meal Preparation
- Medication reminders
- Light housekeeping
- Transportation services
- Exercise assistance
- Companionship
- Alzheimer's and Dementia



Owners- Kevin and Kelly Fehr

Long-Term Care Insurance Claims Experts- FREE Policy Review!

Review Policies and Verify Benefits

Long-term care insurance can help you or your loved one get the senior care you deserve, but it's important that you understand your policy and what it entitles you to. We will help you make sense of your LTCi policy and verify your benefits so you can be sure you are using them to your greatest advantage.

Process Claims and Submit Paperwork

The experts at the Amada LTCi Resource Center will walk you through the completion of claims forms and other paperwork, which can help you get quality senior care more quickly.

Your Personal LTCi Advocates

Members of our Amada family never need to feel stuck waiting on hold to speak with a representative of their LTCi carrier. We have built professional relationships with most carriers and administrators, and are happy to call our contacts directly to advocate for you.

Benefit Assignments and Payment Monitoring

We will help you use your LTCi benefits most effectively by assigning them to a care plan specific to your unique needs. We can also take over payment monitoring or even bill your LTCi carrier directly, so you have one less thing to worry about.



Free Care Needs Consultation!

Does someone you love need in-home care?



Proudly Serving all of Middle Tennessee
www.AmadaNashville.com 615-933-7494