

September 2020

COMPLIMENTARY

# NASHVILLE

CHRISTIAN FAMILY

**Get Ready  
for FALL!**

**Family  
FUN!**

**Jake Rufe**  
*Set Up for Success*

**FREE Good News**





**WE BINGED, WE GAINED...**

**NOW IT'S TIME TO LOSE!**

LOSE WEIGHT, PERMANENTLY, THE HEALTHY WAY.

COOL SPRINGS MD

life management medicine

***CALL TODAY!***

**615.690.6600 | [CoolSpringsMD.com](http://CoolSpringsMD.com)**

1642 Westgate Circle, Suite 100 • Brentwood, TN 37207

WEIGHT MANAGEMENT • NATURAL HORMONE THERAPY • PRP PROCEDURES • AESTHETICS

# NASHVILLE

CHRISTIAN FAMILY®

**Publisher:** Robert Stringfellow • 615-815-8765

[publisher@christianfamilynashville.com](mailto:publisher@christianfamilynashville.com)

**Editor:** Raymonda Jagers

**Contributing Writers:**

Paul Batura  
Ben Birdsong, Ph D  
Christen Limbaugh Bloom  
Anthony "Tony" Bouquet  
Larry L. Crain, Esq  
Tammy Daughtry  
Ashley Farrar  
Brittney Gebers  
Doug Griffin  
Darlene A. Kemp, MPH, MBA-HCM  
Jason Lindsey  
Ronald Lewis, Jr.  
Kenneth Oosting, Ph D

Regina Prude  
Monica Schmelter  
Laurie Stroud  
Ashton Tate  
Marc Tepner  
Ron Tepner  
Ralph E. Vaughn  
Kelley Rose Waller  
Ming Wang, MD, Ph D  
Cheryl Wray

**Cover:** Courtesy Birmingham Legion

**Production and Art Direction:** Wendy Satterwhite

**Website Development, Digital Marketing & SEO Services:**

Eric Crilly Web Design

**Sales & Marketing:** Robert Stringfellow, Brenda Delgado/Marketing Specialist, Dasha Brandon/Administrative Assistant and Social Media Manager

*Nashville Christian Family* is published monthly by Clarion Concepts, P.O. Box 463, Spring Hill, TN 37174. The phone number is 615-815-8765. E-mail [ncfpublication@gmail.com](mailto:ncfpublication@gmail.com). Reproduction of any part of *Nashville Christian Family* without permission of the Publisher is prohibited. Distribution of this paper does not constitute and endorsement of information, products or services. Views expressed in *Nashville Christian Family* do not necessarily represent those of the Publisher. Every effort has been made by *Nashville Christian Family* staff to insure accuracy of the publication contents. However, we do not guarantee the accuracy of all information nor the absence of errors and omissions; hence, no responsibility can be or is assumed. All Rights Reserved. Copyright 2020 by The Christian Family Publication, Inc.

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

**Circulation and Distribution:** *Nashville Christian Family* is free and available at targeted, high traffic locations throughout the Nashville Metro Area and surrounding counties, Williamson, Wilson, Sumner, Rutherford and Maury. Copies are available by subscription, \$50 for one year (12 issues). To subscribe, e-mail [ncfpublication@gmail.com](mailto:ncfpublication@gmail.com)

– *Nashville Christian Family* is a part of The Christian Family Publication, Inc. celebrating 20 years of Good News! Visit [www.ChristianFamilyNashville.com](http://www.ChristianFamilyNashville.com)



## OUR MISSION



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

## FROM THE PUBLISHER

*"Then God saw everything that He had made, and indeed it was very good. So the evening and the morning were the sixth day."* Genesis 1:31 (NKJV)

*"While the earth remains, seedtime and harvest, cold and heat, winter and summer, and day and night shall not cease."* Genesis 8:22 (NKJV)

September is a season transitional month that I enjoy.

The kids are back in school, sort of, Labor Day signals the end of summer, daylight is growing shorter, flocks of geese are honking and another football season is underway, well almost. Autumn and fall are in the air and I am invigorated. Even our two cats, Rocky and FE, seem to be more active, sensing a change coming.

I love this time of year anticipating the beautiful changing of colors of the leaves on trees that will begin toward the end of the month. In spite of what our nation is experiencing with the Pandemic and seemingly unending civil unrest, the seasons, particularly fall and spring should serve as reminders and examples of the awesome and incomprehensible power of God exhibited through His creation, the order of the universe and this earth that we call home.

With the world and our lives seemingly in turmoil, it can be easy to take for granted the beauty of creation. During the next few weeks, please make a special effort with you and your family to slow down and take time to enjoy the beauty of God's world and give thanks to the creator of it all. Read Psalm 104 and Genesis as a Biblical reminder.

*"O LORD, how manifold are Your works! In wisdom You have made them all. The earth is full of Your possessions—"* Psalm 104:24 (NKJV)



Publisher, 615-815-8765

[publisher@christianfamilynashville.com](mailto:publisher@christianfamilynashville.com)



## ON THE COVER 16

**Birmingham Legion's Jake Rufe said he could have never imagined that he'd be playing for Birmingham, Ala.'s professional soccer team, but he knows that God's plans are always bigger and better than anything he could have foreseen. See page 16.**

**1-32** FREE Good News  
**6, 9, 12** Get Ready for Fall

## SPECIAL FEATURES

**8** God Save This Court  
**10** Sibling Responsibility and It's Burden  
**21** How To Uncover Your God-Given Gifts In This Unlikely Way

**NEXT ISSUE**

**Fall is Coming!  
AND MUCH MORE!**

# September 2020

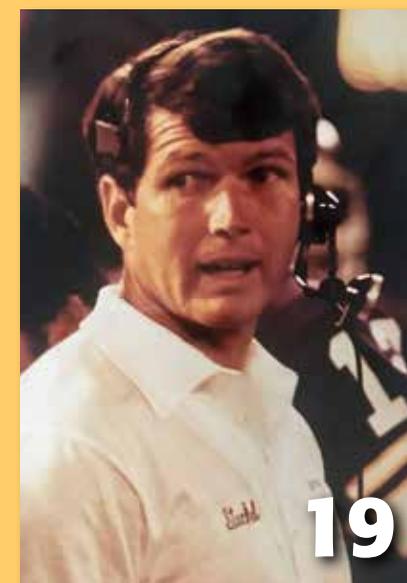
## DEPARTMENTS

- 5 The Great Commission**  
Believers CAN Change a Broken World
- 6 Money Matters**  
Simple Steps To a Water-Efficient Home
- 9 Hassle Free Zone**  
What Does September Bring?
- 11 Faith Under Fire**  
Through The Storm
- 12 Body & Soul**  
The Power Of Healthy Routines
- 13 Healthy Living**  
Be Happy, Be Healthy, Be Whole
- 14 Body & Soul**  
Success: What Does It Truly Mean?
- 19 Mighty Men**  
Serving God's Purpose
- 20 Parenting Points**  
Step By Step As a Stepfamily
- 22 Kid's Korner**  
Holy Strength
- 23 Best Books**  
How Can We Trust Jesus?
- 24 Hassle Free Zone**  
How To Save Time When House Cleaning
- 24 Hometown Hero**  
A Celebration Of the Community
- 26 An Encouraging Word**  
Her Are 5 Famous Friendships That Changed the World
- 29 Teachable Moments**  
Are You Ready For Servanthood?
- 29 God's Plan For Salvation and Eternal Life With Him**
- 30 Calendar**
- 30 About Our Advertisers**

## CONTENTS VOLUME 11, NUMBER 3



9



19



21

**NASHVILLE**  
CHRISTIAN FAMILY<sup>®</sup>

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

**READ ONLINE AT**  
**ChristianFamilyNashville.com**



## Believers CAN Make a Broken World a Better Place

These are some challenging times for all us. Whether it is politics, the virus, or the protests there is plenty of conversation happening. It is in this very conversation that you and I as believers in Christ can make a lasting impact. It is by our love for one another that we are known as His followers.

Really loving others calls for listening. Love means listening with a heart to understand. This does not mean we will always agree with other people's politics or opinions. We are called to love ALL people. Jesus died for ALL people and his desire is that NONE would perish without knowing Him.

When we know Him and experience His love our hearts flood with compassion. What if during this hard season in America we made it a point to look for opportunities to open conversation with others? What if in that conversation we listened and looked for open doors to share Christ? What if our social media posts reflected the love of Christ?

What about inviting a family that is different from yours over for coffee? What if we took the lead during this hard time to change the tone of the



conversation? A soft answer deflects anger. A wise person does not participate in foolish arguments or divisiveness. Jesus Christ's death on the cross made us one. We can start with that truth and build relationships.

*For Christ himself has brought peace to us. He united Jews and Gentiles into one people when, in his own body on the cross, he broke down the wall of hostility that separated us. He did this by ending the system of law with its commandments and regulations. He made peace between Jews and Gentiles by creating in himself one new people from the two groups. Together as one body, Christ reconciled both groups to God by means of his death on the cross, and our hostility toward each other was put to death.*  
Ephesians 2: 14-18 NLT

His work on the cross provides salvation for all who believe. Let us live out what the word of God declares.

In these uncertain times God Is still certain. His Word is still true. Yes, this world is broken. But God. We are here because God placed us here at this time for His purpose. We can ignore the bait of the evil one to pick sides and be divisive. We are one in Christ. We need to remember that He also loves those that do not believe in Christ yet. He died for them too. As much as we may disagree with their actions or politics they are loved by our Father. He wants us to love them too. Let us change the conversation and make a lasting impact for His Kingdom.

— *Monica Schmelter is the General Manager at WHTN, Christian Television Network*  
[www.monicaschmelter.com](http://www.monicaschmelter.com)



# SPECIALTY CLEANING

## BBQ GRILLS

## MATTRESSES

sanitation/cleaning

## DRYER VENTS



**A hot new process utilizing Industrial Grade Steam Cleaners!**



[Bar-B-Clean.com/Nashville](http://Bar-B-Clean.com/Nashville)



**JUST ASK**  
**We service other items.**

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

**Extend Dryer Life**



**ALERT!**  
Many fires  
start in  
vent



[JackRabbitCleanChoices.com](http://JackRabbitCleanChoices.com)

## MONEY MATTERS

### Simple Steps to a Water-Efficient Home

Water is a precious resource. If your home tends to run a lot of hot water, there's a good chance you're experiencing energy inefficiencies and rising utility bills too. Fortunately, the simple steps outlined here can help you optimize your water handling while adding a little extra comfort in your home.

#### Don't wait for hot water

Nobody likes to wake up to a cold shower. And if you can sneak in a quick tooth-brushing session while waiting for that water to go warm, it might be time to think about investing in a tankless water heater with Lee Company. A tankless heater can last twice as long as the conventional tanked system and delivers energy-efficient results through its lifetime.

For even more benefits, adding a recirculation system to the tankless water heater will deliver endless hot water to every part of your home, on demand. During holidays, when family is over, the last person in the shower line will thank you dearly. Plus, check with your tax advisor to see if there are any applicable tax credits for the purchase and installation of a tankless water heater.

#### The devil is in the details

Over time, ignoring that relentlessly dripping faucet can add up to a big advantage for the water company and a big drain on your wallet. It's important to repair any broken fixture that's creating excess running or leakage. Along with fixing plumbing problems like these, Lee Company can help you stay one step ahead of the game by performing your regular plumbing maintenance. We also install Insta-flood leak detection systems that help avoid unwanted repairs and replacement of expensive home equipment, such as your water heater, washing machine, and refrigerator. With a leak detector, the water automatically shuts off when there's a problem, so the damage is contained.



#### There's a high demand for low flow

Lee Company installs eco-friendly, low-flow toilets and faucets, designed to use one-third less water. If you're having issues with a toilet – perhaps it's running too long or needs to be flushed or plunged frequently – talk to us about all the new toilet options.

#### Big or small, we do it all

If you're looking for a bigger plumbing enhancement, Lee Company specializes in new installations. For example, the whole home water filtration systems we install provide pure, conditioned water at every faucet in your home and filter out white residue, protecting people, your pipes, and fixtures. These systems are self-cleaning, maintenance free, and last for years.

#### Having a water-efficient home won't drain your wallet

Whatever plumbing service you need, Lee Company is here to help! Please give us a call at 615.567.1000.

For more tips from our experts, visit [leecompany.com/resources](http://leecompany.com/resources)

— Lee Company

# Medicare Open Enrollment

## October 15<sup>th</sup> through December 7<sup>th</sup>

(Effective coverage date 1-1-21)

*“Get the answers to questions you don't even know to ask.”*



**Ben Davis, CSA**

Certified Senior Advisor

615-584-4946 cell

615-617-9953 office

[ben.davis@selectpointe.com](mailto:ben.davis@selectpointe.com)



*How is your loved one with special needs this fall?*



*Peace of mind does not have to cost a fortune.*

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

A Third-Party Supplemental Needs Trust is established and funded by a person who is not the person living with a disability – hence the term “Third-Party.” The Trust provides for the disabled person during his or her life while preserving funds for other descendants in the family upon the disabled person’s death.

Vista Points is focused on helping people living with disabilities, their parents and caregivers, and the professionals who serve and guide them.

**VistaPoints**  
*The Special Needs Trusts & Resource Center*

Vista Points, Inc. | Special Needs Trusts & Resource Center  
1550 N. Mt. Juliet Road, Suite 203 | Mt. Juliet, TN 37122  
888.422.4076  
[www.vistapoints.org](http://www.vistapoints.org)



# God Save This Court

*“All Rise! Oyez, oyez! All persons having business before this Court, draw nigh, give attention and ye shall be heard. God save the United States and this Honorable Court.”*

This ancient “Call to Order” dates back to medieval England. The word “oyez” (pronounced “oyea”) traces its origin to the French word ouïr, “to hear” and translates into English as “hear ye”. It is still used today in the Supreme Court of the United States and in courts throughout the country.

The words “God save this Court” is an invocation of divine aid and supervision over the court’s proceedings. It is, in its essence, a form of prayer, a plea for God’s intervention. While the invocation is largely ceremonial, it has not been without its share of controversy over the years.

In 1991, I was called upon to help represent a judge in North Carolina, Judge Bill Constangy, who opened his court each day with the following expanded version of this invocation to deity.

O Lord, our God, our Father in Heaven, we pray this morning that you will place your divine guiding hand on this courtroom and that with your mighty outstretched arm you will protect the innocent, give justice to those who have been harmed and mercy to us all. Let truth be heard and wisdom be reflected in the light of your presence here with us today. Amen.

Judge Constangy was sued in federal court by the North Carolina Civil Liberties Union which claimed that this invocation to deity violated the Establishment Clause of the First Amendment. I argued on his behalf that the opening invocation served a clear, secular purpose of providing a solemn and dignified atmosphere and of reminding those in attendance of the court’s search for truth and justice. Ultimately, the Fourth Circuit Court of Appeals ruled the prayer unconstitutional.

Opening court and legislative proceedings with prayer has been a part of our American tradition since the founding of our republic. Benjamin Franklin’s famous appeal for the appointment of a chaplain for Congressional meetings was so that he could call upon “the Creator of the universe, and the Governor of all nations, beseeching Him to preside in our council, enlighten our minds with a portion of heavenly wisdom, influence our hearts with a love of truth

and justice, and crown our labors with complete and abundant success.” Franklin argued: “If a sparrow cannot fall to the ground without His notice, is it probable that an empire can rise without His aid?”

In the celebrated case of Marsh v. Chambers (1983), the Supreme Court held that the widespread practice of opening a legislative session with a prayer does not violate the Establishment Clause. In its ruling, the court explained that legislative prayer has become “part of the fabric of our society” through its “unambiguous and unbroken history of more than 200 years.” This long history, the court reasoned, demonstrates that legislative prayer poses no real threat of establishing religion.

Recently, two caucuses at the Democratic National Convention opened their sessions with a recitation of the Pledge of Allegiance that omitted the words “under God”.

Rumors quickly spread that the DNC favored taking God out of the Pledge of Allegiance. While this was never the case, the omission by these two Democrat caucuses has sparked again some debate over whether the words “One Nation, Under God” is unconstitutional.

In 1954, Congress amended the Pledge by adding the words “under God.” It did so, as the Committee Reports noted, because “from the time of our earliest history our peoples and our institutions have reflected the traditional concept that our Nation was founded on a fundamental belief in God.” This practice was later challenged by an atheist parent in a case called *Newdow v. Congress* in 2014. Writing for the Court, Justice O’Connor found the recitation of the Pledge of Allegiance in public schools to be a constitutionally acceptable act of ceremonial deism. She argued that the phrase “under God” in the pledge has been in widespread public use ever since Congress added these words to the pledge in 1954. O’Connor observed that the tone and content of the pledge suggest that reciting it serves as an act of patriotism, not one of worship.

Undoubtedly there are those today who would favor abolishing “God save this Court” and omitting “under God” from our Pledge of Allegiance and our coins. Those who take this view overlook the historical fact that, as Justice Douglas pointed out in *Zorach v. Clausen*, “we are a religious people whose institutions presuppose a Supreme Being.”

Civil courts today are society’s last bulwark against tyranny and injustice. Without them, our system of resolving disputes would devolve to a new pandemic of vigilantism and lawlessness not dissimilar from the riots taking place in several of our major cities. As an attorney, when called upon in court to bow my head as the bailiff cries “God save this Court”, I am humbled to join in this fervent plea to God to grant mercy and wisdom to the court. Now, more than perhaps at any time in our history, this precedent is both appropriate and timely.

— Larry L. Crain  
Crain Law Group, PLLC  
[www.crainlaw.legal](http://www.crainlaw.legal)



# HASSLE FREE ZONE

## What does September bring?

### FOOTBALL, FUN, BBQ GRILLING AND SPECIALTY CLEANING FOR HEALTH AND SAFETY!

Jack Rabbit Clean Choices (JRCC) is a local service that cleans items for those who may not have time, expertise, or desire to clean. Specialty cleaning includes BBQ Grills, Dryer Vents, bathroom vent fan/motors, Mattresses and more – visit [www.jackrabbitcleanchoices.com](http://www.jackrabbitcleanchoices.com) & [www.bar-b-clean.com/nashville](http://www.bar-b-clean.com/nashville) for detail.

Marc, the owner emphasizes that JRCC exists to help extend the life and usefulness of grills, dryers, mattresses, fan motors, etc.

**Hello Friends, Family and Neighbors!** Around our home this particular September means uniqueness in school and learning, being as cautious as we can so we protect those we come in contact with as well as ourselves, and yes as much football as we can cram in. As we all navigate social needs with physical distancing, mask, product shortages, and more frequent cleaning & sanitizing it may be a great time to consider specialty cleaning services. My business does just that, we professionally clean BBQ grills and other stuff folks may not have time or equipment to clean like dryer vents. We utilize custom processes, keep our training current, have fair pricing and create a value proposition for the customer.



**We extend the life and performance of the grill and dryers.** Beyond this key benefit there are other key results from what we do. Here are some examples:

- 1. FIRE HAZARD REDUCTION** – Cleaning lint and debris out of the dryer and vent. Reports WARN that heat from lint build up is a top cause of home FIRES (visit u-tube). A dryer that can breathe runs cooler, lives longer, and dries clothes efficiently.
- 2. CARCINOGEN BUILDUP IN THE GRILL ARE CLEANED OUT** – Regularly schedule cleaning and parts if needed. Too much grease combined with old charred food particles is not good.
- 3. THE RODENT BUFFET IS REMOVED** – This nasty little buffet occurs primarily through the winter and cleaning creates the best opportunity for safer more effective grilling for everyone.

### ASK MARC ABOUT:

- (1) bundled pricing when buying more than one service
- (2) gifting a service to a friend or family member
- (3) Why it's almost impossible for most folks to effectively clean a grill or dryer vent (training, process, equipment, experience, and more).



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

Marc is owner operator of [www.jackrabbitcleanchoices.com](http://www.jackrabbitcleanchoices.com) which includes [www.bar-b-clean.com/nashville](http://www.bar-b-clean.com/nashville), JRCC dryer vent cleaning, Hygienitech Green mattress cleaning/sanitization for Middle Tn., and other special yard/home services. Marc is a graduate of Abilene Christian University and brings a wealth of customer care experience from his time with Bridgestone, Schokolad Chocolate Factory, Greener Solutions lawn and yard, and more. Marc is constantly energized by his amazing wife Elise, son Cole, and their church and life group family.



## Your home is where our heart is



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

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

ONLY  
\$99\*  
PER YEAR

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

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

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

\$20 OFF\*

A SERVICE CALL  
OF YOUR CHOICE

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

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



visit us [leecompany.com](http://leecompany.com)  
or call 615.567.1000





**Sibling Responsibility and Its Burden**

More than 65 million people (29% of the U.S. population, in 2009) provided care for a family member who were living with a physical, mental, or intellectual disability or chronic illness.<sup>1</sup> Now, look at today’s indicator – sisters and brothers are being designated to care for their siblings, along with working full time, caring for their own children, being a spouse, and living their own life. Many feel financially unprepared to responsibly carry out their role as caregiver and wish they knew more about how to find help in dealing with their sibling’s care and finances.

A 2013 Mass Mutual Financial Group survey showed that 47% of brothers and sisters use a financial trustee to manage their sibling’s finances. 2 Families establish special needs trusts, for their loved one, with the money received from an inheritance, lawsuit settlements, savings, and gifts. Not only does the trustee provide financial management, the trustee may assist with the beneficiary’s (the person living with a disability) personal needs so he or she can live a good quality of life.

Some trustees will work on an individual level with the beneficiary and siblings to assist with life issues such as:

- health – treatments, therapies, and physician appointments
- housing – group homes, assisted living facilities, nursing homes and private residences
- transportation
- tax issues
- employment
- entertainment and enjoyment of life
- education
- end-of-life planning

The greatest expressed concern is how the beneficiary will be taken care of, if something happens to the sibling who is currently providing the care. One sibling recently expressed this concern, “I

have a burden weighing on my mind of my brother and his future. It is a responsibility I now have and cannot escape.”

Trustees can work with the siblings to ease their burden related to life decisions. One of the most common actions a trustee does is to work with the siblings in identifying alternative living arrangements, should the caregiving situation change. The trustee can also assist the siblings in the development of a life care plan. This plan provides the trustee with directives on how the siblings would like the beneficiary cared for and what special items or services they would like the beneficiary to have.

After a special needs trust is established, siblings request many items or services for the beneficiary that they have been putting off obtaining or doing. A common request, to the trustee, is to purchase items for the home or facility where the beneficiary resides. The sibling will work with the trustee to provide information on what is requested, such as itemized quotes, photos of the requested items, photos of current living quarters and related warranties.

Trustees receive some interesting requests for payment from the beneficiary’s trust. One of the first items a sibling may request is a large, flat-screen TV. This request must be reviewed by the trustee staff before it can be approved for purchase. Consideration is made regarding where the TV will be placed, does the beneficiary currently have a TV, is a large TV permitted in a facility room, and the balance in the trust account.



Hearing aids, glasses, and dentures top the list of requests. When one of these items is requested the trustee will work with the sibling, and the beneficiary, to schedule an exam then assist with the purchase of the item. Nonmedical care is often requested. Not only does this service provide the needed care for the beneficiary, it gives the sibling – who is caring for the beneficiary – a much needed break or respite. Nonmedical home health provides basic services such as companionship, as well as other services

such as meal preparation, assistance with bathing, toileting and dressing, cooking, washing clothes, cleaning, and transportation.

A trustee is a financial professional who receives specialized and advanced training related to special needs trusts. The trustee and staff have expertise in the emotional dynamics of working with people of any age who are living with a physical, mental, or intellectual disability. The trustee will use a coordinated approach, working with a team of professionals, such as bankers, accountants, case managers, social workers, and financial planners to ensure the beneficiary lives a good quality of life and the siblings will have peace of mind knowing their loved one is receiving the best of care.

— Darlene A. Kemp, MPH, MBA-HCM

*References:*

1 *Caregiving in the US; National Alliance for Caregiving in Collaboration with AARP, November 2009. 2013 Massachusetts Mutual Life Insurance Company. MA 01111-001*

**WE’RE LOOKING FOR GREAT PEOPLE TO JOIN OUR TEAM.**

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



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

**Call today!**  
**615-794-0200**

**MOLLY MAID OF S. DAVIDSON, WILLIAMSON AND MAURY COUNTIES**



# Everyday Joy: Through the Storm

*“He got up and rebuked the wind and the raging waters; the storm subsided, and all was calm. “Where is your faith?” he asked his disciples. In fear and amazement they asked one another, “Who is this? He commands even the winds and the water, and they obey him.” Luke 8:24-225 NIV*

What happens when storms come to change the entire trajectory of our lives? For many, that’s happening right now. Incredibly, God speaks triumphantly both in the storm and to the storm. In Job 40:6, He spoke to Job out of the wind and rain. In Psalm 107:29, the psalmist declares that God stilled the storm to a whisper. He hushed the waves of the sea. Jesus, in the verses above from Luke’s gospel, astonished the disciples with His power over the elements.

We’ve experienced what it’s like when incredible winds sweep through Tennessee. Property damages lay in the wake. In facing any storm, we are comforted by the fact that God shelters, covers, and is Himself a refuge. He is a hiding place from the tumult, the fury.

I know! Life can leave us battered and scarred... yet, in whatever storm you face today, I have a word of encouragement, just for you. Stop. Pause; try not to move an inch. Be still; know that He is God.

**Here are five powerful affirmations to speak over your life and the lives of those you love and cherish.** Whenever you feel plagued by physical storms, emotional storms, or stomach-churning fears about what the pandemic or the next economic crisis can bring to your doorsteps—speak them. Say these encouragements aloud—in the face of any thought that threatens.

1. God alone sets my mind at ease by the transforming power of the Holy Spirit. A new way of thinking brings me Divine comfort.
2. The armor of the Lord wraps all around me. His hand of protection encompasses me and those I love. The angels, His servants, provide all the promised protection I need. No harm can step into that circle without His permission.
3. Spiritual security is simply this: I am made strong in the power of the Lord’s might.

4. Because of the Lord’s resurrection, no negative force can defeat me. No shadow can overtake me.
5. Because of the Lord’s great kindness, I am privileged to claim the Priestly Blessings of Numbers chapter 6. Just as the Lord spoke to Moses, His promises are for me.

*God bless you and keep you,  
God smile on you and gift you,  
God look you full in the face and make you prosper.*  
—Numbers 6:24-26 Message

The warmth of Lord’s face, far brighter than the sun, shall always shine upon you and your family.

— Regina M. Prude is an author, SiriusXM radio host of “The Leadership Zone,” and inspirational speaker. Send e-mail comments to [regina@reginaprude.com](mailto:regina@reginaprude.com).  
Read her blog posts at [www.reginaprude.com](http://www.reginaprude.com).  
Write to her at PO Box 58795, Nashville, TN 37205.



## CRAIN LAW GROUP, PLLC

### WE SOLVE LEGAL PROBLEMS

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

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

**615-376-2600**

**Larry@crainlaw.legal | www.crainlaw.legal**

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



# The Power of Healthy Routines

We are creatures of habit. When most people think of habits, they think of habits that are bad. But the power of habits can be used to create powerful routines that keep you healthy all of your life. A routine is something you can use to implement healthy habits into your days. The two routines we will create is a morning routine and an evening routine.

These routines are a series of things you do when you first get up in the morning and before you go to bed at night. They don't have to be long or complicated; they can be short and simple. They will help your body get going in the morning and wind down in the evening.

### Morning Routine

This routine gets your day started right. If you have a couple of simple things in the morning that you do almost every day, you will mentally and physically be ready to start your day. They don't have to be long or even hard. Just short things in a particular order that will help you feel like you have accomplished something early in the day.

Here is one example:

Wake up- put the coffee on- brush teeth- fill up water a bottle and drink within the next hour-

look at your schedule for the day- do your exercise routine- shower/get ready for work- get everything you need for work packed and ready- leave the house for work.

Having a simple routine with healthy activities like planning for your day, exercising, and drinking water first thing in the morning will ensure you start your day right and create lifelong habits.

### Evening Routine

This routine occurs right before you go to bed. If you have a simple and healthy routine right before bed, it will help your body wind down correctly. Rather than eating and watching Netflix before going straight to bed, which can cause weight gain and melatonin secretion to be inhibited, we can help our body ease into the deep sleep we need to rest and recover.

Here is one example:

[30 Minutes before bed] Start to turn off some of the bright lights in your home (having bright lights can mess with your circadian rhythms)- put away all screens (phones, tv's, and tablets)- set up everything for tomorrow's morning routine (setting out clothes, having coffee ready to brew, setting morning alarm)- brush your teeth- think

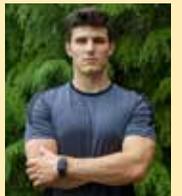
of one thing you are thankful for that day- check that all doors are locked- go to bed.

If you have a consistent routine at night, your body will start to wind down because it knows it is about to go to bed. It's like the routine triggers hormones and your mind to prepare to land the plane. In the same way a pilot has a landing routine, you can have a landing routine at night. This will ensure you are doing the right things for maximum recovery and rest.

Take some time this week to create healthy routines that will help you implement healthy habits into your day to day life.

Remember, start slow and add small behaviors in so these routines will be sustainable. Having the right routines will have you going from Glory to Glory on a day to day basis!

— Ashton Tate is a Certified Personal Trainer, Nutrition Specialist and owner of Glory to Glory Fitness in Franklin, Tenn. [www.glorytogloryfitness.com](http://www.glorytogloryfitness.com)



**BRN** BOTT RADIO NETWORK  
INTEGRITY • QUALITY • STRENGTH • SERVICE •  
Quality, Christian Talk Radio

**SERVING NASHVILLE**

**89.1 FM 1160 AM**  
**107.1 FM 91.5 FM**

Find Stations Nationwide, Download Apps, Listen *Live*, Worldwide [bottradionet.com](http://bottradionet.com)

**BROADCAST MINISTRIES**

Visit [bottradionet.com](http://bottradionet.com) for a Program Schedule.



(from left) Jim Daly, Chuck Swindoll, Anne Graham Lotz, Ravi Zacharias, Alistair Begg, Adrian Rogers, Tony Evans, Charles Stanley, Janet Mefferd, Richard Hamlet, Michael Youssef, Robert Jeffress And Many More!

Brought to you by:  
Community Partner Cool Springs MD • [www.CoolSpringsMD.com](http://www.CoolSpringsMD.com)



## Be Happy, Be Healthy, Be Whole

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

Hydration – an important part of good health and good weight loss. One of the many healthy habits I have acquired on my weight loss journey is to drink plenty of water. Personally, I drink at least 100 ounces a day. In addition to water, I'm now reading about another liquid that can help us lose weight.

According to the Journal of the Academy of Nutrition and Dietetics, adding coconut oil to your daily diet can reduce belly fat. Coconut oil can also reduce hunger pangs and appetite and this can help with weight loss.

If it is at all possible, try not to eat alone. When you eat alone, you're more likely to eat standing up, you're more likely to eat junk food and you're less likely to know when you're full, according to research from the University of Toronto's School of Public Health.

Changing when you eat can be enough to double

weight loss, multiple studies have found. The simplest weight loss option is to shift calorie consumption to earlier in the day. Eating more calories for breakfast and less in the evening is linked to increased weight loss.

Also, according to Obesity, a research journal, instead of putting on weight while you are at home with your spouse, try talking to them about going on a diet. You'll lose weight, too. People can lose weight without trying when their partners are trying to lose weight. Non-dieting spouses lost 4 pounds despite making no effort to diet, if their partner was on a diet and losing weight. Psychologists running the study call it "the ripple effect". One half of a couple automatically influences the other.

So, how is your weight loss journey going? Need encouragement, knowledge, and accountability?



Let me point you to the place I've found success – Dr Lodge and the crew at Cool Springs MD. In 2011, I met with Dr Lodge and 16 weeks later lost 65 pounds. How

much weight would you like to lose? Connect with Dr Lodge and his team and they will show you how.

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

— Doug Griffin

You can email me at [Doug@94FMTheFish.net](mailto: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





10% OFF ANY SERVICE

# A HEALTHY HOME IS A CLEAN HOME.

We use professional-grade cleaning products to disinfect surfaces and help combat the germs that can be lurking around your home.

- Affordable Price
- No Contracts
- Professional Quality
- 24-hour Clean Warranty
- Call For a Free Estimate



## MOLLY MAID™

a neighborly company

MOLLY MAID® OF S. DAVIDSON, WILLIAMSON, AND MAURY COUNTIES

615.794.0200

[MollyMaid.com](http://MollyMaid.com)

**2020 WINNER VOTED BEST BUSINESS SIZZLE AWARDS**

Offer available to New Customers only. Limit one coupon per customer per visit. Expires 07/16/2020. Other restrictions may apply. Molly Maid of Nashville.

### SUCCESS: WHAT DOES IT TRULY MEAN?

The Natural Laws, eternal truths, never ever change. This is why I can say, without question, we live in a three-dimensional world. It is a Law; it has to happen.

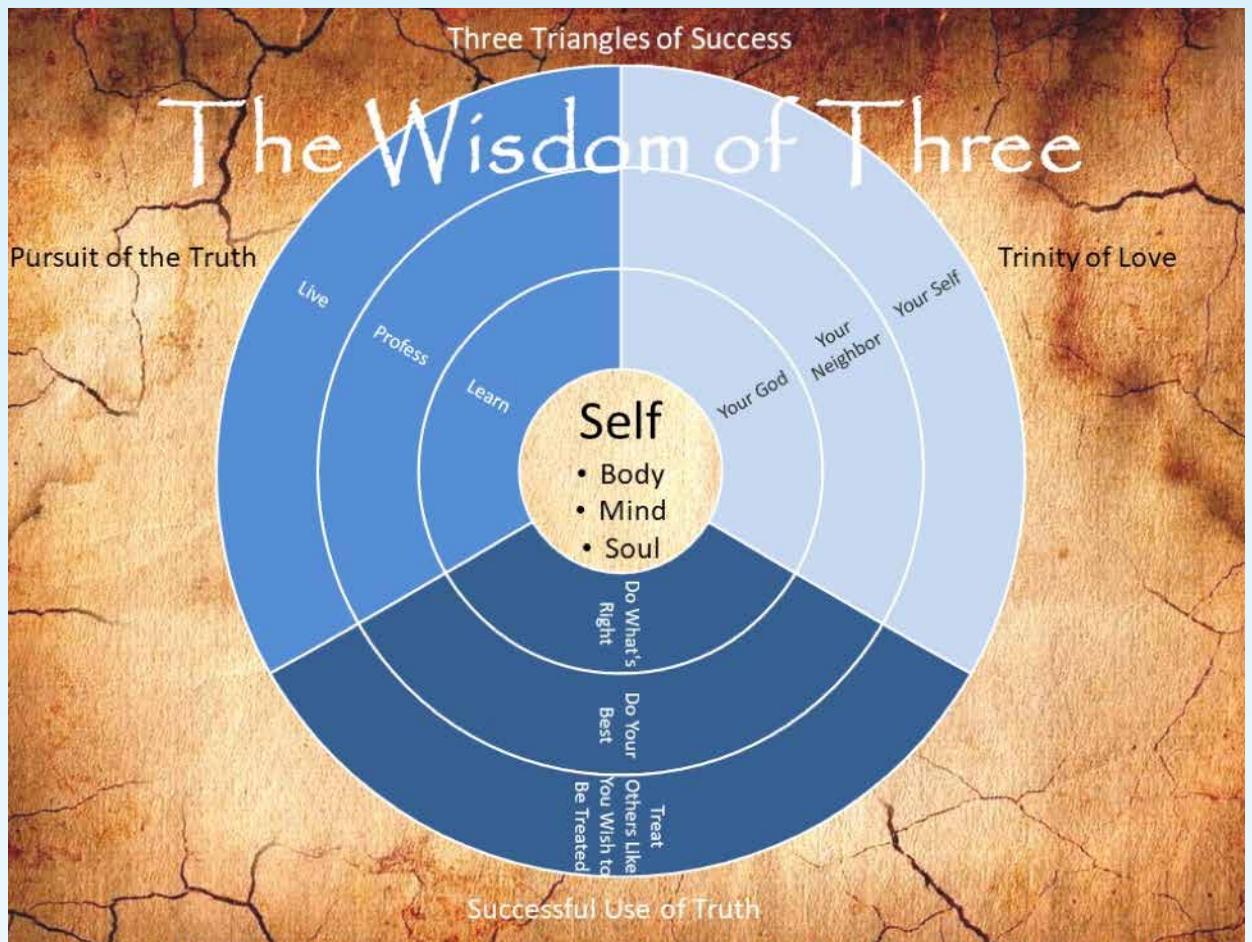
For every earthly species, these dimensions take on many common characteristics. Consider our human person; it has a body, mind and a soul. Thus, we live our life addressing every aspect presented to us on a physical, mental and spiritual level. Our approach to these aspects will be made personally, professionally and spiritually. Yes, Mr. or Mrs. Skeptic, this applies to you too. It is only when we accomplish this task well, we are said to be at peace. Finding “balance” in our life, we will be generally viewed as someone who has their life “all together”. Success!!

Many people strive for this nirvana their entire life and are never able to reach this place of “all togetherness”. Our main hurdle; we simply never learn, profess and live the truth. For example, we pick and choose when we will hide, disown or ignore one or more of our three personas. We chose to be a different person at church than who we are at the office or on the golf course. We never truly bring all three personas together as one. This denial causes us to live a lie. As my mom use to say, “The truth will always be revealed.”

These natural personas are not man-made; we are created with all three. Some spend their life in a state of internal conflict fighting a battle that they cannot win. During these skirmishes, three common strategies are used. The most common is when we try to compartmentalize the three personas. It goes something like this; “When work, we work, when we play, we play and when we pray, we pray”. Thanks to our crazy litigious society, human resource departments struggle with this model trying to satisfy the attorneys while in reality, the natural truth will always be revealed. Sadly, we are not wired to be only one persona at a time.

The second most common plan is for the person to try to intentionally remove, extinguish or ignore one or more of their personas. The deleted persona of choice is routinely their spiritual nature. We live in a secular culture that promotes disagreeing, discrediting and disavowing spirituality so denying this persona makes you one of the cool kids.

The last arrangement is where we spend all of our time focusing on only one persona. This is the technique we use in the attempt to “get ahead” in business. We rationalize that we will spend all of our time, talents and treasures on our professional nature which will make us successful, then, once the business is up and running, we will have more time for family, friends and God. What happens in this scenario is when the business person finally gets around to doing the same for the other two personas, they find that the people whom are touched by those parts of their life are no longer there.



The winning formula is to use the truth the same for each persona. We must be deliberate in doing the right thing; this takes learning, professing and living the truth. We must do our very best and always treat others how we would want to be treated.

The triangle that assures we can do all of this with a pure mission is the hierarchy of Love. We are called to love our Creator, our neighbor and our self as one. When I am spending time with my family and friends; I am also benefiting my work life by relaxing and the activities that I am doing should also be pleasing to my God. When I am working I do so to benefit my family and my God. When I am being spiritual it is so that I can be a better husband, father, brother, friend, worker, supervisor or CEO. Victory can only be obtained by our ability to combine the three into a single cohesive unit; one well-rounded successful trinity of a person.

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

— Anthony “Tony” Boquet, the author of “The Bloodline of Wisdom, The Awakening of a Modern Solutionary” and Vice President, Education and Development at The American College of Financial Services

# Your Local Church Can Be On



At WHTN Christian Television Network we are dedicated to broadcasting quality Christian programming 24 hours a day, 7 days a week. One of those ways is giving local churches the opportunity to share God's word on television. If you would like your church to be a part of our ministry program lineup, go to our media kit page at [www.ctntv.org/media-kit](http://www.ctntv.org/media-kit) or email [info@ctntv.org](mailto:info@ctntv.org).

WHTN | CHRISTIAN TELEVISION NETWORK • [info@ctntv.org](mailto:info@ctntv.org) • [www.ctntv.org](http://www.ctntv.org)

# Nashville's

## CHRISTIAN COMMUNITY CALENDAR

*Submit your virtual and in-person events to our on-line community calendar, social media, and TV spot for FREE.*



**SUBMIT YOUR VIRTUAL OR IN-PERSON EVENT TO [CTNTV.ORG/SUBMISSION-GUIDELINES](http://CTNTV.ORG/SUBMISSION-GUIDELINES)**

WHTN | CHRISTIAN TELEVISION NETWORK • [info@ctntv.org](mailto:info@ctntv.org) • [www.ctntv.org](http://www.ctntv.org)

One Game at a Time:

**Birmingham Legion's**

# Jake Rufe

Jake Rufe said he could have never imagined that he'd be playing for a professional soccer team in Birmingham, Ala., but he knows that God's plans are always bigger and better than anything he could have foreseen.

Rufe, a Huntsville, Ala. native who played club soccer in high school in the Birmingham, Ala. area, joined Birmingham Legion FC as a defender for the 2020 season and has already found playing time on the pitch. "Not long ago I was in Charlotte playing in soccer's third division. The club was struggling, and I didn't even know if the season was going to happen," Rufe said. "I ended up leaving and taking the chance on my next step. God went before me and knew what I needed. I can see God's hand in all the little things that have happened during my soccer career."

**Birmingham Legion FC.** The Birmingham Legion FC is a professional soccer team that is part of the United Soccer League (USL), which is just one division below Major League Soccer (MLS). Players on USL teams often have had MLS experience, or share time during the season with an MLS team, making the quality of play stellar. This is just the second season in Legion FC's existence and follows up on an inaugural season that saw the team make it to the USL playoff quarterfinals, a feat unmatched by any other new league member. The team this year has started off strong in a coronavirus-delayed season that will go through Oct. 3 and any ensuing playoff games. As of August 28, Legion FC's record was 5-1-3 and the team sat in first place in the USL's Group G division. Legion FC, which plays at BBVA Field on the UAB campus in downtown Birmingham, is a favorite family destination and offers special kid-friendly pregame and other activities. Limited capacity and other changes have been made to keep the environment safe amid the Covid-19 pandemic. You can learn about Legion FC's schedule, activities, and more at [www.bhmlegion.com](http://www.bhmlegion.com).

**Journey to Birmingham.** Rufe, 24, played soccer at Grissom High School in Huntsville and was named the Gatorade Alabama Boys State Player of the Year in 2014; he then played collegiately at Indiana University for two years before transferring to and playing three years at Western Michigan University. Before coming to Birmingham, he played professionally with AFC Ann Arbor in the USL's League Two and for Charlotte in the third division. "I started playing when I was four or five at the park like a lot of kids do," Rufe said. "I started playing club soccer in fourth or fifth grade, and then in middle school stopped playing other sports to focus on soccer."

At the beginning of this season, Rufe got in touch with a former club coach in Birmingham who was able to get him a tryout with the Legion team. He arrived on the first day of preseason practice and waited to hear whether he'd made the team. "Each day I was on trial and tension was high, but right before the quarantine I signed here with Birmingham," he said. "It really felt like



**In just his first season with Birmingham Legion FC, Jake Rufe has both started and played in substitution roles as a defender. He hopes to help lead the team to another United Soccer League playoff appearance. Photos Courtesy Birmingham Legion**

home." According to Rufe, the journey to Birmingham reinforced to him that God was at active work in his life. The decision to play for the club soccer coach was something that happened "at the last minute" when he was a teenager, and yet that connection is what brought him to play professionally with Legion FC. "Things happened that I never could have expected," he said.

Rufe said that he's felt right at home since arriving in Birmingham. He's established relationships with other players and he unexpectedly was able to earn immediate playing time. "Circumstantially, I've been lucky enough to start some games and get a lot of minutes," he said. "A lot of players aren't coming to the league and getting time. I've talked about what a great opportunity this is. I have to seize the opportunity and realize this is what I've been training for." When Rufe signed with Birmingham, president and general manager Jay Heaps noted Rufe's "versatility and depth" as key reasons for his addition to the squad.

**Faith Journey.** Rufe grew up in Huntsville's Whitesburg Baptist Church with Christian parents who instilled in him strong values and lessons of faith. His father, Jerry, not only was a former soccer goalie but also a Sunday School teacher at their church while mother Valerie often held Bible studies in their home. Looking back on the way he was raised and on the model his parents set, Rufe said that he now sees how blessed he was. "It's something I think about more and more as I get older," he said. "I can see blessings in their lives because of how they've lived. Now that I have a bigger picture view, their examples definitely inspire me." The challenge now, according to Rufe, is to continue that same sort of faith as he becomes a role model to children and other fans, and as he builds relationships with teammates. He said he's always looked up to professionals who were believers, noting how they've lived their

lives in the spotlight. “You can be on the biggest stage and you don’t have to change what you believe,” he said. “While I’m not well known per se, I definitely see how important that is.”

Rufe has always taken advantage of opportunities when they’ve arisen to share his faith with others. He’s recently been able to talk at his high school and church, and he knows that it’s a big responsibility to represent Christ. He said that the most exciting recent opportunity has been getting to know his new team. Training has always been one of his favorite parts of being on a team and he said that it’s particularly conducive to building relationships. “During the week when we’re not playing, we get to know each other really well. I’ve had a lot of great conversations with people, and I’ve been excited to realize that I have fellow believers on the team,” said Rufe, adding, “It is so encouraging to share struggles and victories with my teammates. I know they face similar temptations and feel pride rise up and it’s good that we identify it for what it is and encourage each other to not let that control our reactions,” Rufe said. “We have spoken on many occasions on how what you dwell on and feed your thoughts is what will drive your desires.”

**The Hopes of the Season.** Rufe said that the 2020 season has been unique for many reasons, the most obvious of which has been the havoc



**Jake Rufe’s parents Jerry and Valerie exemplified Christian faith in his growing-up years in Huntsville, and he continues to rely on them as role models. He is seen here with them and his sister Jillie and brother-in-law Chris.**

caused by the coronavirus pandemic. The time has given him, however, a unique opportunity to grow in his faith while also growing in his ability as a soccer player. He’s spent more time in spiritual growth through Bible study (he’s currently studying Judges, which Rufe said teaches about the cycle of “brokenness, rescue, and deliverance”) and has also improved his performance on and off the field through workouts and playing time. “It was a little tough when we went a couple of months without knowing if we would have a season or not, but then our spirits really changed,” he said. “We realized it was a real privilege to be playing again and to have that opportunity.” Players had individual workouts, then about a month before the season started, they were able to work in small groups. Now, back on the pitch together, the team is trying to replicate what it did last season. “It’s really been a

good start, and we’ve already won a lot of games,” he said. “We have to focus on one game at a time and try to pick up where the team left off last time. I’m just happy to be able to contribute how I can.”

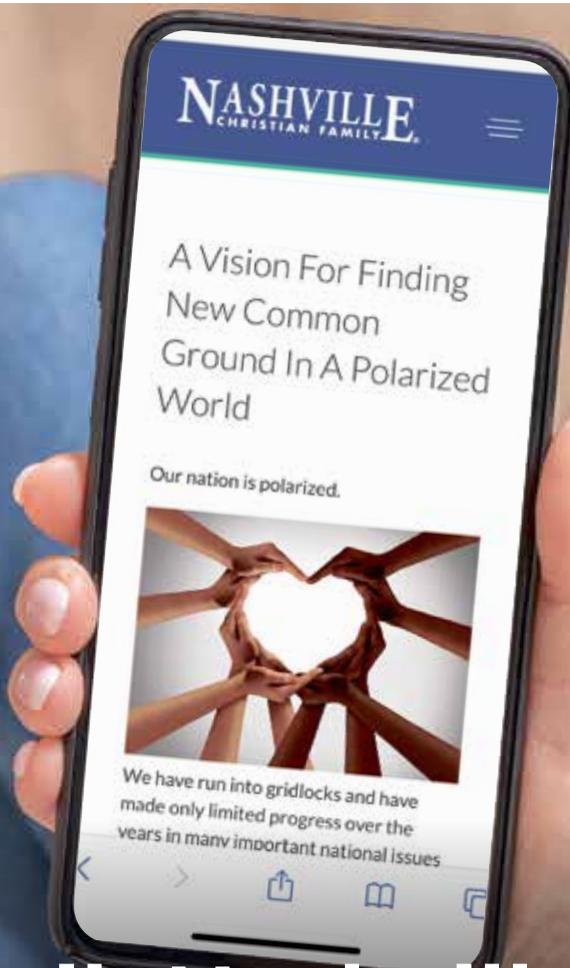
— Cheryl Wray

*Wray writes about sports for the Alabama Media Group, and is the coordinator of the Southern Christian Writers Conference. She lives in Hueytown, Ala. and is married with three daughters and six grandchildren.*



**Read MORE  
Good News  
Online!**

**Access & Share**  
Nashville  
Christian Family  
Using this  
QR Code!



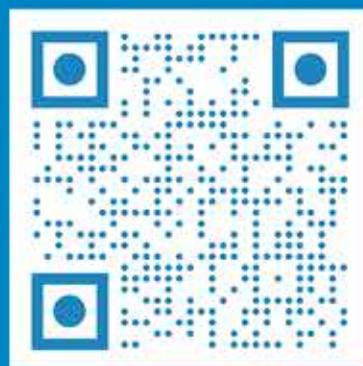
**www.ChristianFamilyNashville.com**



# FIND HOPE



88.7  
89.9



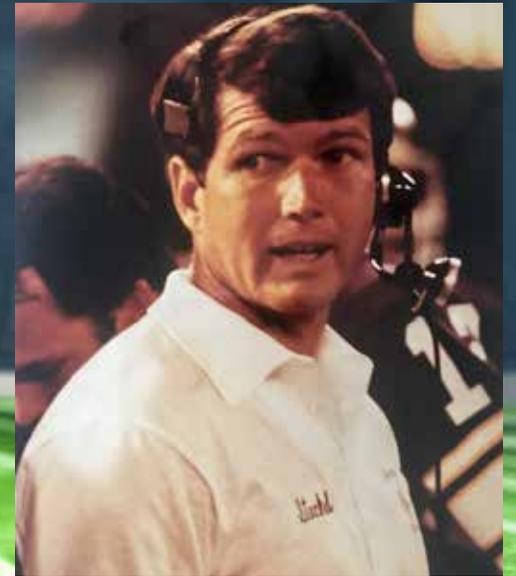
LISTEN  
NOW!

# Serving God's Purpose

Part One



Coach Steckel in training with Steve McNair.



Coach Steckel on the sidelines directing his team to action.

Almost all our readers will remember “The Music City Miracle” and the Tennessee Titans playing in the Super Bowl. Coach Les Steckel of Brentwood, who was the Titans Offensive Coordinator at the time, is a unique part of that legacy. However, my interview with him is about more than one professional football game or even a season. The following includes my questions/comments and his response.

**Your careers with professional football teams...and as a Marine were used by the Lord to help “mold and shape” you. Please explain.**

I joined the Marine Corps the day after I graduated from college. The leadership training and my tour in Vietnam as a young lieutenant helped mature and educate me in many ways. I learned the importance of setting the example through my walk and attitude; of seeking responsibility, and training your men to operate as a team. The challenges of my Marine Corps experience set a foundation of team-building, hard work, and leadership I’d carry into my coaching career. (Proverbs 12:24 – “Work hard and become a leader, be lazy and never succeed.”)

**Share what it was like being the youngest head coach in the NFL when you were with the Minnesota Vikings.**

Being a head coach in the NFL is overwhelming. At age 37, I was definitely not ready to be the head football coach of the Minnesota Vikings. As the youngest HFC in the League, I was naïve, reckless and, at times, out of control. Unbending in the demands I put on the players and oblivious to the need to transition slowly from Bud Grant’s style to mine without a new coaching staff to support me, it was a tough year...and that’s all I got—one year. In retrospect, should I have done things differently? Absolutely. I had a lot to learn. But, if I accomplished anything in that tumultuous year, it was addressing the drug issues that were rampant on our team and throughout the League. While drug testing was not condoned by the League, it was something I believed couldn’t wait, nor the necessary treatment that followed for many of our players. While it didn’t make me popular, the following year the NFL stepped up with league-wide testing which continues still today.

When my wife Chris and I look back on that year (1984), we see God’s hand and redirection in our lives. As ambitious as I was, had I not been thrust into the role of HFC at such a young age, I might have spent the rest of my career chasing it and missed out on what I value most in coaching football---the

relationships with players and the responsibility of developing the strategies of the game.

*“Whenever trouble comes your way, let it be an opportunity for joy. For when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be strong in character and ready for anything.” James 1:2-4*

**What “takeaways” resulted from being Offensive Coordinator for the Tennessee Titans and going to the Super Bowl?**

I was so excited for our team that I still view as the most unselfish, team-focused and talented group of players I have ever had the privilege to coach. Our mantra that year was “it’s amazing how much can be accomplished when no one cares who gets the credit”. To see them run on to the field in Atlanta for Super Bowl XXXIV with all the hype and media blitz in such an electric atmosphere put a huge smile on my face. In a game that certainly didn’t start the way we’d hoped, our second half comeback was indicative of the heart and toughness of this team. In the end we came up “one yard short” – heartbreaking for all of us. It’s a day I’ll never forget. From the kickoff to the final whistle, despite the rollercoaster of emotions that come with a game of that magnitude, God gave me his peace throughout. Even as I knelt to pray at the bed in my hotel room after the game, asking the Lord, “Really? One yard? Why, Lord?” As I waited patiently for some response, I heard clearly in the depths of my mind and heart this challenge: “Les, today your team came up one yard short of victory...do you know how many people out there are one yard short of eternal victory? I expect you to go tell them.” Little did I know what he had ahead for me but it was a turning point in my commitment to share his Truth.

*“We can make our plans but the final outcome is in God’s hands.” Proverbs 16:1*

My interview with Coach Steckel will conclude next month (October) with his comments about the Fellowship of Christian Athletes, retirement and much more. Be watching for more about his interesting and storied career.

— Ralph E. Vaughn

## PARENTING POINTS

### Step By Step As a Stepfamily



September 16 is National Stepfamily Day, founded by Christy Tuing-Borgeld in 1997. Some people prefer the term “blended family” or “bonus family” – however you spell it there are some unique challenges that come with a complex family...

- Discipline can be difficult with his, hers and ours
- Sometimes the other bio parent is jealous of the new step parent and makes it very difficult for everyone
- Kids who travel back and forth between two homes have unique challenges, especially related to school and stress between their bio parents
- Keeping everything “fair” amongst the kids is a challenge for parents
- Marriage in a stepfamily or blended family has extra stress from day one: these couples don’t get any time to just be a couple for a few years – they are instant parents and probably don’t get to sleep in on Saturdays
- Everyone, kids and adults, have “competing attachments” when it comes to emotional situations and some days are quite a struggle
- There are “insider” and “outsider” dynamics at play that often cause hurt feelings or confusion between different members of the family

We recommend that every step parent find another person to talk to besides their spouse because often the core struggles are rooted in how each adult is interacting with the children. Here are some ideas for all stepparents:

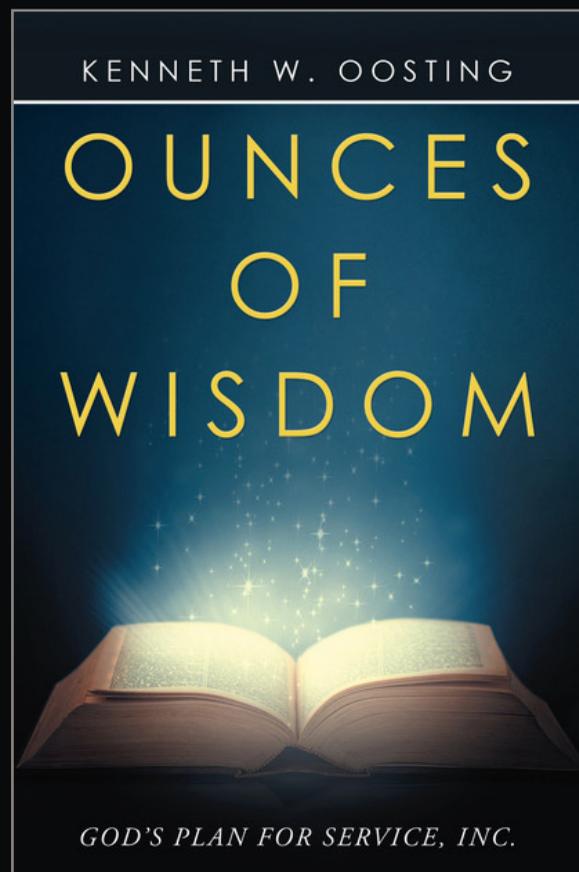
1. Find a counselor to talk to who specializes in complex family
2. Seek out another step parent who may be 5 years down the road ahead of you
3. Explore podcasts, books, trainings and resources to expand your knowledge
4. Protect your marriage by having a regularly scheduled date night and DON’T talk about the kids
5. Take a trip once a year without the kids and enjoy your marriage
6. Consider finding a step couples small group at your church or start one!

Walking with others in the same type family not only provides help and support but you will be surprised how much others can also learn from YOU. Step couples are always better together.

Whatever you do, don’t go at it alone – God didn’t intend us to isolate but to gather together for encouragement and support. Join us October 24 for The Stepmom Connection Virtual Conference! See Calendar page 30 for more details.

— Tammy Daughtry, MMFT

Author and Founder of [CoParentingInternational.com](http://CoParentingInternational.com) and [TheStepmomConnection.com](http://TheStepmomConnection.com). She and her husband live in Nashville and have a blended family of four!



Wisdom can be a guide to action that will lead to success in what we set out to do, bring happiness to others and be pleasing to God.

#### This book will help you apply:

- Both Biblical and Secular Wisdom in Your Christian Walk
- Wisdom and Personal Character
- Wisdom and Goals, Motivation
- Wisdom and Our Behavior
- Wisdom and Living, Legacy
- Wisdom and Our Relationship to Society, Culture
- Faith and Our Relationship To God

ORDER FROM

amazon

BARNES  
& NOBLE

Published by God’s Plan for Service, a Williamson County ministry

- Broadcasts on WAKM (950AM) Monday through Friday
- Free online programs weekly upon request
- Prisoner ministry

# How To Uncover Your God-Given Gifts In This Unlikely Way

We have to pray and ask God to reveal our spiritual gifts to us. Have you ever stopped to consider which spiritual gifting God has given you, or why these gifts matter?

Maybe you haven't because you don't consider yourself to be an "advanced" Christian. You might think these gifts are only reserved for people who seem to have life all figured out.

But you should never discount yourself this way. Whether you consider yourself a devout Christian or not, be careful not to underestimate God's calling on your life. He created every person with a special assignment in mind, and spiritual gifts are a part of that.

Discovering which gifts God has uniquely placed in you is an exciting journey I believe everyone should pursue. To begin this search we must first ask: What are the spiritual gifts?

The Apostle Paul explained the nature of God's spiritual gifts in great detail in several New Testament letters, but Romans 12 is a great place to start. He writes in verses 6-8, "We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully."

If after reading this list you feel at a loss, I'd point you to 1 Corinthians 12:27 where Paul again writes about spiritual gifts saying, "Now you are the body of Christ, and each one of you is a part of it."

There you have it! Every believer is meant to play a role and use their God-given gifts. Though Paul was writing to the first Christians who lived more than 2,000 years ago, the Spiritual gifts he describes are just as real, accessible and relevant today as they were then. So the question then becomes for each of us, "Where do I fit into all of this?"

I had to ask myself this question not long ago when I took a class on leadership through my church, C3 NYC. During one of our sessions, the group leader asked us to try to remember a time when we were hurt or rubbed the wrong way by an experience at church. Not your every-day prompt! Her next point amazed me.

She shared that oftentimes, as they relate to the church, the things that annoy or upset us should actually be treated as guideposts pointing us to our innate passions. In other words, we are bothered by the things we care about the most. She went on to explain that the passions often serve as signs of our spiritual gifts.



For example, a person who is frequently frustrated by a lack of substance in their church's sermons could possess the spiritual gift of teaching. In another sense, a person who feels neglected by their church community could possess the spiritual gift of encouragement. Though this is a counterintuitive method, we should keep in mind that many things about God's kingdom are in fact counterintuitive due to the broken state of our sin-filled world.

Why can we gain insight into our spiritual gifts by considering areas of our spiritual walk where we feel either hurt or inadequate? Because the enemy often uses not just our weaknesses, but our strengths against us.

Jesus warned us, "the enemy comes to kill, steal and destroy;" (John 10:10). The areas where God plans triumph for His Kingdom are the same areas in which the enemy will try to tear down--and we are a part of that equation. That is precisely why God gives us Spiritual gifts, to develop our individual spiritual journeys and to advance His Kingdom.

Ultimately, we have to pray about these things and ask God to reveal our spiritual gifts to us because, just like any other gift, they were not ours first. Most importantly, they are called "gifts" because they are not earned. As Paul explained in 1 Corinthians 3:7 "So neither the one who plants nor the one who waters is anything, but only God, who makes things grow." God is gracious and His love for us is beyond our comprehension. Every good thing comes from Him, and though we don't deserve them, we receive them by faith alone.

Our spiritual gifts are a way for us to more richly experience God's love and to empower us to contribute to His greater plans. Jesus said later in John 10:10 that He came to "give us life, and to give it to the fullest." That is why He not only saves us but gives us an opportunity to partner with Him and participate in His beautiful plans. No gift is greater than that! "There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. There are different kinds of working, but in all of them and in everyone it is the same God at work" (1 Corinthians 12: 4-6).

— *Christen Limbaugh Bloom is the creator of Haplous, a Christian blog for women seeking peace in a stressful world. Her writing focuses on practical "baby steps" individuals can take when pursuing a relationship with God. You can follow Christen's blog on Instagram at @haplous\_official and her website at [www.haplousofficial.com](http://www.haplousofficial.com).*

THIS ARTICLE WAS FIRST PUBLISHED BY FOX NEWS

## THE HOME FRONT

### You May Think That Your Home Is On Solid Ground

This isn't a metaphorical question; we're being quite literal here: is your home on solid ground? Your first reaction is probably, "Of course it is!" Your second reaction is probably, "What a dumb question!" And, you wouldn't be alone. Most people assume their homes are built on what we've come to call "solid ground." After all, who would build a home or any other structure on anything but?



The answer may surprise you. That's because the soil under and around our homes is often not as stable as we might think. In fact, the ground beneath your home is actually made up of many different layers of soil, each with its own properties, such as moisture content, density and material type (clay, sand, etc.). Over time, these layers can wash out, soften as they are wetted or shrink as they dry out.

#### • Softening Soil

Think about stepping into some mud. That mud "squishes" underneath the weight of your body, and you sink into it, right? The same thing happens — only on a much larger scale — when certain types of soil become saturated with rainwater or snow melt and the massive weight of a home and its contents causes the entire structure to sink or settle. When this happens, it can cause a whole host of foundation problems throughout the house, including uneven floors, sticking doors and windows and ceiling gaps.

#### • Soil Washout

Sometimes a large quantity of water, either from a broken pipe or severe weather event, can cause portions of the soil beneath your home to wash out completely, leaving empty space that can't support the weight of the structure above it. This, too, can cause the home's foundation to settle and sink.

#### • Shrinking Soil

Just as too much moisture can be a problem, too little moisture can also cause issues with your home's foundation. During prolonged drought conditions, clay soils can dry out and shrink, leaving voids that are unable to support the weight of your home. As with moist or washed-out soil, this can also lead to foundation settlement.

#### • Poor Fill Soil Compaction

When your neighborhood was created, the developer likely moved soil around, removing it from hilltops and placing it in valleys to create flat, buildable lots. That soil — known as fill soil — needs to be adequately compacted to support the weight of the homes built on it. If it isn't, those structures can, over time, sink into this poorly compacted fill soil.

— Brittney Gebers, Director of Marketing at Frontier Basement Systems, 615-547-8701, [www.ChristianBasement.com](http://www.ChristianBasement.com)

# MEET US BEFORE WE MEET YOU!

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



## PEST, Inc.

PEST ELIMINATION SERVICES OF TENNESSEE

# 615-851-4912

[www.pestinc.net](http://www.pestinc.net)

*Serving the Greater Nashville area since 2001*

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

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

**Check us out on Angie's List**

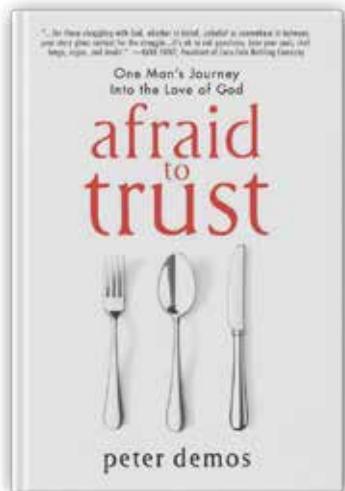


## BEST BOOKS

Brought to you by:  
**Community Partner Demos Brands**  
[www.demosbrands.com](http://www.demosbrands.com)



### How Can We "Trust Jesus"?



In my book, *Afraid to Trust, One Man's Journey Into the Love of God*, I tell the story of crises in my life. Some of these were personal, some professional, but all felt horrible as I was living through it. It was simple for people to say, "Turn it Over to the Jesus"

Yet, what does this mean? It is not like I want to hold on to it. I would love to give it away like I can give away a pen or my watch. But how??

Christian speak is a problem that all Christians have. We say words knowing it is true, but we don't give the practical

advise during that time. I had to learn what it meant to turn something over to Jesus.

In 1 Peter 5:7 Peter says to cast your anxieties to Him because he cares for us, but in verse 6, Peter says that we must humble ourselves before God.

Combined, the verse reads....

"6 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, 7 casting all your care upon Him, for He cares for you."

So, how do we express humility? Humility is the opposite of pride.

We must have humility to cast these cares on Jesus. We cannot cast them to Him if we come to him in pride. By saying "Me do it."

When I am unwilling to submit to authority because deep within me, I believe I could make better decisions than the person God has placed over them. So, I may submit outwardly but inwardly I struggle to accept the subordinate position I am in.

Therefore, the best way I have found in turning my pride into humility is through the act of praise. When I openly express praise to God the Father, Jesus His Son and my Lord, and the Holy Spirit my advisor, then I have to admit through that praise that God is on top and I am below.

Whenever we are struggling with a crisis and I am searching for help, I start with praise, and even though the circumstances my not change, my attitude does as Jesus starts taking my cares on His shoulders.

— Peter Demos, President of Demos' Brands of Restaurants which includes Demos' Restaurant, PDK Southern Kitchen and Pantry, Demos Family Kitchen, speaker and author of *Afraid to trust: One Man's Journal Towards the Love of God*



If something in this month's issue of

# NASHVILLE CHRISTIAN FAMILY

has awakened in you a desire to learn more about the **Freedom** and **Eternal Life** that Jesus Christ offers, we encourage you to seek out a **Bible-based church in our community.**

*We believe this is the  
MOST IMPORTANT DECISION  
you can make for  
yourself and your family.*

**God Bless You!**



[www.ChristianFamilyNashville.com](http://www.ChristianFamilyNashville.com)



[www.facebook.com/NashvilleChristianFamily](http://www.facebook.com/NashvilleChristianFamily)

## HASSLE FREE ZONE

### How to Save Time When Cleaning



Cleaning the home is a chore that quickly swallows free time. Fortunately, it's also one of the easiest routines to adjust to save time and improve efficiency. Molly Maid has been in the business of cleaning homes for more than 30 years and is armed with time-saving tips.

#### 3 Ways to Spend Less Time Cleaning

Use these three time-saving tips from Molly Maid, and you'll be able to maintain your home and take back control over your free time.

1. Set a timer for a 15-minute burst of cleaning. One of the easiest ways to save time while cleaning is to do a little decluttering every day. Spending just 10 to 15 minutes a day to tidy up really can save you a lot of time and grief on big cleaning days. Have a designated location for everything; this can increase your productivity when you're cleaning.
2. Start from the top, and work your way down. Gravity affects everything, even household dust. Save the floors for last. Otherwise, you'll knock dust onto the floors and have to clean them twice.
3. Clean as you go. This is a tried-and-true way to save time when cleaning, especially when it comes to your kitchen and bathroom. While cooking, be sure to wipe surfaces as you go and place prep utensils and bowls in the sink. Clean spills on your stovetop as they happen so you can prevent crusted-on stains. Similarly, be sure to wipe away any soap scum or toothpaste on your bathroom sink daily. Keep basic cleaning supplies in buckets throughout your home for easy access. It will help you build good habits.

#### Ways to Spend Less Time Vacuuming

The typical family of four will vacuum their living room about 104 times a year. While these tips won't cut down on the number of times you have to vacuum – families can be messy! – they will make vacuuming more efficient.

1. Prepare the room. One of the easiest ways to save time when vacuuming is having the room ready: Pick up loose items on the floor, and pull furniture away from the walls to make running the vacuum easier, with fewer starts and stops.
2. Perform regular maintenance. The majority of vacuums get tossed to the curb when the belt breaks or wears out. If your vacuum loses suction, it's likely because the rubber belt is stretched, which impedes the brush. For a few dollars and the help of a repair shop, you can often bring your vacuum back to life again for less than the cost of a new vacuum.
3. Invest in a couple of options. Having a small hand vacuum with a beater bar can be extremely helpful when vacuuming upholstery and carpeted stairs. Their handheld, maneuverable nature can save you countless minutes and help you avoid the hassle of using a larger vacuum. You should also consider purchasing a small vacuum to keep in or near a bathroom for quick floor cleaning.
4. Empty the debris bag or bin. Always start vacuuming with a clean debris bin or bag. This helps create more suction and prevents you from having to stop and dump debris in the middle of vacuuming.

Contact your local Molly Maid today! 615-794-0200 or 615-603-3766.

— Ashley Farrar

## HOMETOWN HERO

### A Celebration of the Community

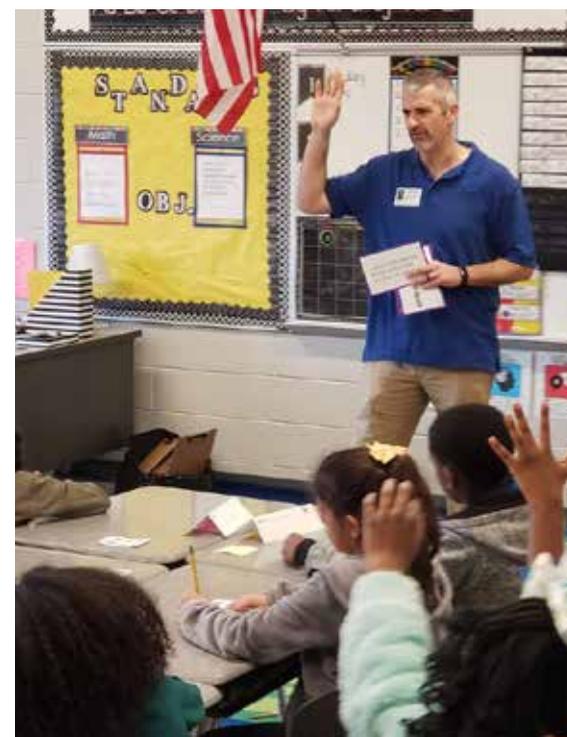
With the recent World Humanitarian Day celebrated on August 19, we can appreciate the fundamental values of differences in one another. We look to encompass what that means as we reflect on ourselves during times of uncertainty, because out of despair comes ingenuity, and out of absence comes recognition. Doing Good takes the time to not only acknowledge, but also uplift and recognize the extraordinary people in our community that continue to contribute in their own way.

James King of Williamson County, the neighborhood superhero, is playing his part by fixing bikes for the children and youth in his community, free of charge. During the pandemic, he has channeled his frustrations with it to contribute more than before the shutdown. He has expanded the neighborhood soccer games to three times a week in an effort to help the children with social anxiety or are feeling cut off and having a hard time coping with the solitude. Ushered by an intensity to give back, James recognizes parents are working to provide for their family and supports them by recognizing the need to help children comply to maintain safety while also getting them outside to simply be a kid.

"I feel like God has blessed me incredibly, and I want to do whatever I can to help anyone who is in need," James King replied when asked, "Why do you volunteer?" Besides his bike fixing super powers, James maintains it is extremely important to him to serve others through financial education for all as well as a multitude of services for refugees, children in foster care, and of course, soccer education. When you think he's exhausted his super powers, he modestly reveals teaching financial literacy for Junior Achievement of Middle Tennessee, leading singing in Spanish for multiple churches (translating English to Spanish and vice versa), and fighting local crime. Ok, maybe not fighting local crime with only so many hours in a day, but well... you get the point. Did we mention James works with Pinnacle Financial Partners, is also a doting father, and a foster parent as well?



**James King of Williamson County is this month's Hometown Hero.**



*continued on page 25*

# HOMETOWN HERO

continued from page 24

Other nonprofits in which James King is actively involved in addition to Junior Achievement of Middle Tennessee, is Iglesia de Cristo Crieve Hall, Iglesia de Cristo Berrys Chapel, Catholic Charities of Tennessee, Inc., Williamson County Soccer Association, and teaching children, youth, and others as time allows. James touches the lives of many in his community selflessly. James' favorite quotes are, "Love the Lord your God with all your heart, soul, and mind" and his second favorite is similar, "Love others as much as you love yourself." James King is best described as exceptional, though any one word may be an understatement.

James King recognizes the trivial conception of assumptions, saying he understands that which he considers common knowledge for himself, may not be common to others. One example is consuming fruits and vegetables weekly, if not daily, to maintain a healthy lifestyle. "I've come across folks who didn't know they should be eating fruits and vegetables to stay healthy. I considered that to be common knowledge, but what I've learned is people know what they grew up with and common knowledge is not always common," says James.

We're only human, but when we do good, we become humanitarians...or, superheroes. We recognize our power is not only in numbers, but when and



**King leads financial seminars for Pinnacle Financial Partners.**

how we answer the call. The children will remember us, not for our shortcomings, but for our triumphs during difficult times. Not how hard we fell, but how strong we had to be to stand up. As curious children ourselves, we often wondered who the real superheroes were and captivated by their superhuman strength and magical powers, but the truth is...if we just look close enough and recognize the power of one person doing his or her part, real superheroes are all around us.

This year's volunteers are celebrated by Doing Good, a local 501c3 nonprofit which celebrates those who do good. For more information or to nominate someone for Nashville's Volunteer of the Month, visit [DoingGood.tv](http://DoingGood.tv).

Doing Good is a 501c3 non-profit which provides marketing and public relations tools, resources, and opportunities to non-profit and government agencies to celebrate their volunteers. [www.DoingGood.tv](http://www.DoingGood.tv)

— Ronald Lewis, Jr.

## NASHVILLE CHRISTIAN FAMILY

### Here's what one of our advertisers has to say about their experience with Nashville Christmas Family:

"I have worked with the Nashville Christian Magazine for a couple of years. My experience with this company has been exceptional. The designers are easy to work with, and very creative. At Wang Vision 3D Cataract & LASIK Center, we are constantly producing new material for our readers. A brand new ad is created every three months. The Nashville Christian Magazine designs these beautiful ads and articles. They have a quick turnaround and never miss a deadline. I highly recommend the Nashville Christian Magazine to anyone looking for marketing opportunities, business inquires, or just for pleasure reading."

**Ming Wang,**  
Harvard & MIT (MD); PhD  
(laser physics)



Contact us today to see how we can help you SPREAD GOOD NEWS and GROW YOUR BUSINESS in 2020! 615-815-8765

Tennessee Christian  
CHAMBER OF COMMERCE

Bringing Ministry to the Marketplace

### SEPTEMBER LUNCHEON



**Keynote Speaker**  
**Dr. Dan Boone**  
President  
Trevecca Nazarene University

Tuesday, September, 29  
10:45am - 1:00pm  
Cornerstone Church  
726 W Old Hickory Blvd  
Madison, TN 37115

EXHIBIT SPACE  
AND  
SPONSORSHIPS  
AVAILABLE

REGISTER AT [tnchristianchamber.org](http://tnchristianchamber.org)

#### PARTNER SPONSORS



FELLOWSHIP SERVICE EDUCATION

# 5 Famous Friendships That Changed The World

National Friendship Day arrived this year amid escalating cultural tensions and ongoing civil unrest.

If there was ever a time when good friends and strong bonds of personal affection were needed, it would be now.

From childhood pals to college companions, to neighbors, work colleagues and even the occasional acquaintances at school, church or the local grocery store, friends add a wonderful dimension and enjoyment to everyday life. Each one of us could likely name a number of people whose friendships have changed our lives in ways big and small, but it's occurred to me there have been many amiable alliances that have also changed the world.

**Jesus and John:** As one of Jesus' twelve apostles, there is a consensus among biblical scholars that John was perhaps Jesus' closest earthly companion, "the disciple whom Jesus loved."

From the Scriptures we learn that John was a steady, strong and stabilizing force among Jesus of Nazareth's early followers. Although he was God's son, Jesus was also human and subject to the strains and stresses of life. His friendship with John likely fortified and inspired Him during three years of active and history-making ministry.

**Good friends serve as a ballast in the storms of life.**

**Martin Luther and Philip Melancthon:** As the founder of the Protestant Reformation, the German professor, theologian and priest Martin Luther relied heavily on his fellow scholar friend, Philip, whom he met at the University of Wittenberg.

Melancthon's systematic theology writings influenced Luther, whose "95 Theses" propelled a worldwide spiritual revolution.

**Good friends lift and fill us up and leave us better than before we met.**

**John Adams and Thomas Jefferson:** Long considered the "odd couple of the American Revolution," Adams and Jefferson were opposite in appearance (Adams short and stocky, Jefferson tall and regal) but united in mission. It was Adams who asked Jefferson to draft the Declaration of Independence, and the two men remained close throughout the historic fight for freedom from Great Britain. A political rivalry erupted when Adams ran for the presidency in 1796, and the strained relationship

turned bitter until 1812 when Adams extended an olive branch in the hope of reconciliation. For the next 14 years the two men resolved their feud over the course of 158 letters.

In 1823, Jefferson wrote to his former rival, "Crippled wrists and fingers make writing slow and laborious. But while writing to you, I lose the sense of these things, in the recollection of ancient times, when youth and health made happiness out of everything."

**Good friends can disagree and work through their differences.**

**Susan B. Anthony and Elizabeth Cady Stanton:**

Early opponents of slavery, Susan and Elizabeth expanded their focus to securing voting rights for women and their broader involvement in public life. Where Stanton, a mother of seven, provided vision and voice, Anthony was the community organizer, traveling extensively and rallying volunteer activists to put feet to the effort.

Though neither Stanton nor Anthony lived to see the passage of the 19th amendment in 1919 that gave women the right to vote, it was their collective efforts that made it possible.

Asked about her best memory of her friend, Stanton, Susan B. Anthony once replied, "When we were digging together. When she forged the thunderbolts and I fired them."

**Good friends battle together towards a shared vision.**

**Thomas Edison, Henry Ford, Harvey Firestone and John Burroughs:** Calling themselves the "Four Vagabonds," the elite quartet (along with family members) took yearly camping trips for over a decade through the Adirondacks and New England, as well as to Virginia, West Virginia, North Carolina and Michigan.

Rising visionaries in their respective fields of business, technology, automotive and nature exploration, the influence of the mastermind group catapulted each man to new professional and personal heights.

Good friends help shape and sharpen our goals and dreams.

It was the English writer C.S. Lewis who once wrote, "I have no duty to be anyone's friend and no man in the world has a duty to be mine. No claims,

no shadow of necessity. Friendship is unnecessary, like philosophy, like art, like the universe itself... It has no survival value; rather it is one of those things which give value to survival."

It would be impossible for me to list all of my friends who have given value to my survival. From my neighborhood pals Derek and Sean Breen, Chris Geng and George Walters to my running guru and friend Russ Josephs to the gang of guys here in Colorado who have shaped me – Ron Reno, David Bervig, Marlen Wells, Dave Corsten, Al De La Roche and Mark Hufford – and now my social media army of friends from all the eras of my life – each and every one is a part of me, and I hope and pray I have somehow contributed to them.



My mother always used to say the best way to have good friends is to be one. I'm not so naïve as to think our nation's problems could be solved solely by a friendship revolution – but they could certainly be soothed if everybody took a big deep breath and recognized that everybody is fighting a battle. Put an arm of friendship around your neighbor and open your heart to other people's needs.

Take a moment to reach out to your friends today – or make a new one. Let people know how much they mean to you. They'll probably relay to you how much your friendship means to them.

— Paul J. Batura is a writer and the author of seven books, including, "GOOD DAY! The Paul Harvey Story." He can be reached on Twitter @PaulBatura or by email at Paul@PaulBatura.com.

THIS ARTICLE WAS FIRST PUBLISHED  
BY FOX NEWS

## KIDS KORNER

# Holy Strength

### BIBLE TRUTH

Through God all things are possible!

### WHAT THE BIBLE SAYS

Matthew 19:26

Jesus looked at them and said, "With man this is impossible, but with God all things are possible.

### HANDS-ON EXPERIMENT

## Pop a Balloon Inside a Balloon

### INGREDIENTS

- Magnifying Glass
- Black Balloon
- Clear Balloon

### INSTRUCTIONS

STEP 1: Push the black balloon inside the clear balloon. Inflate the black balloon. Tie the black balloon.



STEP 2: Inflate the clear balloon, so the black balloon can move freely inside the clear balloon. Tie the clear balloon.

STEP 3: Using the magnifying glass, focus a beam of light, from the sun, through the clear balloon, to the black balloon, and observe. Describe what happens when you place the balloons in the path of the beam of sunlight. Provide evidence energy was transferred to the black balloon by the beam of sunlight.

### EXPLANATION

The black balloon quickly pops, while the transparent balloon stays inflated. The magnifying glass allows you to concentrate a beam of sunlight through the transparent balloon to one spot on the opaque or black balloon, which eventually weakens the rubber, causing the balloon to pop. The black balloon absorbs the beam of sunlight causing the balloon to heat up, weaken, and pop.

### BIBLE CONNECTION

God is more powerful than a magnifying glass and when we absorb his power, just like the black balloon absorbs the energy from the sun, anything is possible.



— Jason Lindsey  
STEM Certified Educator,  
Science Multimedia Journalist,  
and Digital Meteorologist  
EMAIL: [jlindsey@hookedonscience.org](mailto:jlindsey@hookedonscience.org)  
[www.hookedonscience.org](http://www.hookedonscience.org)

# Better than what mom used to pack.



# PDK

SOUTHERN KITCHEN & PANTRY

## Ask us about catering for your group.

Box Lunches | Full Service Catering | PDK Delivers

615-848-1777

[pdkSouthernpantry.com](http://pdkSouthernpantry.com)



[www.mygospel365.com](http://www.mygospel365.com)



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



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

***Want To Hear Your Favorite Song or Artists...  
Check Out The Request Section on the Front Page of  
[www.mygospel365.com](http://www.mygospel365.com)***

# TOTAL LANDSCAPE SOLUTIONS

## Landscaping

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

## Water Features

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

## Hardscapes

- Decks/Patios
- Retaining Walls
- Gazebos/Arbors

## Reclamation/Renovation

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



# Landscaping by **JOEL**

**Creating Custom Environments  
at a Price You Can Afford**

**Joel Angulo  
615.642.4492  
20 years experience**

## TEACHABLE MOMENTS

### GOD'S PLAN FOR SERVICE: Are You Ready For Servanthood?

Let's talk about what it means to be ready for servanthood, the art and practice of being an effective servant. We tend to think of a servant as being in a lowly state with low pay and low esteem as seen by others in society. However, Jesus said (Matthew 20:26), "whoever wants to become great among you must be your servant, and whoever wants to be first must be your slave" (servant). So this means that if we want earthly greatness (significance), instead of seeking power and authority, we should seek to be a servant.

Jesus was our role model as a servant. Mt 20:27 records Jesus as saying, "Just as the Son of Man did not come to be served but to serve, and to give His life as a ransom for many." There can be no greater role as a servant than to give one's life. In Philippians 2:7 Jesus Christ is described as having "made himself nothing, taking the very nature of a servant." In our society you might have seen or heard the expression, "Land of the free because of the brave." Many have lost their lives in our armed services serving the rest of us. Look around you to see the many who are happily serving others today.

An outstanding example of servanthood was recorded by Luke (1:38) where he quotes Mary, the Mother of Jesus, as saying, "I am the Lord's servant . . . May it be to me as you have said." Mary was told of the servant role God had determined for her and she readily accepted it. Another example of servanthood in the Bible is "the good Samaritan" (Luke 10:25-37). When others refused to help the stricken man, the Samaritan became his servant even though from a different culture.

What are we to do as a servant? John (12:26) records Jesus as saying, "Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me." Think about that statement.

"Where I am, my servant also will be." So when we find Jesus Christ, that is where we are also to be. Jesus Christ took on the "very nature of a servant." This means being devoted to service for others. Jesus offered us salvation, eternal life in Heaven. There is no greater gift. Yet in His life on earth, He modeled servanthood, the behavior dedicated to serving others, even when the world He was serving rebuked Him.

You might be thinking, how would I make things happen as a servant? Robert Greenleaf in his book *Servant as Leader* said, "The servant-leader is first. It begins with the natural feeling that one wants to serve. Then conscious choice brings one to aspire to lead. That person is sharply different from one who is leader first. The leader-first and the servant-first are two extreme types." A servant-leader seeks to empower others and through this a whole organization is lifted.

This brings us to thinking about how each of us could be a servant. To be a servant requires an attitude that says that we love others and we want the best for them. We add the willingness to exert our own energy to secure what is best for them. The opportunities are boundless whether in our own family, our friends, those we see everyday or complete strangers. One final thought from Scripture; 2 Timothy 2:24 tells us we need to be a "workman approved by God." "And the Lord's servant must not quarrel; instead, he must be kind to everyone, able to teach, not resentful." Servanthood means looking for ways to serve others and then performing that service without thought of any reward. Servanthood requires no further preparation. It can start now.

— Kenneth Oosting, Ph D - [kwo@oosting.com](mailto:kwo@oosting.com)

## 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.*



# SEPTEMBER 2020 Calendar



## List Your Event!

If you have an event you would like listed in the Nashville Christian Family Community Calendar e-mail us at: [NCFPublication@gmail.com](mailto:NCFPublication@gmail.com) subject line - Calendar

### ONGOING

**NOTE: The events below are subject to the COVID-19 Federal and State guidelines**

#### Tennessee Christian Chamber of Commerce – Monthly Luncheon

Last Tuesday of every month except December have resumed. Connection Groups - Networking/Leads Meetings held in these locations: Brentwood, Cool Springs/Franklin, Hendersonville, Mt. Juliet, Murfreesboro. For meeting locations, times and dates or for more information about the Chamber and events, visit [www.tnchristianchamber.org](http://www.tnchristianchamber.org) or email [rstringfellow@yahoo.com](mailto:rstringfellow@yahoo.com).

## Coming in OCTOBER

#### October 23-24 – The Stepmom Connection Conference

Join stepmoms from around the country for an inspiring virtual conference October 24th. Registration includes a 30 day access to all 15 sessions. Details at: [www.thestepmomconnection.com](http://www.thestepmomconnection.com)



## CHRISTIAN HUMOR



If something in this month's issue of

# NASHVILLE

CHRISTIAN FAMILY

has awakened in you a desire to learn more about the Freedom and Eternal Life that Jesus Christ offers, we encourage you to seek out a Bible-based church in our community.

**We believe this is the MOST IMPORTANT DECISION you can make for yourself and your family.**

God Bless You!

[www.ChristianFamilyNashville.com](http://www.ChristianFamilyNashville.com)

## ABOUT OUR ADVERTISERS

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

**Ben Davis** – [www.selectpointe.com](http://www.selectpointe.com), 615-

**Bott Radio Network** – [www.bottradionet.com](http://www.bottradionet.com), 615-871-1160

**Cool Springs MD** – [www.coolspringsmd.com](http://www.coolspringsmd.com), 615-283-7291

**Demos** – [www.demosrestaurants.com](http://www.demosrestaurants.com), [www.pdksouthernpantry.com](http://www.pdksouthernpantry.com), 615-848-1777

**Farland Café** – [www.farlandcafe.com](http://www.farlandcafe.com), 615-376-7757

**Frontier Basement Systems** – [www.christianbasement.com](http://www.christianbasement.com), 615-547-8701

**Jack Rabbit Cleaning Services** – [www.jackrabbitcleanchoices.com](http://www.jackrabbitcleanchoices.com), 615-594-9052

**Larry Crain** – [www.csafirm.com](http://www.csafirm.com), 615-376-260\

**Lee Company** – [www.leecompany.com](http://www.leecompany.com), 615-567-1000

**Molly Maid** – [www.mollymaid.com](http://www.mollymaid.com), 615-794-0200

**My Gospel 365** – [www.mygospel365.com](http://www.mygospel365.com), 615-375-1212

**P.E.S.T., Inc.** – [www.pestinc.net](http://www.pestinc.net), 615-851-4912

**The Fish 94FM** – [www.94fmthefish.net](http://www.94fmthefish.net), 615-367-2210

**TN Christian Chamber of Commerce** – [www.tnchristianchamber.org](http://www.tnchristianchamber.org), 615-815-8765

**Vista Points** – [www.vistapoints.org](http://www.vistapoints.org), 615-758-4660, 888-422-4076

**Wang Vision Institute** – [www.wangvisioninstitute.com](http://www.wangvisioninstitute.com), 615-321-8881

**WayFm** – [www.wayfm.com](http://www.wayfm.com), 615-261-9293

**WHTN TV** – [www.whtntv.org](http://www.whtntv.org), 615-754-0039



# Foundation Problems?

**FREE, NO CONTACT INSPECTIONS**

# Frontier

- HEALTHY CRAWL SPACES
- DRY BASEMENTS
- FOUNDATION REPAIRS

**FAMILY OWNED**  
Since 2001

**ALL THINGS BASEMENTY!**



**615-547-8701**

**ChristianBasement.com**





**BEST OMELETTES IN TOWN**  
**BREAKFAST SANDWICHES**  
**BISCUITS & GRAVY**



◆ **PANCAKES** ◆

**BREAKFAST BURRITOS**

— ★ ★ ★ —  
**MAKING**  
**BREAKFAST**™  
*Great Again*

**BREAKFAST**  
**ALWAYS SERVED**

**COME FOR LUNCH**



Farmland Cafe is owned and operated by Eric and Judy Crilly. We love our customers and pray everyone who enters this place find it clean, fun and satisfying. It is our desire to make Farmland Cafe a place where everyone is glad they chose to stop in.

It is also our heart that everyone come to a saving knowledge of the One True Living God, Our Lord and Savior, Jesus Christ. Through Him we have found life eternal and through Him we have hope!

*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.

**7-2 MONDAY - FRIDAY 10 - 2 SUNDAY**

**PHONE ORDERS: (615) 376-7757 | FARMLAND CAFE | 5111 PETER TAYLOR PARK DR, STE 100 | BRENTWOOD, TN 37027 | WWW.FARMLANDCAFE.COM**