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OUR MISSION



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

FROM THE PUBLISHER

Fatherly Wisdom

Regarding Godly Fathers, Martin Luther said, "Keep an apple beside the rod to give the child when he does well." Discipline must be exercised with watchful care and constant training with much prayer. Chastening, discipline, and counsel by the Word of God, giving both reproof and encouragement, is at the core of 'admonition.' "

Joshua 24:15

But if serving the LORD seems undesirable to you, then choose for yourselves this day whom you will serve, But as for me and my household, we will serve the LORD. (NIV)

Proverbs 14:26

He who fears the LORD has a secure fortress, and for his children it will be a refuge. (NIV)

Proverbs 22:6

Train a child in the way he should go, and when he is old he will not turn from it. (NIV)

Psalms 103:13

As a father has compassion on his children, so the LORD has compassion on those who fear him.

Ephesians 6:4

Fathers, do not provoke your children to anger by the way you treat them. Rather, bring them up with the discipline and instruction that comes from the Lord. (NLT)

1 Timothy 3:2 - 5

Therefore an overseer (Father) must be above reproach, the husband of one wife, sober-minded, self-controlled, respectable, hospitable, able to teach, not a drunkard, not violent but gentle, not quarrelsome, not a lover of money. He must manage his own household well, with all dignity keeping his children submissive, for if someone does not know how to manage his own household, how will he care for God's church?

There are many outstanding Scriptures that reference Fathers in one way or the other. The ones above are some that I have found valuable and helpful over the years.

On this Father's Day, we should not only our honor earthly Father's, but our Heavenly Father as well.



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June 2021

DEPARTMENTS

3 From The Publisher

Fatherly Wisdom

7 An Encouraging Word

How Does God Move When You Think He Is Not There

8 Senior Scene

5 Tips For Seniors To Boost Their Immune System

9 Body & Soul

Looking For Silver Linings In a Year We Would Like To Forget

10 Teachable Moments

The Secret To Service

10 Faith Under Fire

Are You Ready For The Battle?

11 Music Notes

Michael W. Smith To Re-imagine #1 Album "Worship"

13 Money Matters

Ask The Expert

14 Mighty Men

Dads – Your Kids Need You

14 Hassle Free Zone

10 Minute Kitchen Clean

15 Healthy Living

Be Happy, Be Healthy, Be Whole

16 Faith At Work

5 Ways To Pack Your Faith This Summer

18 Body & Soul

The Epic Life

23 An Encouraging Word

God's Plan For Service – The Big Stuff

23 Our House

Safety From The Inside Out

24 Miracle Moments

Are We Still Staring Up At Heaven?

25 Teachable Moments

Are You Striving In Your Health?

26 Family Flicks

The Film *Sight* Is Based On the Autobiography *From Darkness to Sight* By Dr. Ming Wang

28 Hassle Free Zone

WARNING! It's All About the Flame

29 Healthy Living

Why Should I Get Vaccinated Right Now?

31 Faith Under Fire

Use Our Platform - Honor God

33 The Home Front

So, That Foundation Crack in Your Basement – The One You Discovered Last Summer?

33 Body & Soul

I See You As Fearless

35 Kid's Korner

God's Protection

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

38 About Our Advertisers



ON THE COVER 20

Family and business is a winning combination for the founder of Hobby Lobby, David Green. See page 20.

3, 14 Celebrating Father's Day

1-40 Good News

SPECIAL FEATURES

6 Giving Voice to the Voiceless

12 Evil, You're Getting Sloppy

36 Going All In: Words From The Extended Foster Family

NEXT ISSUE



Christian Musician
JASMINE BRADY
AND MUCH MORE!

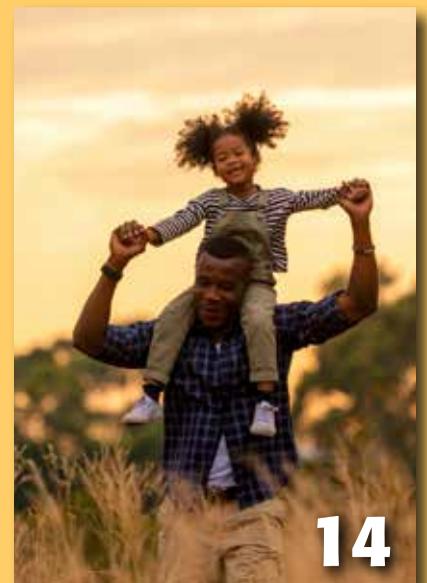
4 Nashville Christian Family

CONTENTS

VOLUME 11, NUMBER 12



6



14



24

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Giving Voice to the Voiceless

We at Tucker's House have a core belief that drives us in everything we do. We believe that every child should have the ability to feel at home. We manifest this belief in our specific mission to partner with families who have children with disabilities to make their homes safer and more accessible. However, there is a myriad of ways to carry out that belief in our communities to people of every ability, race, gender, or any other qualifier you choose. We are all God's children. We are all neighbors. We should all feel at home.

We have heard quite a bit in our culture lately about giving voice to those that are marginalized or underrepresented in our communities. Children with disabilities certainly fall in this category and our organization was founded to help give a voice to these often voiceless in our society. We also give voice to these special families who often struggle in their homes in silence. We are proud to advocate on their behalf to help them receive the help they need to make their homes places of respite instead of a place filled with difficulty, struggle, and danger.

Tucker's House is a 501(c)3 non-profit that serves the Middle Tennessee area. Tucker's House was founded in 2009 by Sunny Rosanbalm who has a grandson named Tucker who has Cerebral Palsy. When Tucker was 3 ½ years old she began to see the struggles that her son and daughter-in-law were having in their home with lifting and bathing Tucker. She started looking in the community to find resources for families who have a child with disabilities to make necessary home modifications. She found absolutely nothing and after significant prayer and research, she decided to start Tucker's House. Sunny was uniquely qualified to start Tucker's House because of her background in architectural design and working with her husband who is a General Contractor.

12 years later Tucker's House has grown from a one-woman show to a team of 5 with an operating budget of over \$500,000. Even amid the pandemic last year we were able to serve 43 families, complete 130 home projects, and create \$611,702 value of impact to the community. The mission that God placed on her heart has grown into something bigger than she could have imagined and has become quite the legacy for Tucker. Sunny also reflects that "it is also a legacy for all the children we serve. It's been these families and these children all along the way who have taught us what this community needs."

I joined Tucker's House in April of 2020 as the new Executive Director for the organization. As Sunny was looking to transition to be more involved in the life of Tucker and her other grandchildren, she says that God woke her up in the middle of the night with the thought that I should be the next Executive Director to lead Tucker's House in the next phase.



I first learned of Tucker's House through a therapist of my daughter Mikayla who was born with Dandy-Walker Syndrome and significant special needs. Sunny and our current Therapy Coordinator, Sandra Zaccari, completed a home modification plan for our home and helped us with a wheelchair ramp and a safer bed for her. Tragically, Mikayla passed away in September of 2018 due to medical complications of her shunt. After her passing, I stayed involved in the organization by helping to co-chair the annual Teeing Off for Tucker's House golf tournament and it is now my honor to serve as the Executive Director.

I see Mikayla in the faces of the families that we serve and I bring her to work with me every day in the work that we do. I may not be with her physically on this earth any longer but I know she is here spiritually us in our mission. Our family has a tradition of ending every prayer time by asking Mikayla to pray for us in heaven and I seek to make her proud with our efforts at Tucker's House. I am proud to be a part of the legacy of Sunny and Tucker at this great organization.

If you are inspired to get involved with our mission we would love to connect with you and engage you in our mission. The average cost of our projects is \$14,000 so we are always in need of funding or donated labor and materials to help keep our costs down. You can learn more at www.tuckershous.org, by emailing us at info@tuckershous.org or calling us at 615-310-5224.

— *Graham Honeycutt, Executive Director of Tucker's House*
www.tuckershous.org

AN ENCOURAGING WORD

How Does God Move When You Think He Is Not There?

First, God is omnipresent and omnipotent, He IS the alpha and omega, He IS the "I AM". But you say that God didn't show up when you needed Him, you had storms where you felt forgotten. I am working on a screenplay about just that, being alone, even in a crowd, where no one seems to care. Remember the boat where Jesus was asleep while the storm was raging? The picture is this, these were seasoned seamen, and if they were afraid of a storm, it must have been dangerous to the level of the boat sinking, yet Jesus, though there, really wasn't because He was asleep. Jesus is God, right? Do you think He didn't know about the storm and how it was tossing the boat around? He was confident in who He was, but the disciples felt forgotten. They had to wake Him not knowing all Jesus had to do was speak to the storm. But the kicker is, did He have too? For the disciples' sake one can argue yes, but He knew everyone was safe, they just had to ride out the storm while He was asleep! Trust in knowing the power of God is a great thing. It will help you through those times when you think He is asleep, your storms forgotten because He is too busy. He is always there, just silent at times. Yes, call out to Him, never stop, but trust Him that He is always walking with you, no matter your circumstances. Remember it's His timetable, the outcome of your storm might be dissimilar than you desire, and most of the time it is different. If you look at the Bible, there were years, even hundreds of years where God was silent, yet He was not slumbering, He is always working, orchestrating, connecting dots. Trust Him and He will direct your paths and help you on the other side of your storms. He works in many unique ways as evidenced in this story.

A new restaurant, which I recommend in Franklin, Izzy's, had a scare. Starting a restaurant during the pandemic is tough enough but then the wife and partner got very sick with covid. We prayed with the owner about his wife but yet he was still afraid for his wife. He had purchased an Active Pure



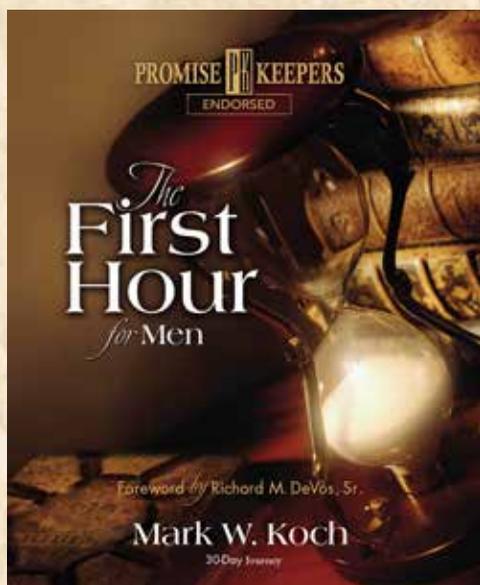
Surface and Air purifier in his restaurant to keep his customers comfortable that the air and the surface of his restaurant was virtually free of bacteria and viruses. He decided it might help his wife so he took it and put it in her room. After two days of having the purifier in her room, she was on the mend. By breathing clean and practically bacteria and virus free air, her body was able to heal.

God works in many ways, through all kinds of methods and interventions. Be attentive to your surroundings and trust God, He will always walk 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. 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.



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5 Tips for Seniors to Boost Their Immune System

The human body's immune system is a sophisticated defense mechanism designed to protect against infection and disease. The effects of aging cause the body to produce fewer white blood cells and T-cells, and thus seniors do not have as robust of immune systems as younger age groups. That's why you are going to want to do everything possible to keep your immune system high during this time. Below are 5 important tips for seniors to boost their immune system.

Sufficient Vitamin D Intake

Even before the advent of modern medicine, Vitamin D was used as a natural remedy to fight off infection and disease. Several examples include 19th century tuberculosis patients who were placed in the sunlight for extended periods of time, or Bangladeshi children with rickets who were fed cod oil.

You might be wondering, what are the best ways to increase your Vitamin D intake? Easy, sunlight creates Vitamin D from cholesterol in your skin cells, so be sure to go outside several times a day, for at least 20 minutes at a time. There is also a plethora of healthy foods naturally packed with Vitamin D including salmon, cod fish oil, sardines, egg yolks, and mushrooms.

Regular and Appropriate Exercise

There is a theory that strenuous physical activity actually lowers the immune system's ability to fight infection and disease. Strenuous activities include exercises like high-intensity interval training (HIIT) and marathon running. There are conflicting studies both supporting and refuting this claim, so on the safe side we recommend sticking to a mixture of moderate to slightly vigorous cardiovascular activity, just to be safe. This mixture of aerobic activity improves metabolic health, produces anti-inflammatory cellular effects, and increases white blood cells and depletes pathogens. Combined, these factors help to boost the immune system in the human body.

Get Adequate Rest and Sleep

One debunked myth is that lack of sleep will cause you to get sick. This is not exactly true. How sleep interacts with your immune system is very complex. In a nutshell, lack of sleep lowers your immune system, thereby making it



more likely for viruses and infections to not only enter your body, but also lowering recovery time. How much sleep should the average senior be getting? According to Live Science, seniors need approximately 7.5 hours of sleep per night, whereas younger people need closer to 9 hours. A 2016 study by Centers for Disease Control and Prevention found that more than a third of American adults are not getting enough sleep on a regular basis.

Proper Nutrition

Our immune system is supported naturally by the foods we eat, especially those rich in vitamins, anti-inflammatories, and antioxidants. A general rule when trying to boost your immune system is to stick to a diet packed with

fruits, raw or lightly cooked vegetables, and lean proteins. There are many resources out there online to see these diets.

Lower Your Stress Levels

The link between mental health and the immune system is perhaps the most fascinating of all the topics we will cover. The notion that we have a degree of control over our immune system by simply limiting our stress levels displays the power the human brain has over the body, is startling to most people. Stress reduces the body's ability to produce T-cells and gamma interferon, thus making us more susceptible to viruses and infections. Limiting stress will improve your immune system response.

Following these 5 basic tips can greatly improve a senior's quality of life and overall health. If you have any questions, please reach out to Amada Senior Care at 615-933-7494 to speak with one of our trained consultants. We aim to provide industry best care for our priceless senior population throughout Middle Tennessee.

— Kevin B. Fehr, CSA, CDP, President & CEO,
Certified Dementia Practitioner, Amada Senior Care Nashville,
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Looking for Silver Linings In A Year We Would Like To Forget

It is believed that Shakespeare wrote some of his best works including King Lear and Macbeth while he was in quarantine from the plague in the 1600s. A few years later, Isaac Newtown self-isolated from the plague in an old farmhouse in northern England where he invented calculus and pondered a theory of gravity while watching apples fall from a tree.

As we now appear to be emerging, at last, from an experience that only comes along once in a hundred years, are there any silver linings for which we can give thanks? Here are perhaps a few:

1. A Lesson In Endurance. As a nation of survivors, we have demonstrated once again that the human spirit is capable of enduring shared hardship and tragedy. Like the generations before us who suffered through the Great Depression and world wars, we too now have some lessons to pass along to our children's children about God's faithfulness in the midst of tribulation.

2. Strength Through Isolation. Throughout the pandemic we witnessed examples of those who lay aside their personal wellbeing to care for those who were vulnerable. Whether you refrained from hoarding groceries to leave enough for others in the community, or offered to run errands for shut-ins afraid of

leaving their homes, there is one thing that coronavirus has taught society: to take notice and reach out to those in need.

3. Reinforcing Family Ties. According to one Pew Research survey, one third (33%) of Americans mentioned positive impacts to their relationships with spouses, children or other family members who no longer have to spend their days at work or school. The Institute for Family Studies reports that teenagers got more sleep, felt closer to their parents and had a more positive outlook on life in 2020 than in 2018. Fifty-six percent of teens reported spending more time talking with their parents during COVID than before.

4. Slowing Down The Pace of Life. Albert Camus once said: "In order to understand the world, one has to turn away from it on occasion." For many of us, the pandemic allowed us to an opportunity to reflect on gifts and relationships we may have taken for granted.

5. Necessity As The Mother of Warp Speed Invention. The passion and urgency with which the scientific and medical communities came together globally to produce safe and workable vaccines for the COVID pathogen is nothing short of miraculous. It now appears that the innovative medical discoveries

gained through the race for a safe, effective vaccine produced unexpected significant insights into ways to curtail the spread of other highly contagious viruses.

6. Testing Positive For Resiliency. People of all ages have proven that they are resilient. They have been able to adapt and pivot to new ways of managing their lives and embrace the incredibly abrupt shifts required as pandemic restrictions have grown and changed. In the legal profession, attorneys found ways through virtual meetings, Zoom depositions and court hearings and other forms of technology to continue representing clients in need. Surprisingly, even those who were intimidated by this technology before the pandemic came to embrace it.

We are careful not to demean the seriousness of the pandemic and the toll it took on human life with platitudes. Several thousand families in the U.S. still mourn the loss of a friend or loved one. At the same time, we may honor those whom we have lost by pausing to give thanks and acknowledging God's faithfulness in the midst of the storm.

— Larry L. Crain
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The Secret to Service

I took a call from a wisdom-filled gentlemen the other day. I love talking to this guy. He is a natural “encourager” and an “inviter”. In each conversation he makes sure he lets me know that he places a high value on me, personally, and the work we do for his organization. I rarely miss his call.

The last time he called he began to tell me about bringing in a “customer service consultant” to help his teams “sharpen their service swords”. While he was not critical of the consultant he did say this and I cannot get it out of my thought processes. “Kevin it all really all boils down to two words: kindness and curiosity.” Powerful.

If one wishes to revamp a service team teaching that team to simply Practice Kindness and to Remain Curious will cover all the bases.

Practicing Kindness would seem to be simple. Be nice. Come out from behind the counter. Smile. Make eye contact. All of these are great but asking how someone is and then actually waiting expectantly for the answer as you are making eye contact will do the job initially. By the way this works even while wearing a mask. A great smile and this “expectation” really live in your eyes, the window to the soul. Simple right?



Remaining Curious comes out in the follow-up questions. “Where did you grow up?” “Did you always want to be a (insert occupation here)?” are great ways to show curiosity. Whoever said “Curiosity killed the cat” obviously hated cats and possibly even humans as well because the lack of curiosity just means you don’t really care to know me. If you don’t get to know me you probably aren’t really interested in helping me. Please don’t listen to that sniveling voice in your head that says, “Curious is nosey”. Please. Showing genuine interest feels good to most people. Take the chance.

In the end if you wish to serve others better just practice kindness and remain curious. It certainly aligns with my Faith and world-view. Who is the wisdom-filled guy whose call I try to never miss? His name is Jay and he represents an organization called Blood Assurance, a non-profit regional blood center that has partnered with 94 FM The Fish to raise awareness and to collect much-needed blood donations for our community. You’ll see the logos on all of our stuff. We are all in! You should be as well. Now you know their secret.

— Kevin Anderson
General Manager of Salem Nashville



FAITH UNDER FIRE



Are You Ready for the Battle?

“Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil.” Ephesians 6:10-11.

Can you imagine waking up in a war zone every day knowing the only way to survive the next 24 hours is to fight for survival? Fortunately, we live in a country where that’s not a reality. Or do we?

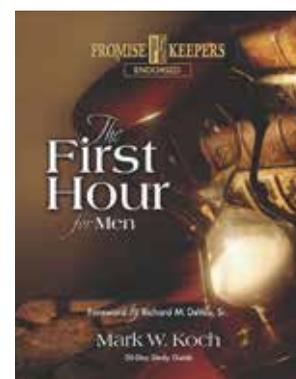
The Bible tells us that we fight against powers and the evil forces of Satan that are relentlessly trying to destroy us (Ephesians 6:12). Genesis 4:7 says that sin is crouching at our door and desires to overpower us, and Peter warns us to “be sober-minded and watchful. Because your adversary the devil prowls around like a roaring lion, seeking someone to devour” (1 Peter 5:8). Just because we can’t see the battle doesn’t mean it isn’t real.

God knows we’re in a battle which is why He told us to “take up the whole armor of God,” so that we “may be able to withstand in the evil day” (Ephesians 6:13). The armor equips us for battle.

We have a belt of truth, a breastplate of righteousness, a readiness given by the gospel of peace, a shield of faith, a helmet of salvation, and the sword of the Spirit, which is the word of God (Ephesians 6:14-17).

Notice something about the armor. Everything we are given is designed for the advance. God does not intend us to stand passively by and get routed by the enemy. In fact, He sends us into the world with a specific mission: “Go and make disciples of all nations” (Matthew 28:19).

Many American Christians either don’t like to talk about the spiritual warfare that surrounds us or are oblivious to it. But think about this, if the spiritual battle wasn’t the most significant war in world history, then there would have been no need for the most significant event in world history: The birth, life, death, burial, and resurrection of Jesus Christ. The sole reason Jesus entered this world



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was to defeat our greatest enemy: sin resulting in death. Jesus advanced on the enemy to claim souls that belong to Him, and He’s commanded us to advance in His name to continue that fight.

Are you ready for the battle today? Have you put on the full armor of God? Are you equipped to withstand an assault from Satan against you or your family?

Pause now and take a few moments to “be strong in the Lord and in the strength of his might.” Put on the whole armor of God. Then, wake up and do it again tomorrow and every day after that. That way, you will “be able to stand against the schemes of the devil.”

— Mark W. Koch is an Author, Inspirational and Hollywood Film Producer.



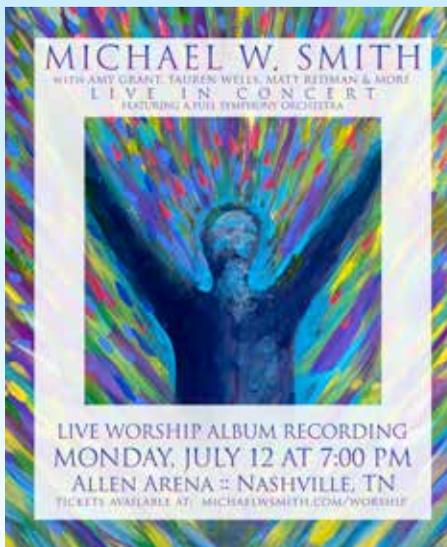
Michael W. Smith to Re-Imagine #1 Album *Worship*

Iconic multi-platinum, singer and songwriter Michael W. Smith announced he will be re-recording and re-releasing his #1 highest-selling album of all time, *Worship*, in honor of the 20th anniversary of the album's release on September 11, 2001. *Worship Forever* will re-imagine the album from start to finish, this time, with a full symphony orchestra.

Worship Forever will be recorded in front of a live audience at Allen Arena on July 12, 2021 in Nashville, Tenn. and released on September 10, 2021. Tickets for this memorable night go on sale today, Tuesday June 1, 2021, and are available at www.MichaelWSmith.com and www.Eventbrite.com. The one-of-a-kind evening will also be released as a television event later this year. Joining Michael on-stage for this special recording are friends: Amy Grant, Matt Redman, Tauren Wells and more artists to be announced.

Originally released on September 11, 2001, *Worship* offered hope during a time of despair and mourning. Smith says, "The *Worship* record was a special one for me. From the recording live in Lakeland, Florida - to the release on 9/11 - the day our nation was attacked. I've seen God use those songs and that music in ways I could have never dreamed. I'm so excited, now, to be reimagining this record - start to finish - with a full Symphony Orchestra. It's going to be a special recording and night."

Michael W. Smith has been releasing new music regularly and performing around the world to sold-out crowds for the last 35+ years. During his storied



career, he's written and recorded over 36 No. 1 songs, been honored with three GRAMMY® Awards and 45 Dove Awards, one American Music Award, was inducted into the Gospel Music Hall of Fame and has sold more than 15 million albums. Amassing an in-depth catalog of achievements, Smith was also recently honored with a star-studded tribute concert in Nashville, TN to celebrate his 35 No. 1s, by a myriad of legendary performers. His recent *USA Today*, *Yahoo! Music* and *Billboard*-acclaimed studio album *A Million Lights* and *Parade, Good Morning America*-featured and GRAMMY nominated live worship album *Surrounded* have together become his 30th and 31st Top 10 hits on *Billboard*'s Top Christian Albums chart, more than any other solo artist in history. His most recent album *STILL Vol. 1*, is an atmospheric listening experience of improvisational music coupled with inspirational scriptures. More than just an outstanding songwriter and performer, Smith has given back to the global community throughout his career. Smith has raised funds to battle AIDS in Africa, started Rock-etown, a safe haven for young people in Tennessee to meet and find hope; and has helped more than 70,000 children through Compassion International. He has also written several bestselling books, including *Old Enough To Know* and *Friends Are Friends Forever*.

— Samantha Goldstein, Michael W. Smith publicity contact
Samantha@NashUnderground.com

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Evil, You're Getting Sloppy.

Evil,

You must find it amusing that some people don't even think you are real. No doubt that must create a pretty fun playground for you. Those of us at Blue Monarch, however, know very well that you do, indeed, exist. We know your face, we recognize your voice, and we are familiar with your stench and the path of destruction covered in your fingerprints.

But from the number of tearful phone calls we are receiving, and the stacks of desperate applications in the mail, it appears you have gotten sloppy. You see, in order for your evil plans to work, you must maintain a sensitive balance with the ones you torment. The destruction of the soul must be slow and steady, so much so that the victim barely notices the decline. The light must diminish one drip at a time until there is complete and total darkness. Otherwise, your cover is blown, and people wake up.

You have a couple of weaknesses that give you problems, though, and I'm sure you know what they are. Pride and greed. It's hard for you to resist bragging about the things you do, so you can't help but leave clues where people can find them. And nothing is ever enough, so you have a tendency to overreach. That's when you get sloppy. That's when people open their eyes and see you for what you really are.

Do you know the signs when you cross that line and get ahead of yourself? Well, let me describe a few of them to you...

The high you made so incredibly euphoric suddenly becomes nasty and disgusting. A glamorous life of crime turns into waking up at the base of a filthy toilet. The friends who were the only ones that truly understood and cared, reveal they steal from anyone and everyone with no remorse. The love letters from the perfect man somehow turn into black eyes and chipped teeth. The people in authority who were stupid and ignorant begin saying words of wisdom that oddly ring true. And here's where you really mess up. The children who meant nothing and were in the way, suddenly become precious little people who deserve much better from their mothers - even the ones still safe in the womb.

You see, there are many over whom you still have enormous control and power. Their lives are miserably chaotic, which developed so gradually, noth-

ing felt out of place. In fact, you created entire family trees so full of despair, one more victim simply blended in completely unnoticed. But apparently, for many others, you totally overshot and got greedy. You made their lives so extremely painful, disgusting, and wretched, they began looking for help and thankfully found us.

What you haven't figured out is that rock bottom works for us. That's where we see the greatest desperation and commitment for change. It's from that ugly place that the most powerful transformation takes place. Your insatiable desire to push deeper and deeper just gets them there quicker - so you are actually helping us. Wow...that must hurt.

I should probably warn you - we are fighters, and we don't give up easily. We never intend to give them back to you. In fact, as the amazing women we serve begin to experience the joy and hope of total freedom from the despicable life you offer, you will become nothing more than a dim and distasteful memory. There truly is a point of no return. We know this because we've seen courageous women reach that place many, many times, and the evidence is undeniable.

So, until the next time you get sloppy, we will be waiting. You will. It's just a matter of when. And we will be ready.

— Susan Binkley, Founder and President, Blue Monarch
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The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. John 10:10

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Dads- Your Kids Need You

Loving and leading your children in a broken world requires conviction and courage. On the Bridges set I have listened to many stories about fathers. Sadly, the absence of a father – or the presence of an immature fathers present giant-sized challenges for children. Here is a quote about Fatherhood from one of America's most loved and respected Evangelists. "A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society." Billy Graham

Research shows that children with good fathers in the home are more likely to grow into strong and confident adults. In everything from reading scores to problem solving, children with capable, present fathers are more likely to succeed. Of course, that does not mean that children without a father figure in the home are destined to fail. Thankfully, good moms, pastors, caring teachers, and others in our community can also impact our children in many valuable ways.

As we celebrate Father's Day this month let us be quick to applaud the men that are intentional about parenting. After all it's not easy to meet children's needs. Their needs come in all shapes and sizes. With the help of Christ though –you have got all the strength you need to help your children grow and fulfill God's plan for their life.

Over the last 25 years I have conducted over 4000 interviews and there are some shows that really leave a lasting impression. One of the stand-out interviews was one I did in honor of Father's Day. I was interviewing a father and his adult son. They are both pastors and it was clear to me that the relationship they share was very special and built on God's love.

The adult son made a comment that I will remember and hold in my heart forever. Here is what he said: "My father was such a good example and role model that he never did anything that caused me to question Christianity."

Pastor Barry Smith, Generation Changers Church When Pastor Barry made that comment I thought that is probably the highest compliment that could ever be made about any Father. That kind of fatherhood is only possible by trusting in and relying on Christ completely.

While it's impossible to undo our past fathering (or parenting) mistakes we can start to live from here today. There are no perfect parents (except our Heavenly Father) but there are fathers and mothers who live trusting God implicitly. With Christ's help, mere mortal dads can love unconditionally, lead biblically, and repent whenever



Monica, with Pastor Barry Smith & Pastor Jerry Smith

the mark is missed. It isn't about perfection or religion – it's about a relationship steeped in biblical truth, love and surrender.

Dads your children need you. They need your leadership. They need your love. They need your approval. Even when you can't affirm their behavior – you can affirm them. You can affirm your love and support even when you must discipline them. Especially when you discipline them. They need to know you still love them – and that you love them enough to teach them the difference between right and wrong.

Dads – your role may seem unsung, unpraised, and unnoticed at times, but you are one of the most valuable assets in our society. Today's Secret from the Studio: Your Children Need You.

— *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 monicaschmelter.com*



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10-Minute Kitchen Clean | How To Clean Your Kitchen Fast

Have 10 minutes to spare? Then you have time to clean the kitchen! In this short amount of time, you can maintain the tidy kitchen you've always wanted. Sure, 10 minutes isn't enough for a deep-clean, but regular light cleanings let you get away with deep cleaning less often.

Fast Kitchen Cleaning Tips

Here's how to clean the kitchen in 10 minutes flat.

- Fill the sink with soapy water and any dirty dishes you plan to wash by hand. The plates and bowls that don't require hand-washing can go straight into the dishwasher.
- While the dishes soak, spray the counters with multipurpose cleaner, and wipe them down with a clean washcloth. Wipe the stove top as well.
- Return to the dishes that need to be hand washed and give them a good scrubbing. Rinse with clean water and set them on a towel or drying rack to air dry.
- Finally, sweep or vacuum the floors to pick up any crumbs.
- Once a week, tack on mopping to the end of your kitchen cleaning routine.
- Once a month, wipe down the front of each appliance and all cabinet doors.



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— Ashley Farrar

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Be Happy, Be Healthy, Be Whole

A monthly column on diet, exercise and my weight loss journey.

A summer like no other...

That's how I started out this column last June, and that was certainly the case. Now in 2021 it feels like this is going to be a summer like "before". Hopefully! As things open up and we get back to normal, this maybe the summer you really want to get serious about weight loss.



Have you put on the "Covid-19", or 20 or 30? I know I have. This past year (plus) has been extremely tough, but remember – there is only one YOU and you need to take good care of yourself. Doing a daily radio show, I'm connected to a lot of information and much of that has to do with being healthy. Here's an interesting report I found for us to consider.

Secrets Of The Strong Start To Losing Weight

Ever wanted to know the techniques and tricks used by those who successfully lost weight, and kept it off? Thanks to a survey conducted by weight loss site SparkPeople we have some road-tested tips to give you the best chance at managing weight.

- **Track Food and Calories** – Both strong and false starters ranked "food tracking" as the one action that made the biggest difference in their programs. 82% of strong starters tracked food every day vs. 65% of false starters, and strong starters were twice as likely to track their calories.
- **Don't put certain foods off limits** – Strong starters were less likely to label foods "good" or "bad" and forsake certain foods, and were three times more likely to use portion control techniques that supported consumption of unhealthier foods in moderation.
- **Spend LESS time exercising** – On average, strong starters exercised for 30 minutes during the first two weeks; false starters for 60 minutes, suggesting that false starters burned themselves out.
- **Focus on both diet and exercise** – 74 percent of false starters made both fitness and dietary changes from the outset, compared to 50 percent of false starters.
- **Engage more with others/have a support network** – Strong starters were more than twice as likely to communicate with other members online.
- **Weigh yourself weekly, not daily** – Most strong starters weighed themselves weekly, while the majority of false starters did so daily.
- **Focus first and foremost on developing healthy habits, not losing weight** – Most strong starters viewed their #1 goal as "building a strong foundation of healthy habits." A majority of false starters made losing 3-4 pounds in their first two weeks their #1 goal, which backfired.

Of course, another big help in weight loss is accountability and NOT going it alone! I attribute my weight loss success to Dr Lodge and the staff at Cool Springs MD. From nutrition counseling to personal trainers and more, you won't have to go it alone with Cool Springs MD. Dr Lodge and his team are ready to help you with their stated goal for everyone to be "Happy, Healthy and Whole".

— Doug Griffin

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



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5 Ways to Pack Your Faith This Summer Vacation

Have you planned your summer vacation yet? If you're reading this, you've likely booked your getaway. But before you head out the door, pack your faith. Not sure what that looks like? Here are a few ideas.

1. Serve. Service doesn't need to be a planned, two-hour block of time, but rather think of it as divine moments throughout the day. Watch for times to surprise strangers with kind notes, strike up a conversation with a harried clerk, or pay it forward in a drive-through. Remember the waiter's name. Ask him what the best meal is on the menu. Discover his favorite sites to visit. Offer to pray for your waiter, and leave him a good tip.

2. Renew relationships. Screens have dominated our lives this past year, so put down the phones, tablets, and computers. Talk with your spouse about what you both need during this break, then honor each other's wishes. Look your child in the face and give him your attention. Gather for board games on rainy days or at night. Ask questions at dinner to stimulate conversation: What did you see God do today? Where did you see needs? What was your favorite part of the day?

3. Pray. Pray for protection before you pull out of the driveway. Ask God to renew and refresh the spirit of each member of your family. Pray in restaurants before you eat. If you witness an accident, ask God to help and heal those involved. Show your children how prayer is a regular rhythm of your life—even while on vacation.

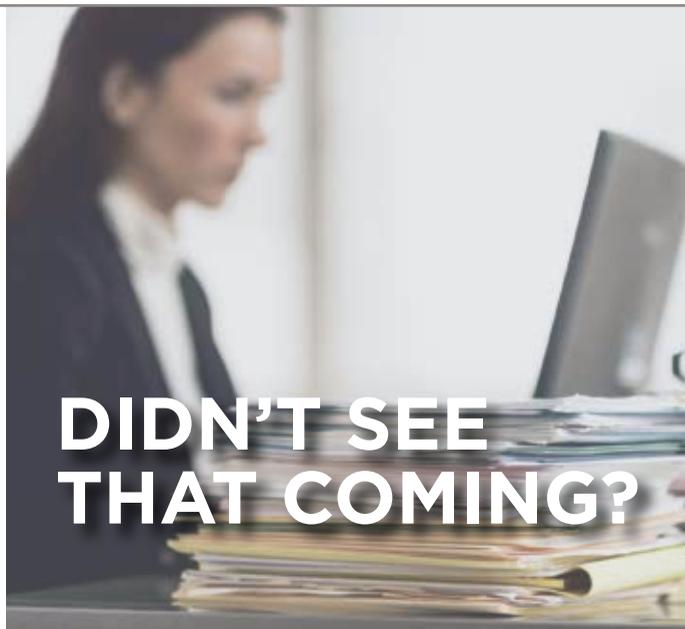
4. Rest. Even Jesus needed time away for rest. Schedule downtime. Do you have a teenager? Let her sleep in. Choose another day to beat the crowds at



Disney World. Hang out at a beach with nothing to do. My husband thrives on planning and doing. I prefer to be and rest. We have to work out a compromise.

5. Worship. Visit a church or hold your own service. Choose a child to read a Bible story. Think of ways to apply the principles you learned. Take worship outside and observe a sunset or sunrise. Stay up and gaze at the stars. One year my family visited the Outer Banks in North Carolina. We waited until evening to search for ghost crabs with flashlights. We marveled at the low moon's reflection shimmering across the waters. If you stop and notice, you can't help but ponder a God who displays wonders.

— Sally Cressman and her husband enjoy the empty-nest life in Brentwood. She is a mom, wife, writer, and blogger at www.sallycressman.com.



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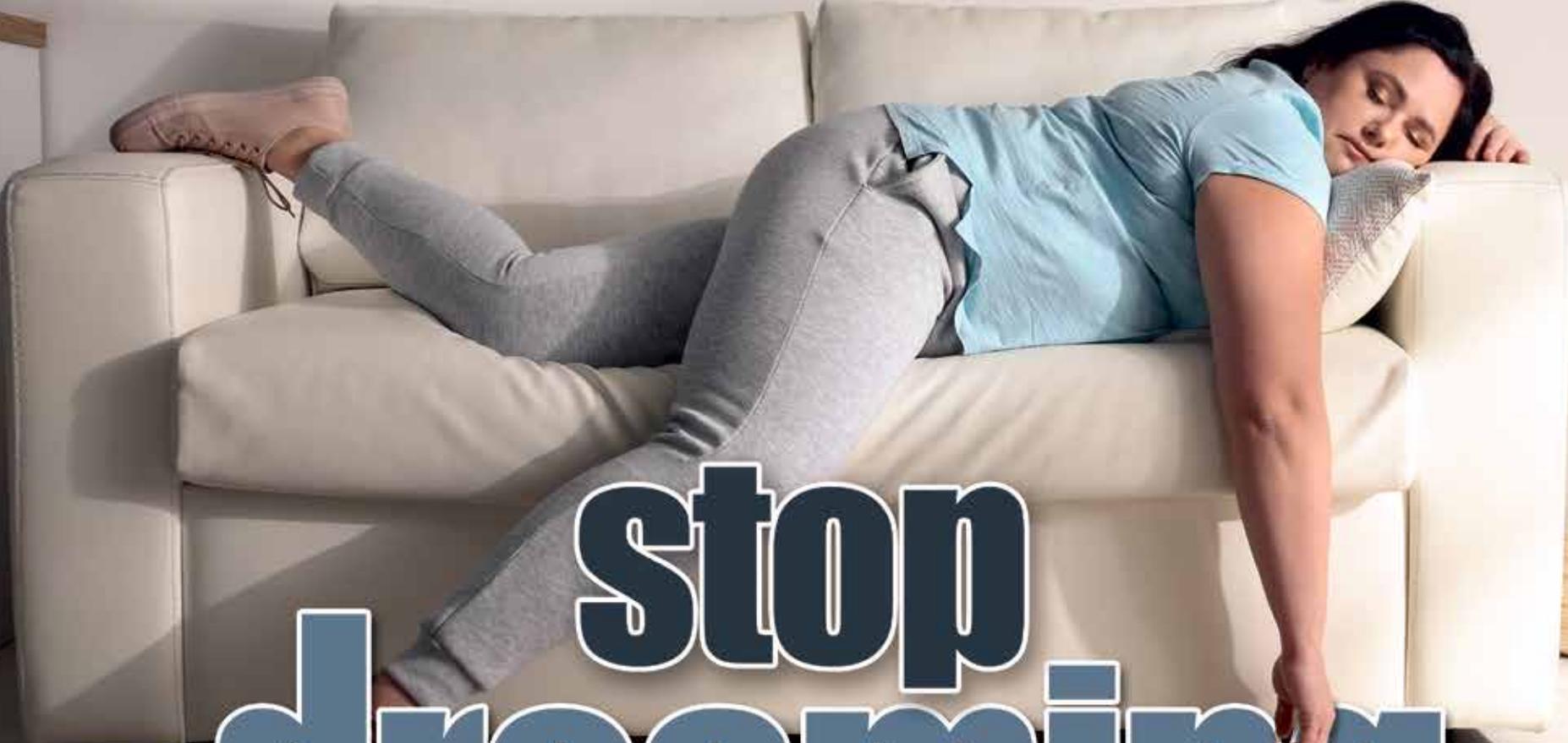
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BODY & SOUL

The Epic Life

Did you know that when you became a Christian, your Spirit became a new species of being – not your flesh and not your soul? We are made up of three parts – body (flesh), soul (emotions) and spirit.

Second Corinthians 5:17 states that when we come to know Christ, we become a new person. The old life is gone, and a new life has begun. However, your outward appearance remains the same. Neither your flesh, nor your thoughts change initially. It is only after we learn to walk by our “spirit” that the flesh and soul begin to change.

It has been said that we are a Spirit, we have a soul, and we live in a body. Through the ages, our patriarchs of faith have tried to explain and describe exactly what it means to become a Christian – Christ-like - when our body (flesh) seems to behave contrary. Paul talks about this conflict in Romans – the struggle is real.

One of the first things we should do when we become a Christian, is to acknowledge that we have a new Spirit. The Bible tells us that the same Spirit that raised Jesus from the dead lives inside you. It is not an immature baby Spirit that is growing up – it is a fully, adult-size Spirit of God that lives within. The Word also tells us that God is a Spirit and those who worship Him must do so in Spirit. Not to say that we don’t worship in our flesh, but we must acknowledge that there is more to worshipping than worshipping in our mind, will, and emotions, and more than raising our hands in Church. We acknowledge that our born-again Spirit loves to worship. If we are experiencing conflict, it is because we have chosen to let our flesh dominate instead of our Spirit.

Religion has tried to tell us that if we “act” right and do all of the “right” things, outwardly, we are a Christian when actually, we are just a manager of our sin. Acting “right” is an attempt to change us from the outside in. To be blunt – this is absurd! As a Christian, we are changed from the inside out. When we acknowledge everything, Christ has done in our spirit and we begin to renew our minds, we allow the Spirit to be in control instead of what we see, taste, hear and touch. On this side of heaven, our flesh will always be in conflict with our Spirit. The Bible tells us that the flesh is an enemy to our



Spirit. The Christian life is not about managing our sin and coping with our inconsistencies but enjoying an epic relationship with God and all that Jesus purchased on the cross for us.

To acknowledge our Spirit and see us as Christ sees us, we look to the Bible. The Word acts like a mirror (a reflection) and it tells us who we are in our Spirit, and then we walk it out through faith. When we want to know who we REALLY are – we don’t look at our flesh to tell us but the Word. Philemon 1:6 tells us that we acknowledge every good thing in us. Contrary to our flesh, we are righteous, we are holy, we are mighty, we are healed, we are sanctified, we are perfect, on and on.

Once we have asked Jesus to forgive us and become a Christian, the remainder of our brand-new life is learning how to release what is already in us instead of trying to get something more added. When we realize who we are in our Spirit, renew our mind and deny our flesh – we will enjoy this epic life as a child of God and all that He has done for us!

— Rhonda L. Smart - rhondalsmart@gmail.com

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FAMILY AND BUSINESS: A WINNING COMBINATION FOR HOBBY LOBBY'S DAVID GREEN

When Hobby Lobby's David Green and his wife Barbara host a family gathering, things can get a little crowded. The founder and CEO of the crafting and home decor giant traditionally hosts birthday gatherings each month for their family, which includes 43 children, grandchildren, and great grandchildren. They also gather for holidays at a location they like to call their "Legacy House."

"We have a house just for family get-togethers, and we celebrate everybody's birthday. We encourage them and honor them and believe me there are a lot of birthdays each month," Green said, laughing. "Family is extremely important to us, and we try to lead by example. We've done that, our kids did the same thing, and now our grandkids."

This month- as the calendar celebrates Father's Day and fathers, grandfathers, and other fatherly figures- Green stresses the importance of family in both his personal life and business

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The Green family gathers in 2017 at the Museum of the Bible grand opening. Pictured are: Mart, Diana, Steve, Jackie, Barbara, and David Green, and Darsee (Green) Lett and Stan Lett.

dealings. (Green will be one of the keynote presenters at the upcoming Legacy Grandparenting Summit at Shades Mountain Baptist in Birmingham, Ala. on October 21-22.)

His thoughts on family and business, in fact, can be summed up in the word "legacy." "We don't want to spend all of our time on things that are temporal," he said. "We want to make a difference for Christ, to always be in ministry."

Humble Beginnings. David and Barbara started the business that would become Hobby Lobby with just a \$600 loan from their local bank and a simple plan to make picture frames. "We were working at TG&Y and in 1970 we decided to go into business ourselves," Green recalled. "We borrowed the money and bought a miter to make frames. We opened our first store in 1972, with around 300 square feet in Oklahoma City."

Barbara noticed that women in the community were taking small frames and grouping them together on a wall; she took that small home decor inspiration and saw a need for a business to meet the trend. They shipped the frames to art and craft stores, paying their seven- and nine-year-old sons seven cents for each frame they glued together. “We opened our second store in 1975 and left TG&Y,” Green said. “Barbara worked the first five years without any pay at all, and God continued to lead us. And here we are today.”

Hobby Lobby today has 900 stores and is the largest privately-owned arts and crafts retailer in the world with 43,000 employees. Its corporate headquarters include more than 10 million square feet of manufacturing, distribution and office space in Oklahoma City. “As the years went by, we continued to be blessed by this opportunity,” Green said. “And as we got older, we decided we had to follow after Christ and let Him lead us.”

A Ministry Model of Business.

Green said that generosity and ministry are at the heart of his business plan, and he puts his “money where his mouth is.” Hobby Lobby currently gives half of its earnings to ministries, and once a month, board members decide where the money will go. “We have about 300 requests a month, and we’re involved in 60 or 70 ministries with five or six that get the bulk of our help,” he said.

The scope of their giving impacts such groups as One Hope, which has put a billion Bibles into the hands of children; Every Home for Christ, which tasks itself to distributing the Gospel to homes around the world; and the Museum of the Bible, an interactive museum in Washington D.C. “The purpose of Hobby Lobby is ministry...to do what we can do to lead people to Christ,” Green said. “That’s what drives us.”

The coronavirus pandemic challenged the management of Hobby Lobby and affected the livelihood of its employees. Green said that was the most difficult aspect of the changes in 2020 and 2021- the way it impacted the people who depend on Hobby Lobby. The company shut down completely in April of 2020, with a payroll of approximately \$90 million a month and \$40 million in rent. Green had to let 35,000 employees go for a period of time.

“We didn’t know if we’d even survive or not and found ourselves on our knees every day asking for God’s mercy and help,” he remembers. “But all of our stores have been open now since mid-May of that year, and we’ve more than made up for our losses. It was especially nice to be able to welcome our employees back.”



David Green cuts the ribbon while Barbara looks on in the early 1980s in Enid, Oklahoma, at the grand opening of one of Hobby Lobby’s first stores.



David and Barbara break ground at the first Hobby Lobby headquarters in 1994.

Green has shared his philosophy of generosity in the book *Giving it All Away...And Getting it Back Again*; it details his family’s own journey toward understanding this purpose, and challenges readers to leave a legacy that goes deeper than money. “We believe it is by God’s grace and provision that Hobby Lobby has endured,” he said. “God has been faithful in the past and we trust Him for our future.”

Green makes the same salary as he did 20 years ago, and he said that his future plans are quite simple: to earn as much money as possible in a “good and ethical” way so that the company can do more ministry. “We can’t say we’ve arrived, while people still need to know Christ, whether it’s in Hobby Lobby, or in other investments,” he said.

Leaving a Legacy. That legacy of generosity and Christ-led living extends today to his family’s work with the company the Greens founded. The board of Hobby Lobby includes members of the family, with son Steve serving as President, son Matt serving as Ministry Investment Officer, daughter Darsee Lett serving as Vice President of Art/Creative, and son-in-law Stan serving as Executive Vice President.

“At every monthly board meeting we talk about who we want to be and how we want to follow after Christ,” Green said. “We try to be an example in business of that. We don’t always get it right, but we strive to represent Christ well.” Green said that one of his

life goals comes from 1 Timothy 2:7, which says “*This and this only has been my appointed work: getting the news to those who have never heard of God, and explaining how it works by simple faith and plain truth.*”

Another verse that rings true to Green’s life and business model is Matthew 6:20-21, which encourages believers to “*Store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.*”

In the way Hobby Lobby is ministering in the world- and in his own family’s influence- Green’s “treasure” is obvious.

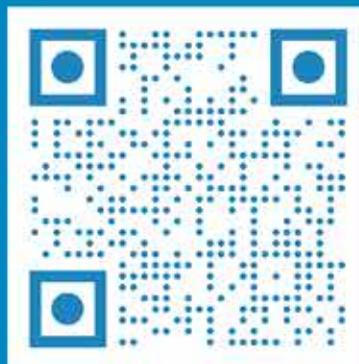
— Cheryl Sloan Wray is a freelance writer and book author who lives in Hueytown, Ala. She’s also the coordinator of the Southern Christian Writers Conference.



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GOD'S PLAN FOR SERVICE

The Big Stuff

This month let's talk about THE BIG STUFF. What is the big stuff in your life? Is it your TV, your car, your house, your family, your relationships with others? Maybe it is your self-concept, your ego, including both how you see yourself and how you think others see you. These are all important but not the really big stuff.

A book was published by the title of *Don't Sweat The Small Stuff, It's All Small Stuff* by Dr. Richard Carlson. The author mistakenly misses the big stuff of life. The book subtitle reads *Simple Ways To Keep The Little Things From Taking Over Your Life*. While it is essential that our lives are not controlled by the small stuff, the author only addresses the "small stuff" and says it is all small stuff. In the book he mentions 100 issues in life that we as individuals don't always deal with comfortably. He gives meaningful advice on how to deal with these issues to keep them the "small stuff" of life. The issues identified by Dr. Carlson are problems we are likely to face, sometimes daily or over a long period of time. We do need to find ways to keep these matters in our life under control so that we can address the "big stuff" of life. However, how we address the "big stuff" of life will be the major impact on how we view and handle the "small stuff." So what is the "big stuff?"



The big question that faces every individual is: Where will I spend eternity? If we put that matter off during our lifetime, the decision is made for us. We will spend eternity in Hell. If we make a conscious decision to reject the Christian faith, we will spend eternity in Hell. If, however, we decide the "big stuff" by accepting Jesus Christ as our savior (see John 3:16), then we will spend eternity in Heaven. Big stuff, simple answer. The corollary to this big stuff is this: Will I live my life in a manner that pleases God (in keeping

with my salvation)? The way in which we live our lives is the evidence that our Christian faith is real.

Once we decide the "big stuff" about where we will spend eternity and determine that we will live a life pleasing to God, maybe the rest is really the "small stuff." Even major issues such as choosing a life mate is an issue that will be framed within our Christian faith or lack of it. Our choice of friends and work in life will also be framed by our faith or lack of it. So the "big stuff" will help us deal with the "small stuff" of life. All of the issues addressed by Dr. Carlson will be approached in a different manner if God is central in our lives. In fact, when God is with us, the "small stuff" gets smaller and we are more capable of handling it. This allows us to concentrate on the big stuff. What are you doing about the big stuff?

Questions, comments and contributions to God's Plan for Service, a non-profit organization, may be made to kwo@oosting.com. Study questions are available upon request.

— Kenneth Oosting, Ph D

OUR HOUSE

Safety from the Inside Out



At Lee Company, safety is one of our core values and an integral part of our culture. It's more than a "priority," which can easily change over time. Safety extends beyond our team members, to include our customers and our communities as well.

Like most things in life, safety starts with leadership. As a leader at Lee Company, I believe in and model the behaviors I want my team to adopt. We can have our values on our office walls, and our procedure manuals and training courses in place, and we should. But all that's only "safety on the outside."

When each team member takes responsibility for their own safety, and looks out for the interest of others, then we have "safety on the inside." After all, our goal is to send every team member home each day in the same condition they came to work.

To keep our team members, customers, and communities safe, we keep a few techniques top of mind. Prior to beginning work on an installation at your home, our technicians use an app that provides a safety checklist tailored to your project. Questions like "Can something fall from above?" and "Can I be caught in or between something?" help to create an overall awareness of safety in the work environment, keeping you and your home safe. We often work in teams on home projects, especially ones involving equipment installation. We've empowered every team member – from our newest installer to our most seasoned project manager – to speak up if they see something unsafe.

Finally, we all know driving safety is important. Lee Company has hundreds of vehicles on the road every day, and we use GPS and telematics to monitor driving behavior. Driving affects everyone, so we're doing our part to keep our communities safe.

Those techniques, and many more are practiced every day at Lee Company as we strive to keep our team members, customers, and communities safe. When we live safety as a lifestyle, then we can truly say we're demonstrating "safety from the inside out."

— Jock Owens, Director of Service, Home Services
Lee Company, www.leeecompany.com

MIRACLE MOMENTS

Are We Still Staring Up at The Heavens?

“As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, ‘Why are you men from Galilee standing here looking into the sky? Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there.’ Acts 1:11



but what remained behind was transformational. His spiritual presence, in the being of the Holy Spirit, enflames the souls of believers. Through the mental impressions He left in the minds of His disciples they were able to record His explicit directions, left for all mankind, guiding us to the work that is needed for the continuation of the holy mission of God.

The early apostles and disciples were so blessed to have walked the earth with Jesus. They were his friends; they knew what his favorite foods were, what could make him laugh and cry, and they learned, directly from His lips, what was needed to be in union with God. Some embraced his teachings, some hung around for food and the “show”, while others walked away completely when he explained exactly what was required to have eternal life.

Was being there in person, a blessing or a curse? Imagine being able to physically be with the risen Christ after his resurrection and to actually witness His Ascension into heaven. Miraculous events that should have forever changed their lives, their friends and family’s lives, as well as the entire world. Right? In Acts, we hear how the men kept staring up at the clouds after Jesus went behind the clouds. It was as if they were waiting for something more and they were. That very day He had told them, “I will send you the Advocate, who will strengthen you and remind you of all that I have taught you.” He made them wait ten days but the Holy Spirit did arrive and the new Church was born.

Now, centuries later, are we still staring at an empty sky? The written collection known as the Acts of the Apostles shares some of the historic happenings that came after the Ascension. Jesus’ physical body was gone from the earth

The mission is not, and never was to just stare at the sky, waiting for Jesus to return. Jesus is with us in the form of the Advocate He promised to the disciples. The Teacher, held three years of lessons with a hand selected group of students. He taught them how to pray so that they in turn could teach the world. He desires us to remain in constant communication with Him and to use these thoughts and words to form acts of service to Him. To make our work simple to remember, He summed up the lessons in one simple commandment, with only three components. “Love your God with your whole being and love your neighbor as yourself. Guided by the Spirit, we should be way too busy loving one another to worry about when the teacher will physically return.

As we reflect on the lessons given to us, we should remember that we are called to apply these truths to our everyday lives. Proof that knowing without action is like staring at an empty sky or carrying around an empty promise; both will leave you wanting more.

— Anthony “Tony” Boquet, the author of “The Bloodline of Wisdom, The Awakening of a Modern Solutionary” and Parishioner of St. Philip Catholic Church



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TEACHABLE MOMENTS

Are You Striving In Your Health

The Bible says in James 1 that “Faith without works is dead.” I am a big believer that our actions have to back up our priorities and beliefs... We cannot just do whatever we want with our body, not take care of it at all, and then expect to just magically have good health.



Of course, God can heal any disease and situation, but we must be good stewards of the miracle He has already given us... Our body. (Which by the way can heal itself because of how it was designed). BUT There is another side to this coin that most people don't look at. You can flip the phrase around and it applies to MANY business leaders nowadays.

WORKS without FAITH is dead. Just doing a bunch of random things because we feel guilty can be just as futile. Hence STRIVING... Doing things in our own strength without any help. Without any help from God AND others. Wondering if you may be striving in your health?

Here are a few symptoms:

1. DOING too much and still not getting the results you want
2. Not giving yourself any grace to enjoy life with others (being too extreme)
3. Feeling burdened by every action you know you need to take in health
4. Feeling like you are spinning your wheels
5. Not being able to sustain progress

Ever felt any of these things? I know I have... Whatever side you tend to lean towards, know this... There is a perfect grace we can walk in where our actions are motivated by faith and are sustained by our desire to serve others. Meditate on this concept this week.

Where in your health/life are you walking in extremes that are hindering your progress and keeping you from going from Glory to Glory?

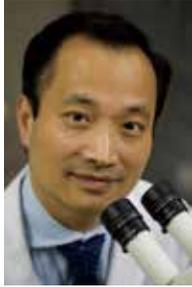
— Ashton Tate is the founder of Glory to Glory Fitness in Franklin, Tenn. His passion is helping leaders use their health as an asset to do all that God has called them to in every season. www.glorytogloryfitness.com



FAMILY FLICKS

The Film "Sight" Is Based on the Autobiography "From Darkness to Sight" by Dr. Ming Wang, MD, PhD.

The film "Sight" based on the autobiography "From Darkness to Sight" by Dr. Ming Wang, Harvard & MIT (MD, magna cum laude); PhD (laser physics) has completed shooting in Vancouver and is expected to be released in early 2022. Greg Kinnear co-stars in the film together with Terry Chen.



Dr. Wang is a world-class laser eye surgeon, a philanthropist and a co-founder of the Common Ground Network which publishes "Common Ground Bible Study". As a teenager, Ming fought valiantly hardship in China in the 1970's – during which millions of innocent youth were deported to remote areas to face a life sentence of hard labor and poverty. He came to America with only \$50 and earned two doctorate degrees, one in laser physics and one in medicine, and graduated with the highest honors from

Harvard Medical School and MIT. He invented the world's first amniotic membrane contact lens which to date has been used by tens of thousands of doctors from around the world in nearly every nation, and millions of patients have had their eyesight restored.

The themes of the movie "Sight" are:

- As human beings we are all equal;
- Life is often not a straight line, don't give up hope;
- While the present is indeed made possible by the past, be at peace with the past, and embrace the present!



Wang Foundation for Sight Restoration has helped patients from over 40 states in the U.S. and 55 countries, with all sight restoration surgeries performed free-of-charge. Dr. Wang was named the Kiwanis Nashvillian of the Year for his lifelong dedication to help blind orphaned children from around the world.

For more information about the film "Sight" visit www.drmingwang.com. ☪



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HASSLE FREE ZONE

Warning! It's All About the Flame!

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 industrial grade specialty cleaning for BBQ Grills, Dryer Vents, and 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 by keeping them clean and operationally safer.

June is starts fire season in parts of the US. This is a reminder and opportunity to utilize our services that partly exist because it's all about the flame. Fires that start in the dryer vents with hot clogged lint is the number one cause of home fires, it gets too hot when the dryer and vent can't breathe. So, we encourage annual inspections and cleanings for the dryer vent to be sure the heat remains normal and the clothes dry more efficiently and the dryer itself last longer because it functions at cooler less stressful levels.

Your BBQ grill, it's all about the flame as well. When the grill is professionally cleaned it has a better flame, safer cleaner surfaces, and amazing BBQ results for your family and guest. As impor-



tant as the BBQ grill cleaning is it is equally important that your patio remain in a pristine condition. Our process and training protect patios, some folks may use a hose or pressure washer as part of their process which can splatter grease everywhere, so a somewhat clean grill may be the result on a patio that is now greasy.

1. Reduce dryer vent fire hazard – Clean out lint, nests, dead rodents, birds, etc. they will heat up and light up.
2. Extend the life of your 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 and carcinogens (we use special scrapers and powered brushes), clear the flame holes, and remove the grease and grime so the grill looks newer, operates safely, and produces a BBQ that neighbors, 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 us stay a bit ahead of the rust/corrosion.

5. Remember it is all about the flame. Reduce the chance of fire in your dryer vent (visit u-tube dryer vent fires) and create the right flame in the cleaned BBQ grill. Flames from grease, grime, rodents and carcinogens that may have been a part of old food particles is not the result you want.
6. Gifting is an opportunity to gift a professional dryer vent and or BBQ grill cleaning to a father, mother, friend, relative, or other person for whom you have found it difficult to find that right gift.

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

Marc is owner operator of www.jackrabbitcleanchoices.com which includes

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Why should I get vaccinated right now?



Why is it so important to get vaccinated right now? The answer is simple and clear: to win the race of ending the pandemic! It is a critical time for our nation right now, a tight race between the speed of new variant generation of the virus and the speed of vaccination.

What determines the speed of the new variant generation of the virus is the rate at which it is causing NEW infections. When the virus

infects a NEW person who has not yet mounted an immune response, the virus' replication is dramatically increased. Since a variant is generated through errors in the replication, this results in the production of new variants.

Overall, we are currently in the last "10 meters of a 100-meter track race!" The two "runners" — the new variant virus and the vaccination — are neck and neck at this time! If we increase the speed of the vaccination runner, we may win the whole competition by passing the new variant virus runner in this final leg of the race! If, however, we don't slow down the new infections (due to our inability to achieve the 80% vaccination quota needed to reach herd immunity), the new variant virus can then beat our vaccination runner, we may therefore end up losing the whole race in these final 10 meters!

What happens if we do lose the race right now? It may cause a potentially similar or even much worse situation in late 2021 than we experienced in the past year, and as a result, we may be thrust back into the darkest days of COVID, with new lockdowns that may potentially further negatively affect our lives and livelihoods, and destroy our economy!

If the speed of generation of the new variant viruses beats the speed of our vaccination, the existing vaccines may become increasingly less effective since they were all designed to combat the original virus strains, NOT the new variant viruses! If that happens, the vaccinations that have already been done on millions of us may end up being wasted!

Then, why not just make new vaccine then to fight these new variants? Research of any new vaccine takes months to years, and furthermore, when the number of new variants becomes very large, it may in fact make the creation of new vaccines exponentially more difficult or even impossible!

What is the bottom line? Very simple: get vaccinated ASAP to protect yourself and your loved ones (vaccines have nearly 100% protection against COVID death), and to help all of us win the race!

Let's overcome our polarization (COVID is not a political issue, it is a medical one!) and find common ground, which is: we are all in the same race, in the last 10 meters of the 100-meter run! Let's slow down the new variant virus runner (majority of the infections now occur mainly in the unvaccinated), and increase the speed of the vaccination runner! Let's finish the last 10 meters strong, rather than risking losing the whole race!

— Dr. Ming Wang is director of Wang Vision Institute and co-founder of the Common Ground Network. He can be reached at drwang@wangvisioninstitute.com, www.drmingwang.com



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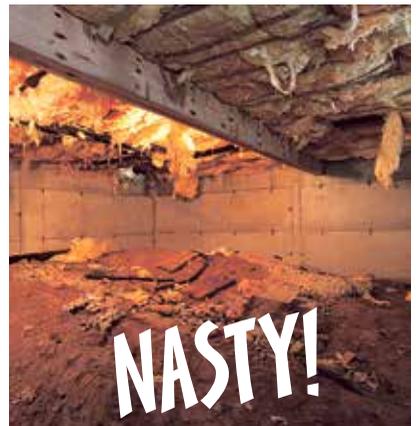
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Use Our Platform and Honor God

As Christians...God provides a "platform" for us to serve and honor Him. Each of us is different with talents and abilities. The question: Are we learning to know The Lord better... love Him more...serve Him better...and honor Him more? I heard someone ask. Are we content to just occupy space, breathe air and meander through our days on earth?

I am reminiscing about a late friend who discovered later in life that he had a platform to honor God. He admitted that success as the world knows it had become an obsession until God provided a dramatic miracle in his life.

Tommy Jett billed himself as "the fastest Jett to fly the skies." Tommy was a well-known and loved radio personality in Chattanooga for several decades going back to the 1960s.

He literally ruled the radio airwaves in the tri-state area of Tennessee, Georgia and Alabama from WFLI Radio located on Lookout Mountain.

He was almost bigger than life; flamboyant personality, witty, charming; keen sense of music; words that captured the imagination of listeners. At live concerts and personal appearances, Tommy stood above the crowd with rings on every finger and cool shades.

My story now picks up on April 18, 2012. Tommy, an acute diabetic, was driving near Chattanooga when his blood sugar level dropped. He drove off the road. The car went airborne flipping over several times before landing in a clump of trees upside down. First responders had to extricate him from the crushed automobile before rushing to a hospital.

Tommy was placed on life support. While in a coma, a dozen doctors told his wife Charlene there was no hope. Everything was failing. She was encouraged to think about a funeral service. A suit was even picked out.

Denise, a dear family friend, bent down at his bedside and whispered, "Listen, you had better get your stuff together Buddy before they pull the plug."

God had other plans...and gave a miracle. Tommy promised The Lord that he would honor Him by giving thanks every day... and to tell others. That he did using his celebrity platform at concerts, church, radio and television programs...and to anyone who would let Tommy bend his or her ear. He was on the telephone almost every day sharing his love for The Lord and to those he called a close, personal friend; a mission that continued until Tommy's passing in the fall of 2018. I was one of those recipients of his encouraging telephone calls.

Though Tommy professed to be a Christian since he was a teenager, sometimes what we believe to be fame and success can blind us. Tommy often told me how it affected him. However, during the pinnacle of his radio success, a minister of the Gospel – Brother Eugene Coleman – along with Tommy and Larry Mason had an idea of starting The Carpenter's Cowboy Church, one



that would accommodate area entertainers and others who could not attend regular church services. Good idea...but with limited funds and no space... where?

The prayer was answered by the owner of a hotel; willing to give FREE space with a sound system in his bar. With the liquor bottles pushed aside, the church was begun. From its early beginning and continuing for two decades, Brother Coleman confirmed that over 5,000 decisions were made for Christ during services at the Cowboy Church.

Once when Tommy was traveling to do a personal appearance as a party DJ, an intense thunderstorm forced him to pull off the highway and seek shelter under a bridge. From out of nowhere, came a tap on the car window. Should he open the window...or ignore the stranger? He took a chance. Without saying a word, a homeless man gave Tommy a card that read...if you meet and forget me...you have lost nothing. But, if you meet Jesus Christ and forget Him...you have lost everything.

Tommy had an imagine of the Christian Cross tattooed on one of his arms... and also reference to the Bible promise found in 2 Chronicles 7 -- 14. The artist who sketched those tattoos is known as Big Al...who let it be known he was far from being a Believer. Tommy always reminded Big Al that he would be praying for him to know Jesus Christ as personal Savior and Lord. Big Al would shake his head and tell Tommy that it was a waste of time.

Tommy's response, "You need the prayers...and I need the practice. So I will keep on praying for you." I am not sure if Big Al came to know The Lord. But when Tommy passed from this life, Big Al asked Charlene if he could lead the funeral procession to the cemetery by riding his motorcycle.

I believe Tommy's prayers had an eternal influence on Big Al. My question: Are you and I using our platform to share The Lord and allow His Light to be reflected in and through us for others to see God's reality?

— Ralph E. Vaughn



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THE HOME FRONT

What About That “Innocent” Crack?

So, that foundation crack in your basement- the one you discovered last summer? You know the one: just a few inches long, barely there, probably just due to your home “settling.” Well, if you check again the next time you are doing laundry, you will notice that it is a little bit bigger than it was last year. Not much, grant you, but definitely bigger.

But there are so many things that are more pressing, right? There’s the sticking windows and doors on the second floor and the ceiling gap that is developed near the fireplace. You should probably attend to those and put off fixing your foundation for another year or two... right?

Well, you could. But here is the thing: foundation problems do not get better with time. That means they will never be less expensive to fix than they are today. And you will need to fix them eventually. Either when they become so bad your home’s structure is in danger or when you sell your home.

Speaking of selling your home, realtors tell us that foundation problems force them to discount homes up to 30 percent come sale time—so the cost of a repair is usually much less than the amount you will lose on a discounted sale. And you can forget about hoping the prospective buyer will not notice if you do not tell them; the Real Estate Seller Disclosure Act requires you to make any foundation issues known before selling your home.

So, you need to really think long and hard about this. Do you fix your foundation problems now, or do you wait and fix them later when they are much more expensive?



You have probably already realized that, both financially and structurally, it just makes sense to fix your foundation problems right now. Yes, foundation repair can seem daunting, and it can be somewhat expensive, depending on the extent of the problem. But most reputable foundation repair contractors will offer financing that can divide your cost into easy-to-handle monthly payments. So, there is really no reason not to do it sooner rather than later. And those sticking doors and windows and ceiling gap? The good news is, they are likely caused by your home’s foundation problems and can be fixed when your foundation is lifted back to its original position.

— *The Frontier Basement team*
www.trustfrontier.com

BODY & SOUL

I See You as Fearless

According to research, the effect of trauma spreads across generations and results in everything from an occasional anxiety attack to the underlying cause of life-threatening illnesses.

I met Elizabeth Power through my spiritual son, Dr. James Thomas, pastor of a large congregation in St. Paul, Minnesota. Elizabeth is the CEO of the Trauma Informed Academy, and a widely respected expert on powering our ability to deal with trauma. Dr. Thomas told me he had used her book, “The Sacredness of Trauma,” as a resource with a group of upper Midwestern ministers he was leading. I was fascinated. Trauma—that’s sacred?

Intrigued, I invited Elizabeth to lunch. First, I needed to explain my location choice. Pre-pandemic, I often drifted into my favorite personal hangout, Mason’s Bar in the Loew’s Vanderbilt Plaza Hotel. Yes, it’s a bar, and I don’t drink alcohol, but it has the coziest corners in Nashville. At the time, there were a few resilient, wonderful and beloved friends on my heart. They were all living in traumatic situations, and I was searching for resources to help them.

Now, here we are in June. There is so much fear in our world that I went back to Elizabeth’s materials as I began compiling scriptures and inspirations for a devotional book I’m writing about living fearlessly.



Fear equals trauma. These ruthless partners threaten so many people as we approach the second half of the Year 2021. Many of us are vaccinated, but our children are not. How do we protect them? That’s one fear. Jobs are out there, but getting to them and balancing home life, childcare, and work life are more difficult than ever. Fear of a new normal for returning to the office to work—that’s an unknown many will face.

There is a word of hope. I see you as fearless because the Word of God declares that you can be. You are more powerful than you know. There are people out there, like my friend, Elizabeth, and the people of faith in your circles. They are waiting to support you. Touch them for your good!

— *Regina M. Prude is an author and inspirational speaker.*
Send e-mail comments to regina@reginaprude.com.
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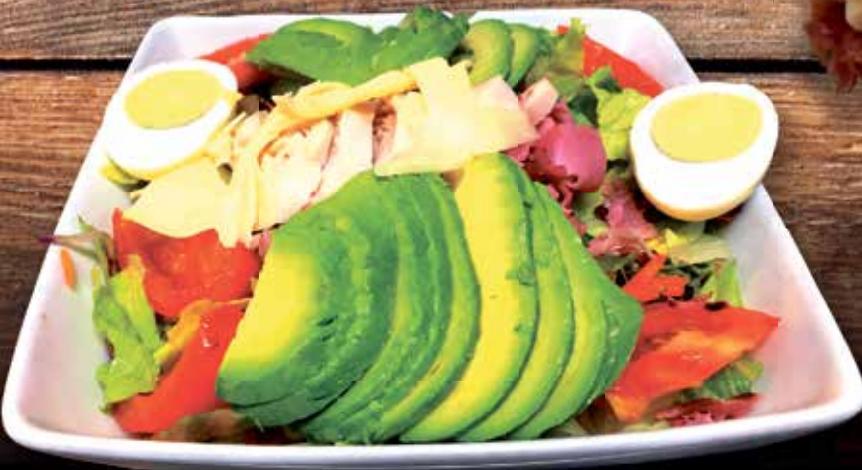
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Romans 10:9-10

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.

¹⁰ For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.

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KIDS KORNER

God's Protection

BIBLE TRUTH

God strengthens and protects us from evil.

WHAT THE BIBLE SAYS

2 Thessalonians 3:3

"But the Lord is faithful, and he will strengthen you and protect you from the evil one."

HANDS-ON EXPERIMENT

Fireproof Balloon

INGREDIENTS

2 Balloons

Water

Utility Lighter

INSTRUCTIONS

STEP 1: Inflate one of the balloons and tie the end so the air stays inside.

STEP 2: Have an adult ignite the utility lighter, place the flame under the balloon, and observe. What happens?

STEP 3: Place $\frac{1}{4}$ of a cup of water into the other balloon. Carefully inflate the balloon and tie the end so the air and water stay inside the balloon.

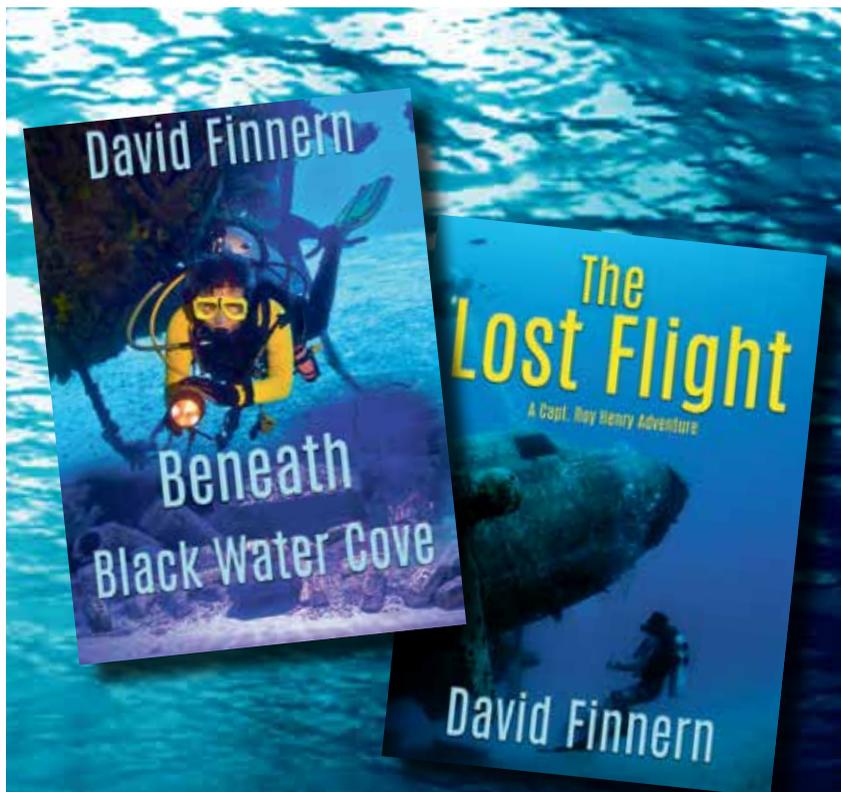
STEP 4: Have an adult ignite the utility lighter, place the flame under the balloon, and observe. What happens?

EXPLANATION

The balloon, with water, doesn't pop! The heat, from the flame, is transferred to the water, keeping the balloon from bursting.

BIBLE CONNECTION

Just as the water protects the balloon from the heat, God strengthens and protects you from evil.



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Going All In: Words from the Extended Foster Family

An unexpected calling for sudden grandmas, grandpas, aunts, uncles, and cousins

When my husband and I were planning to become foster parents, we thought about many things. Bedrooms. Clearances. Applications. Agencies. Safety checks. Car inspections.

While we passed on some good tips and dutifully dialogued the extended-family-conversation starters from our pre-placement training, I never really stopped to ask, “I wonder what my parents will think when they meet these sudden grandsons?” or, “I wonder what my sister-in-law will feel the first time she holds a niece she didn’t know was on the way?” This oversight reveals one of my great underestimations of the planning process, and it gives immediate family a whole new meaning.

Fortunately, our families have been very supportive through these years. They’ve learned a lot, too. As they near a decade of experience as foster grandparents and foster aunts or uncles, they could appear unflappable in the face of the consistent changes, ups and downs, and endless unknowns. But the truth is, no one loves a child and grows numb to these losses.

Foster mama Jamie Finn writes, “I could be sitting on the sidelines, in blissful ignorance of the brokenness that surrounds me, enjoying the whole-ness of a sweet and sheltered life. Missing out on the beauty of breaking off pieces of my heart and my life to make another whole. Missing out on the joy of offering those broken pieces in worship to my Savior.” Over the years, we have offered these broken pieces, as a family, in worship together.

In the words of our extended foster family...

What did you first think when we told you we were going to become foster parents?

We were thrilled at the thought of more grandchildren! I had always thought that I would have loved to adopt children, but the opportunity never presented itself. This would be a way to be a part of that as a grandparent. I thought it would be wonderful that a child will have a loving family with both a mommy and a daddy and brothers. I knew it was a huge commitment of time and energy but shows you put ‘care’ for children into action.

What perceptions did you have that later turned out to be incorrect?

Being a foster aunt turned everything I thought I knew about foster care and adoption on its head! I incorrectly assumed that foster care was quick and smooth. I thought there would be so many children in need that we would have a perfect match in our arms in days. The process for the parents turned out to be intense and the entire process took a lot more time than I had anticipated.

I thought there would be no contact with the biological parents. It was so hard to learn bits and pieces about [our foster grandson’s] biological mom and her situation. I feared his future was laden with unprovided needs.

My perceptions of attachment were wrong. I thought maybe I could guard my heart and not become attached in the same way as to my biological nieces and nephews, just as selfish protection against the hurt of a child eventually leaving. I quickly learned this isn’t possible; they steal your heart no matter what!

I thought foster care situations were usually in one-parent households and not from intact families as many of your placements have been.

What perceptions did you have that were proven to be correct?

I loved being a grandparent to every child who has come into our life. There is an abundance of love in a grandparent’s heart! Not knowing if they would be permanent made it easy to be available without any expectations.



My son and daughter would rise to the occasion and do very well at accepting their foster children as their own and teaching, nurturing and valuing each life. I knew they would treasure the children. I was concerned it could be heartbreaking with the strong bonds and love attachment that forms, and it was. Our son and daughter-in-law made the right choice to foster children, and we as a family have been blessed as a result. The love we shared even for the children that did not become permanently placed with us will always have an impact on their growth and development. The early years are so critical... brain growth

occurs and must be nurtured.

What is one thing you wish someone would have told you before this journey started?

I never realized how much I would process a child’s reunification [and leaving us] like the grief of death. I remember hearing a Christian speaker say, “Each gift is God’s for his time.” That is so necessary to know when grandparenting both foster, adoptive or biological grandchildren. It’s not easy, but it’s a reality that is part of life.

I wish someone had told me my heart would be broken when a child I considered my grandchild left us. I was surprised how many times I had dreams about him calling out “grandma” and reaching for me.

What is one piece of advice you would give to someone else about to become a foster grandma, grandpa, aunt or uncle?

My piece of advice to aunts and uncles would be “go all in.” Don’t try to guard your heart. The relationship you have with this child (however short or long) and the light they will bring to your life so far outweighs any worrisome feelings about an unknown future.

The toughest times in life do not break us – they make us stronger as we lean on Jesus, our solid rock. Love and accept the child. Esteem the child and validate the child as worth much in your eyes and in the eyes of God. Pray for your sons and daughters as they embark on this journey. Enjoy the children and attempt to fit into their lives whenever you can do so.

continued on page 37

Pray, pray, pray... cover the foster parents in prayer, the child who is being fostered, siblings, and most of all the biological parents. Pray that the Lord's will be done, and trust that whatever happens is his will—especially when it doesn't align with what you think is right, good, or best for this child.

Offer to watch kids, make meals, and just be there. Most of all, be a good listener. You don't need to try to offer solutions or "fix" things when they are hard—and they will be!

Open your heart to this child and do not hold back because of the fear of saying goodbye. Every child needs love and acceptance, and grandparents have plenty of unconditional love!

In foster care and adoption, there are no 'ideal' outcomes; someone always experiences a loss. The calling to be foster parents is a unique one, and by saying 'yes,' we roped everyone in our family into this unpredictable cycle. The immediate aunt, the instant uncle, the sudden grandma, and the overnight grandpa are part of the whole picture of foster care that isn't always noticed.

This is my public 'thank you' to my family, and to the countless extended foster families out there. Moms, Dads, Sisters, Brothers, Cousins—I've seen your joy, I've heard your prayers, and I've watched you find more love when you thought your heart was broken. Thank you for going all in.

— Kelley Rose Waller and her husband are Pennsylvania foster parents. Her goal is to live, work, and write to glorify the name of Jesus Christ. www.kelleyrosewaller.com

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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.

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Happy Father's Day

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."
Joshua 1:9

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