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## OUR MISSION



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

## FROM THE PUBLISHER

### The Gospel of Luke: He Is Risen!

Chapter 23: 44-56

#### The Death of Jesus

*“It was now about noon, and darkness came over the whole land until three, because the sun’s light failed. The curtain of the sanctuary was split down the middle. And Jesus called out with a loud voice, “Father, into Your hands I entrust My spirit.” Saying this, He breathed His last. When the centurion saw what happened, he began to glorify God, saying, “This man really was righteous!” All the crowds that had gathered for this spectacle, when they saw what had taken place, went home, striking their chests. But all who knew Him, including the women who had followed Him from Galilee, stood at a distance, watching these things.”*



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

#### The Burial of Jesus

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

Chapter 24: 1-12

#### Resurrection Morning

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

Please take time to worship with your family in the true meaning and spirit of Easter. HALLELUJAH, HE HAS RISEN!!

*Above Scripture taken from the Holman Christian Standard Bible.*

Robert Stringfellow, Publisher, 615-815-8765  
[publisher@nashchristian.com](mailto:publisher@nashchristian.com)



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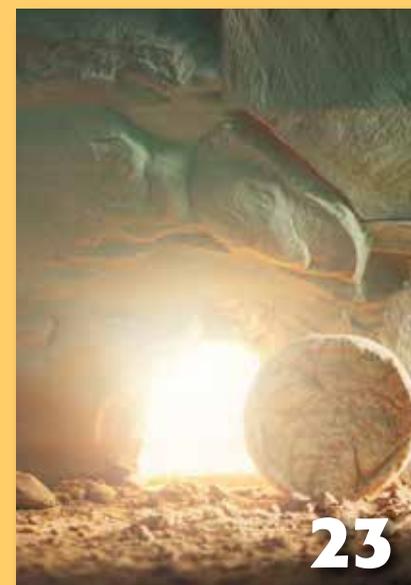
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**Inspiration From the Bible: The Book of Isaiah**

As with the book of Revelation in the New Testament, the book of Isaiah from the Old Testament has provided William Hallmark with great influence and inspiration for his artwork. Many beautiful images can be imagined and created from the Scriptures of Isaiah, a book of the Bible that was written approximately 700 years before the birth of Christ.

Isaiah contains some of the most astonishing Messianic oracles in the Old Testament. Many Scriptures in Isaiah read and feel very similar to the New Testament Gospels and the book of Revelation, especially concerning the prophecies of judgement and redemption. Isaiah 53 is a chapter that clearly predicts the coming of a Savior by describing future events in the life of Christ, including describing how Jesus would be treated here on earth as a “man of sorrows” and His death “as a lamb to the slaughter” that would be atonement for the sins of the world.

William has always loved the concept of a lion and a lamb lying together in calmness, peace and tranquility. However, there is no description of this image in Isaiah or any other book in the Bible. This has caused some controversy.

There is descriptive Scripture in Isaiah 11, “*The wolf shall dwell with the lamb, the leopard shall lie down with kids, the calf and the young lion and the fatling together; and a little child shall lead them. And the cow and the bear shall feed, their young ones shall lie down together, and the lion shall eat straw like the ox.*”



“Serenity”



“The Lamb Of God”



“The Peaceful Wolf”

Even though there is no mention of a lion lying with a lamb, in this symbolic verse, William feels that it is an abbreviation of the verse where the most powerful animal, the lion, is lying with the weakest, the lamb and other animals are omitted but the meaning of the verse remains the same.

The books of Revelation and Isaiah are two of William’s favorite in the Bible. “These is such a variety of ideas, images, and symbolisms that an artist can get inspiration to create new pieces”, he says.

— Cori Hallmark

Visit [www.williamhallmarkartist.com](http://www.williamhallmarkartist.com) or email [williamchallmark@gmail.com](mailto:williamchallmark@gmail.com) for information about the artist and purchasing prints of William Hallmark’s art.

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## MISSION MAKERS

### The Courage of Christopher

Meet Christopher. Christopher is a delightful 31-year-old who lives with his parents in their single-story home. Christopher has a diagnosis of Spastic Quadriplegic Cerebral Palsy and Epilepsy, both of which have resulted in Christopher being almost fully dependent for all mobility and activities of daily living.



Christopher is able to navigate the home and community environment with his power wheelchair, but he is a full lift transfer in and out of the chair. Once on the floor, Christopher can scoot on his knees for short distances and pivot. His parents built the home to accommodate most of Christopher's needs, however, the current shower has a steep 12-inch incline and is too small which prohibits the use of a roll-in shower chair. Currently, Dad must lift Christopher out of his wheelchair and lift him over the ramp and lower him onto the shower floor. Christopher then pivots on his knees to face the shower wall and Dad then lifts him onto the built-in bench in the shower. Due to Christopher's weight of 180 pounds, mom is not able to perform this transfer and it is becoming increasingly difficult and unsafe for Dad to do it as well. To assist this family, Tucker's House is going to complete the following home modifications:

- Retrofit Christopher's bathroom with a zero-entry shower so a mobile shower chair can be utilized along with a roll-under sink

In order to complete the project, we rely on volunteers, donated labor, and our financial partners. We are grateful to our partners who help us transform a child's home into one that is safe and accessible.

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

Tucker's House is a 501(c)3 non-profit in Middle Tennessee that serves families who have children with disabilities by making their homes safer and more accessible. We receive no state or federal funding and our ability to perform services depends on the support of our Middle Tennessee community. The average cost of a project is \$15,000 and your continued support goes to help children and young adults like Christopher and their families have safe and accessible homes.

— *Graham Honeycutt, Executive Director of Tucker's House, to learn more or to donate visit [www.tuckershous.org](http://www.tuckershous.org).*

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### Well Worth It!

I cannot tell you how many times I've looked for the easy way out. Typically, my initial response to a challenge is to procrastinate.



Let us consider something as basic as cleaning out my closet. I know the closet needs attention. But I wait. I put it off just one more weekend. After all, I am tired.....or busy.....or I just don't know where to start. Usually, when I get past my excuses and clean out my closet, I feel a sense of relief and satisfaction. It's not easy but it's always worth it.

I have heard that concept repeatedly on the Bridges set. For example, one of my guests shared her story of gaining over one hundred pounds in a two-year period. The weight gain contributed to high blood pressure, diabetes, and a few other health conditions. With fierce determination, she changed her eating habits and started working out. After 14 long months she was down one hundred pounds, her blood pressure was back to normal, and she tested negative for diabetes. In her own words – it wasn't easy, but it was worth it.

Toward the end of 2021 WHTN embarked on a studio makeover. Because of generous viewers like you we were able to order new studio cameras, lights, and sets. All of that – every bit of it – is a HUGE blessing. We are all so excited and so thankful.

At the same time – the studio makeover has not been easy. Supply chain issues have slowed us down, and sometimes we repeat pardon our dust as we remodel frequently. Of course, there is always the very real and legitimate question of when will you be done? While we wish we could answer that question, we can't be sure just yet.

All of this is remarkably similar in concept to my Bridges guest who lost one hundred pounds over 14 months. Sure, it was hard. There were plateaus. There were temptations like chocolate ganache birthday cake and ice cream. The challenges were not easy, but they were well worth it. When the struggle seems all too real at WHTN, we remind ourselves that while it may not be easy right now, ultimately, it will be well worth it. When the new cameras arrive – when the new sets are ready, and the remodeling dust is a faint memory – we will have a brand-new debt free studio. That brand new studio will allow us to continue broadcasting the gospel with the quality and excellence God's Word deserves. We look forward to bringing you brand-new shows and improving the quality of our current shows.

I do not know the challenges you may be facing right now but it can be helpful to remember that the work involved in significant challenges may not be easy, but they are usually well worth it. Today's Secret from the Studio: It Won't Be Easy, but it Will Be Worth It.



— *Monica Schmelter is gratefully embracing the challenges and blessings of the WHTN Studio Makeover. Visit [monicaschmelter.com](http://monicaschmelter.com) to see some of the studio makeover work in progress.*



# William Hallmark

ARTIST



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about the artist and purchasing prints  
of William Hallmark's art.



## Parental Rights: How Secure Are They Today?

One of the most time-honored maxims in our law concerning parental liberty – and one that I have cited often to courts across the country when representing parents – is “the child is not the mere creature of the state; those who nurture him and direct his destiny have the right, coupled with the high duty, to recognize and prepare him for additional obligations.” *Pierce v. Society of Sisters* (1925). In *Pierce*, the Governor of Oregon sought to require all children to attend public schools, effectively putting Catholic and private schools out of business. We are now coming up on the 100-year anniversary of this case, and the battle lines over parental liberty to direct and control the education of their children are as fierce today as ever.

### Social Parenting

The American experience in the generations leading up to the *Pierce* case in 1925 was characterized by a culture that did not question the parent’s fundamental rights in child-rearing. Then, beginning about in the 1920s, a new ideology began to take shape in America – social parenting. Today, we see the culmination of this ideology in several signposts among public institutions and popular political expression. Hillary Clinton’s statement that “it takes a village to raise a child” reflects this modern cultural norm, and is another way of saying a child belongs not to one parent or home, and

that an entire community of people must nurture and provide input into a child’s upbringing. A community-shared responsibility for child rearing is having a growing impact on our laws governing childcare and education, as many parents have abdicated so much of their parental discretion and responsibility and delegated it to the government.

This shift in governmental interference with parental choice in the direction of their child’s education is nowhere more evident today than in the public outcry over school curricula that promote the attitudes, beliefs and worldview of so-called “critical race theory ideology” in K-12 education. A central tenet of this ideology is that the current social order fosters oppression of African-Americans. Its proponents argue that “culturally responsive teachers must present through “counter-storytelling” alternative narratives to expose and challenge white privilege because racism is endemic and deeply ingrained in all aspects of American life.

Tennessee is one of seven states that have banned critical race theory from being taught in classrooms. So, if this form of indoctrination has been officially banned, then the problem is solved, right? Wrong. Like many such laws, the issue oftentimes turns on how school administrators

interpret and apply this prohibition. Ask most school administrators whether their schools are teaching critical race theory and you will typically get a resounding “no”. But if you closely examine materials being used in many classrooms across Tennessee, you will discover a number of Trojan Horse curricular programs like “Newsela” that promote “Social-Emotional Learning” (SEL), a euphemism for critical race theory.

Several parent groups across the country have taken their concern directly to their school boards urging them to allow their children to opt out of these courses. But what is their legal remedy when school boards deny their requests? The only recourse then is to turn to the courts for

enforcement of these parental protection statutes. At Crain Law Group, we represent a number of parents who refuse to delegate their parental responsibility to direct and control the education of their child, and who take seriously Proverbs 22:6. If you, or someone you know, would like to learn more about this legal issue, contact us for a free consultation.

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



## FAITH UNDER FIRE

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### Blue Sky Days...

There are some people, when they speak, you should always lean in a little. If you are as blessed as I am in this area, those people are some of your closest confidants. Chris Whitney, founder of One Generation Away Ministries, a food distribution ministry that rescues food and then delivers it by the semi-truck load into “food deserts” all over our area, is one of those guys in my life.

Upon returning from a disaster relief conference Chris referenced a speaker who mentioned the term “Blue sky days”. “Blue sky days” are the days when there is no storm and no chaos. There is no disaster for which to mobilize but it’s on those days that those who find their ministry in those areas need to be preparing for the next calamity.

Simplistic? Yes, probably but I am a pretty simplistic guy and I see most of my personal struggles being rooted in not doing the simple things. Paul said, “I do not understand what I do. For what I want to do I do not do but what I hate, I do.”

**So today may be a “Blue sky day” for you.** This doesn’t mean this day is without struggles but these struggles are the normal kind. A teammate “rubs you the wrong way”. You get cut-off in traffic. This is life. If that is the case, be grateful and understand that the next storm is coming.



**How does one prepare without carrying a burden of dread every day?** Your first Sunday School answer is read the Bible every day. I told you I was simple. I read the M’ Cheyne One Year Reading on the Bible app. This is my second year for that.

Build deep relationships. These people will be your personal “disaster relief team” when the storm comes. By the way, you will be on theirs as well. It takes commitment and it can be messy. You will need to be transparent. Commit to this to do all of this on the “blue sky days” because, as it has been said, You are either heading into a “storm” or coming out of one.

Finally, allow me to offer you an invitation. Join 94 FM The Fish at the upcoming **One Generation Away Million Meal Breakfast**, Friday, April 22, 2022, 7:00-8:00 a.m. at Holy Family Catholic Church located at 9100 Crockett Road, Brentwood, Tenn. Maybe you can sit at my table and maybe one day we can be on each others “disaster relief team”!

— *Kevin Anderson, General Manager of Salem Communications Nashville*  
*94 FM, The Fish*



## **Tucker's House**

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### How to Love Your Child Through Words of Affirmation



*This article is part three in a five-part series on how to show love to your child.*

We covered the gift of physical touch in March, and this month we'll focus on the love language of words, pulling from Gary Chapman's best-selling book, *The Five Love Languages of Children*. "Words of encouragement are like a gentle warm rain falling on their soul; they nurture the child's inner sense of worth and security," says Chapman.

#### Words of affection

My oldest daughter's love language is words of affirmation. When she was a toddler, I would say, "God loves you. He didn't make any mistakes. He has big plans for you." Her eyes lit up. But as she grew into a teenager, I forgot to remind her of her worth. My words bordered on censure and demands instead of kindness. As our relationship tensed, I had to intentionally hold my tongue and use phrases such as, "I love you. I'm glad God gave you to us." Our relationship traversed an arduous journey, but she now believes these words. Younger children may not understand the word love, but the child will pick up on the tone of your voice along with physical closeness.

#### Words of praise

We can appreciate a child for who she is or for what she does. My daughter studied piano through her first year of college. Recitals are nerve-wracking, so we prayed affirmations over her before each event. Sometimes, though, I would point out a flaw or mistake which negated the positive. We don't want to praise too much where it becomes meaningless or flattery, but for kids whose love language is words of affirmation, make a conscious effort to use words of praise.

#### Words of encouragement

Words of encouragement bolster courage and motivate a child to move ahead when fearful or discouraged. The most significant detriment to encouraging words is anger. We'll all say words in anger or use a negative tone of voice at some point, and forgiveness will heal. But patterns of cutting remarks and the volume of one's voice cause long-term adverse effects on a child. Chapman recommends ending our sentences with an upward inflection or asking questions rather than issuing commands. Such as, "Would you please make your bed before your friends come over?" versus "Make your bed or no friends!"

#### Words of guidance

There will be times when a warning is necessary, but couch the warning with loving words of wisdom. For example, offer verbal reinforcement of your child's interests in friends. If the friends are not good choices, guide them to think through the possible influences of a destructive path.

#### Have you discovered your child's love language yet?

— Sally Cressman and her husband enjoy an easy rhythm of life as empty nesters. Follow her at [www.sallycressman.com](http://www.sallycressman.com), and you'll receive eight FREE Holy Week activities for families with young children.

### Lessons in Leadership



Every great organization has great leaders at a variety of levels, and Lee Company is no exception. Every one of us at Lee Company – regardless of title or position on the organizational chart – has an opportunity to lead. If you have spent some time thinking about the subject of leadership, you likely have a model (or models) you like. For this article, I thought I would share one of mine.

The model below has been described as the "George Washington model," most recently by General James "Mad Dog" Mattis, former U.S. Secretary of Defense and one of the most revered Marines in American history. There are a number of paths to successful leadership, but for my money, a servant leader model that helped win the American Revolution (in spite of great odds) and established the standard for American statesmanship is one worth considering.

**First, Listen.** "When you talk, you are only repeating what you already know – but when you listen, you may learn something new." Good leaders are good listeners. And don't confuse listening with simply waiting your turn to talk in a conversation. Good listening is about being present, letting the other person have the space to tell the whole story, and asking good questions. Next, Learn. Good leaders are exceptional learners. They don't have all the answers and don't pretend to – and they know every new problem or change in responsibility is an opportunity to combine three ingredients in a recipe for success: (1) the confidence in what they do know, (2) the humility to admit the things they don't, and (3) the genuine excitement of being challenged to learn something new. Sometimes leaders feel like they need to have ready answers for every problem that shows up and not having them is a sign of weakness or ineffectiveness as a leader. Don't make this mistake. It's ok to say, "I don't know," as long as you follow with, "but I'll find out."

**Next, Help.** Having listened and spent some time learning, what is the true issue you need to help resolve? Once the true issue has been identified through listening and learning, your job as a leader, regardless of position or title, is taking action to help. But before you launch into what you think is a solution, first ask: What does help here really look like? Sometimes you need to fix the issue, but don't be tempted to always think this is the solution. Most often, the real solution is that you give the people you're dealing with the roadmap, tools, and encouragement to do it themselves.

**Then, Lead.** After going through the previous steps, leadership action can be many things – giving direction, establishing strategic goals, innovating old processes, managing personalities – but the endgame is using the information you learned and the help you provided to make those you serve better at what they do. That often means making other people look good while racking up victories.

When you're using your talents and experience to put other people in a position to succeed, that's leadership at its best. The beauty of this model is its simplicity and durability. If you ever find yourself presented with an issue and you're struggling, circle back to step one – get the right people in the room and start over with listening. I hope you find this useful. Leadership is an art, not a science, and not one of us has perfected it. We all have to work at it every day.

— Jason Hale, Vice President of Risk and General Counsel  
Lee Company



# Happy Easter



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## Coming Soon . . .



### **KNOWING JESUS**

with Pastor Erik Reed

Beginning Sunday, April 17 @ 11:30 am

Knowing Jesus shares timeless truth for every day life, helping you understand the Bible and discover who Jesus really is so you can experience the joy and satisfaction that comes from an authentic relationship with Him.

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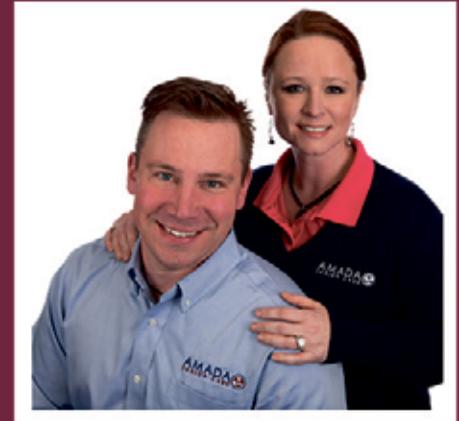
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SENIOR CARE



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## FAITH @ WORK

### Everyday Joy: You're Two Blocks From Heaven. Then What?

I have amazing conversations with my great-grandchildren. Well, with the three old enough to talk. But, it's Naomi who often surprises me. Her concept of life is always fresh. Often astounding. Whenever she looks at the photo of my husband on my dresser, she questions me about him, trying to grasp death in a manner fathomable for a kindergartener. "Did Papa ever hold me?" "No," I answer. "Jesus took him to heaven before you were born."



Recently that familiar conversation took a different twist. She looked at me intensely, gauging when I might make a similar exit from her world. "I don't want you to die," she said. But then, she asked, "Aren't you thirty-nine? Or sixty-nine?" "No; I'm neither one," I replied, realizing that—if thirty-nine is old, any actual number I gave her hardly mattered.

What stopped my breath was her next comment. "Well," said Naomi. "I think ... you're about two blocks from heaven."

I was lying across my bed but nearly fell onto the floor laughing. Two blocks? Is that like two years? Two months? Two decades? Could it be two minutes? What exactly is a "block" to a six-year-old? Reflecting on our conversation, I realize she had it right. In the gift of Christ's resurrection, we are promised an inheritance in heaven. The exact time and circumstances under which we claim it are in His hands.

As we celebrate Resurrection Sunday on April 17, I rejoice in the fact that the Apostle Peter supported Naomi's insight when he wrote:

*Praise be to the God and Father of our Lord Jesus Christ!  
In his great mercy he has given us new birth into a living hope  
through the resurrection of Jesus Christ from the dead,  
and into an inheritance that can never perish, spoil or fade.  
This inheritance is kept in heaven for you.*

—1 Peter 1:3-4

Take heart; those two blocks belong to you. They are the traveling distance of Grace. They remind us of the passion we must feel for the work Christ assigned us to complete. You have only a moment. Only two blocks. Procrastination wastes your time. Two blocks to rejoice in the day when Christ conquered death. And to celebrate the assurance that the Holy Spirit guides each step.

— Regina M. Prude is an author and inspirational speaker. E-mail: [regina@reginaprude.com](mailto:regina@reginaprude.com). Facebook ([reginaprude](https://www.facebook.com/reginaprude)) Twitter ([rprude](https://twitter.com/rprude))  
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## TEACHABLE MOMENTS

### The Still Small Voice

Life is busy! Between the demands for our time and attention, it can be difficult to be alone or know how to quiet ourselves. Even in our alone time, our minds constantly play our "to do" list over and over. Mental health experts agree that there are tremendous benefits of having down time. As a matter of fact, this was God's recommendation. Psalm 45:10 bids us, "*Be still and know that I am God*".



Being still is the opposite of go, go, go. It is being comfortable in your own company and knowing how to quiet yourself. These times allow one to explore the impossibilities, get in touch with your passions, and your deepest desires.

If we do not know how to truly be still – not just sitting in one place without moving but to truly quiet our mind – we may miss the presence of God. God is always speaking; however, we often miss what He is saying because we are too busy to listen.

Psalms 37:4 tells us that if we, "Delight ourselves in the Lord, He will give us the desires of our heart". Being still in God's presence and delighting ourselves in Him will open our deep passions. This is where we will be energized. This is where God will meet us. The more we make room for God, the better we get to know ourselves and our deepest motivations - And it begins with being still.

I love the account of Elijah in 1 Kings 19, where God tells Elijah to go and stand on the mountain in the presence of the Lord because the Lord is about to pass by. As the story continues, there was a great and powerful wind, much like a tornado, but God was not in the tornado - there was a tremendous earthquake, but God was not in the earthquake. There was a flaming fire, but God was not in the fire. After all these loud disturbances, finally there was a small whisper and that is where God spoke.

In the busy loud life, we often get caught up in the boisterous commotion, clamorous environment, and sensationalism; however, this is not where we will find God. Let's allow ourselves to be still and quiet and listen to God. He has something to say.

— Rhonda L Smart  
[rhondalsmart@gmail.com](mailto:rhondalsmart@gmail.com)

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## Caring for Our Loved Ones: Laughter Can Be The Best Medicine

It's no secret that caring for a loved one is a very stressful role, and the medical issues that your senior faces are certainly no laughing matter. But that doesn't mean that caregivers – and their loved ones – can't spend a few moments of the day finding the humor. There is a mountain of data out there to suggest that laughter really is some of the best medicine out there.



of the more mundane and serious daily activities involved in caregiving, here are some ways to introduce humor into your daily routine:

In the short term, laughter enhances your oxygen intake, which stimulates the heart, lungs and muscles. Laughter also increases the production of endorphins, which help relieve stress, and soothes tensions by stimulating circulation and muscle relaxation, which reduces the physical symptoms of stress.

Over time, laughing improves your immune system. Both positive and negative thoughts produce chemical reactions in the body. Replace that negative energy with the release of neuropeptides that fight stress and are released when the brain experiences positive energy, such as laughter. It has been shown that laughter also relieves pain. As mentioned above, laughter releases endorphins. These hormones work as a natural pain reliever because they produce dopamine that helps us feel happy and stimulated. Here's an obvious one: laughter improves your mood. Let's face it – when you're laughing, bad thoughts get pushed out of your mind. Not only does it help you cope with the situation at hand, laughter also improves your self-esteem.

In addition to the medical research, anyone who has experienced a prolonged fit of laughter knows that it just feels good to giggle and joke with loved ones. To help you and your senior cope with some

one another's company. You don't need to put on a comedy routine but telling a joke or two during the daily routine can help alleviate tension.

**2. Get online.** There are endless videos of funny events on YouTube and other video streaming services that you and your senior can enjoy. Obviously, you will need to make sure that the comedy is appropriate for your loved one's tastes but harmless videos that could make an appearance on "America's Funniest Home Videos" are a good option to start with.

**3. Ask your loved one to tell you some funny stories.** Your senior probably has some funny stories from their youth they would be happy to tell. Most people don't get through life without something hilarious happening along the way and reliving them can often be just as funny as the event when it happened.

**4. Laugh at daily life.** Don't be afraid to laugh when something funny happens during your daily routine. Caregiving can provide rich opportunities for the funny to simply happen and its not irreverent to laugh when it does.

**5. Invite friends over.** If you or your senior has some entertaining friends or acquaintances, feel

free to have them over for lunch or dinner. Not only does having a new face break up the routine for a much-needed change but having a funny or entertaining exchange makes the visit that much more enjoyable.

**6. Get silly.** Don't be afraid to mix it up. Try on funny wigs and outfits, dance when no one else is dancing and laugh out loud in public places. Acting silly - within reason – can often break up the monotony of daily life. And if it gets the people around you to laugh, as well, then the more the merrier.

**7. Remember that humor isn't mean or disrespectful.** While laughing at one another's actions during a particular situation can mostly be harmless, laughing at someone's shortcomings is not funny. If your senior is laughing at their own antics, join in, but be careful to laugh with them and not at them.

For most caregivers, this chapter in their lives and in the lives of their senior is often the last moments in time they will be spending together. Joy can be found in the simple things: a joke, a shared funny moment or time spent watching hilarious videos. The act of caregiving can often make you feel overwhelmed, anxious or even depressed. Instead of focusing on the negative aspects that are too often a part of caregiving, a good laugh can push those negative thoughts out of your mind and help you find the simple joy in caregiving. At Amada Senior Care, our professional caregivers model these approaches when caring for our clients. Feel free to reach out to me directly (615-933-7494) if you have any questions or concerns- we are here to help.

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

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# Team USA's

# MONTANA FOUTS:

## *A Love of the Game and God*

When Team USA and University of Alabama pitcher Montana Fouts talks about softball, you can hear the love in her voice.

Fouts, one of the most celebrated collegiate athletes in the country, also talks with the same excitement and enthusiasm about her faith in Christ. It's something that has motivated and grounded her as she's continued to find more and more success on the field. Her faith, she says, is also what keeps her focused as she plays in the SEC and looks forward to pitching with the American team in upcoming international competition.

### **Finding College Success**

Fouts, a senior from Grayson, Kentucky, has made a name for herself as one of the best pitchers in the nation, cementing that reputation with a no-hitter in last year's NCAA College Softball World Series. The no-hitter against reigning national champion UCLA was only the fifth in World Series history and the first since 2000.

She was also recognized as last year's SEC Tournament MVP and the 2021 National Pitcher of the Year; in high school she was the USA Today High School Player of the Year and MaxPreps National Softball Player of the Year.

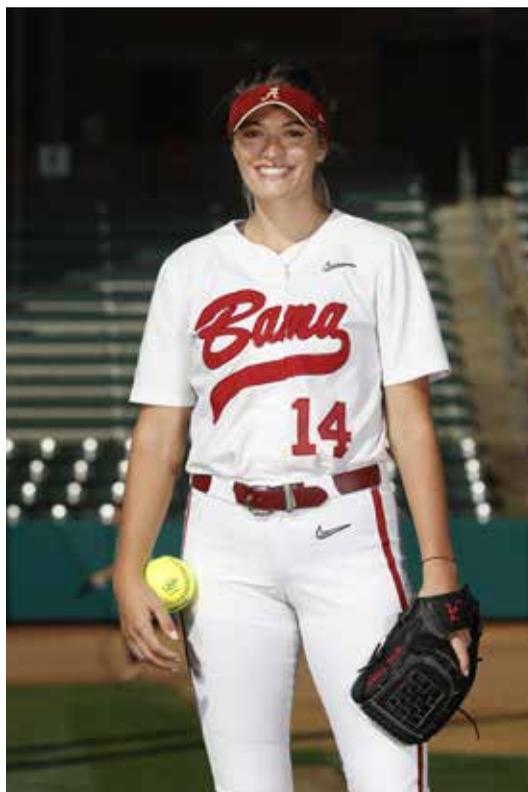
At Alabama, she's become a fan favorite—and relishes the love that Southeastern Conference fans have for softball. “Before committing to Alabama, everyone told me that I'd feel like a rock star here because they love softball in Tuscaloosa,” she says, “and it's true. The fans love and respect the sport so much. Not everyone thinks softball is great, but they do in Tuscaloosa.”

She also stresses the family atmosphere created by the softball staff at the University, and her respect for head coach Patrick Murphy. “We love our coaches,” she says. “Murph lets everyone be themselves and find their place.”

This year's Alabama team is building on last year's SEC tournament championship and World Series appearance with a group of new players around Fouts. The team lost a whole slew of seniors from last season, but Fouts says



**Montana Fouts led the NCAA in strikeouts during the 2021 season with 349 and threw a SEC tournament record 39 strikeouts. The day before throwing the first perfect game in a College World Series since 2000, she pitched a career high 16 strikeouts against Arizona.**



this year's is a special team. Among the new players on this year's team are Ally Shipman, a catcher who transferred from the University of Tennessee.

The team started the season 20-0 and has remained in the top five in national polls since the beginning of the year. The players, she says, are hungry to get back to the College World Series. “We were just grateful to make it that far, but of course we want to win the whole thing,” Fouts says. “And this year we have a lot of players who haven't experienced the World Series. I want to get back for them.”

She's also been an example of how to succeed in the NCAA's new “name, image, and likeness” (NIL) program begun this season which allows players to make money as a college athlete. She's been ranked as the top collegiate athlete (over college football and basketball players) on Cameo, where people can pay to have celebrities provide personal messages to fans; she's also become a spokesperson for various softball companies.

### **Loving the sport at an early age**

Fouts has experienced success at softball most of her life, crediting her family for supporting the sport she loves so much. Young pitchers, she says, thrive

when they have a supportive family. Her father Tim Fouts and mother Stephanie Williams sacrificed to give her the chance to compete on an elite level as a youth player and then travel ball player in Kentucky, and Fouts says she'll always be grateful for that. "They sacrificed a lot," she says. "Taking me to practice, staying in hotels to go to tournaments. It took a lot from them and my siblings." (Fouts has a younger brother, Cody, who is 17, and sisters Madison, 19, and Makayla, 11.)

Fouts says, though, that ultimately a young athlete has to have the desire to keep competing. "My Dad will sometimes apologize for getting onto me, and I always tell him that's what I needed," she says. "I love the game so much. Even on the very worst day, I still want to keep playing." "Burnout was never a thing for me," she says. "I just love to play and compete. I always have."

Fouts does stress that young athletes can have a lot of extra pressure put on them, especially with social media and other outside influences. Players need to be honest with themselves and others, and keep the sport in a proper perspective. It's important for parents and children alike to be honest about what they want from the game--and not to pressure players into too much at a young age. Ultimately, Fouts says, a child or teenager needs to want to play the game for themselves.

And, the sports needs to be kept in perspective. Fouts says that softball is the "greatest thing ever," but it's not everything. "I ask God to let me see that," she says. "I want success at softball so badly, but I don't want it to be everything to me."

### Relying on God

That understanding of how softball fits into her life on a deeper level is something Fouts says has developed since becoming a college student. Fouts was raised in church, but her faith grew exponentially once she came to Alabama for college. After some struggles in her first year on campus, she looked inward and knew she needed to get some things right; an important first step was to go to church.

Today, she and most of her teammates attend a local church (Church of the Highlands) together, and they hold each other accountable as Christians. "I look down the aisle at church and see members of my team," she says. "You don't know how much that means. This is really my favorite team ever." Her faith has helped her deal with struggles, failures, and successes.

A primary lesson in dealing with all aspects of playing softball is realizing that God can work everything to His purpose and that things happen for a reason. "That's a great perspective, and I learn it from my relationship with Jesus," Fouts says. "Things aren't perfect all the time. I've had injuries and I've been really down before, but losing a game or even losing a season can be put in perspective. If everything falls in your lap, what are you learning?"

"I can tell a difference in my life when I realize that God can use all situations for good," she says. Fouts is outspoken in her faith in outward ways. Most of her social media posts reference her faith, and she also has started a small business that focuses on the phrase "Be the blessing." She promotes t-shirts, sweatshirts, hair ribbons and other items that focus on that message--that you can use your life and influence to be a blessing to others.



Fouts can often be seen on game day wearing a "Be the Blessing" ribbon in her hair. She shares, "Everyone I come around, I want to be a blessing in their life. I encourage you to do the same - Be The Blessing!" Learn more at [www.montanafouts14.com](http://www.montanafouts14.com)

The "Be the Blessing" website (<https://www.montanafouts14.com/blessing>) publishes this as her challenge: "If I have learned one thing worth telling, it would be to control the controllables. You can't always control when or how things happen, but you can control how you handle things and how you make others feel. Everyone I come around, I want to be a blessing in their life. I encourage you to do the same."

She often wears her own "Be the blessing" ribbon while pitching, hoping it makes an impact on people watching the game.

### Inspiring the younger generation

Sharing her faith is "natural" to Fouts, and she desires to be a role model to young softball players. "I'm really grateful to have the opportunity to be an example to other people," she says. "It's easy to talk about my faith, because without it or without God I wouldn't have anything."

Fouts was recently selected to the Team USA softball team, following in the footsteps of softball players she idolized when she was young. She grew up looking up to Team USA pitcher Jenny Finch--also an outspoken Christian--and now hopes she can inspire young players in a similar way.

"I've always dreamed of wearing those letters across my chest, that was always the goal," she says. "And now to do what Jenny Finch and other players did is just a dream come true." The Team USA team will compete together next in the World Games, which will be held July 7-17 in Birmingham, Alabama and in other competitions across the nation and world. If softball is added back to the Olympics roster as expected, the team will then play in Los Angeles in 2028.

In total, eight members from the 2020 U.S. Olympic roster who won the silver medal in Tokyo will be on Team USA for the World Games. That includes legendary University of Tennessee pitcher Monica Abbott. According to head coach Heather Tarr, the American team will be exciting to watch--and a unique opportunity for local fans of the sport. "This roster includes both experience and youth, and I truly believe this will be a team that our fans will love to follow as we compete for a gold medal at the 2022 World Games this summer," Tarr says. "I am so excited to see this team in action."

For Fouts, she looks to continue her winning ways and inspiring message in the Southeastern Conference before she finds herself on an international stage. She has another year of eligibility remaining at Alabama due to the "Covid year" in 2020, and is currently in graduate school continuing her psychology degree; after graduating she hopes to continue playing softball, coordinating camps, and inspiring others.

"Everyday I try to be a blessing. I want people to see Jesus in me," she says. "Because I wouldn't be anything without Him."

— Cheryl Wray writes often about sports topics and figures. She's the coordinator of the Southern Christian Writers Conference, which takes place this year in Birmingham, Ala. on June 3-4. To learn more, visit the "Southern Christian Writers Conference" group on Facebook.

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— Meredith Boyd, Social Media & Marketing Coordinator  
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## BODY & SOUL

### Renew Your Mind, Transform Your Health.

Changing the trajectory of your health is no small feat. It's a challenge for many no matter their ethnic background, socioeconomic status, gender, and level of success in life. Many feel like there's a disconnect when it comes to health. Like taking back control of your health seems to be that one thing you can't conquer. But this one phrase will fix everything: "Renew your mind to transform your health."



I'm approached by people all the time who tell me all of the "things" they are doing to lose weight and get healthy. They are told by the health industry that if they just eat better and work out everything will be better. If they would just eat their meal plan or buy their supplements they can get the results they so desperately want. But most people just treat the symptoms of health, not the root cause.

When I was younger I HATED pulling weeds. My mom would always make sure that every weed I pulled up was by the root, or else it would grow back and the work I had done would be for nothing. The same is true for health. If we don't get to the root cause and fix our thinking, our actions and thoughts will never be in alignment.

**Transformation comes by the renewing of the mind.** Short-term results can be attained by short-term behavior modification. Long-term transformation can only be attained by renewing our minds and thinking rightly about why we need to be healthy in the first place. We don't have a problem in America with weight loss, that's the easier part for most. We have a problem with keeping the weight off. It's because we are not thinking rightly about health. Our actions reflect our thinking. "The right attitude always precedes the right actions" -Craig Groeschel. There isn't a magic formula but here are a few frameworks for you:

#### Motivation

Why you do something is just as important as what you do. You can fast, eat healthily, or work out for good reasons, or we can do those "good things" for the wrong reasons and it becomes unhealthy. Ask yourself why you really want to be healthy. Do you want to work out just to burn off what you ate last night or so you won't have the guilt of what we will eat this weekend? Do you want to lose weight because you want others to think you look good at the beach? Or do you want to be healthy so you can steward the body God has given you as best you can?

#### Others Focused

There is one common theme I've found in harmful mindsets people have. They are all inwardly focused. They are all about yourself instead of how you can be available and able to serve and bless others better. Even people who are "super fit" can have an unhealthy approach to health. They become a slave to their health instead of it serving them. They become so consumed with all of the right or wrong things to do in healthy that they never lift their eyes to others around them. Our health should be about how we can serve, encourage and lift each other up.

Be encouraged today. You have the ability to change your way of thinking when it comes to your health.

— Ashton Tate is the founder of Glory to Glory Fitness in Nashville, TN. They help companies, schools, and individuals have the energy they need to thrive through biblically-based resources and programs.





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## Be Happy, Be Healthy, Be Whole

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

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

### Eat More Prunes

You know that prunes can keep you regular, and now research finds that prunes can help you lose weight, too. In a three-month study, published in the Nutrition Bulletin, people who ate 14 prunes daily lost an average of 4.4 pounds more than people who did not eat prunes. The dried plum eaters also felt less hungry, and that losing weight was easier.

### The Trick Smoothies Play On The Stomach

Imagine you have a glass of water and a plate of chicken, broccoli, and mushrooms. Would it be better to eat it as it is, or blend it all together and drink it? Not many people choose the latter. But a study from the Nottingham Digestive Diseases Centre found when people who drank the blended "soup," it kept them from feeling hungry for about an hour longer than the whole-food meal.

### Mirror, Mirror On The Wall

One of the best ways to lose weight, according to Texas University researchers, is to look in the mirror two or three times a day. People who do that reduced body image problems, which in turn, allowed them to successfully



follow a diet plan.

Now, while all these tips and tricks are interesting food for thought, you and I both know that nothing is going to change without taking deliberate action and going it alone is hard. Do you need some extra help in your diet and exercise goals? Let me point you to the people that helped me lose 65 pounds in 16 weeks – the staff at Cool Springs

MD. Dr Lodge and his team of personal trainers, dieticians and medical professionals are ready to help you with their stated goal for everyone to be "Happy, Healthy and Whole"

What has helped you lose weight? Any tips you would like to share? I welcome your feedback, thoughts and ideas and look forward to sharing them in a future article. You can email me at [Doug@94FMTheFish.net](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.

— Doug Griffin

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## How To Clean Wicker And Keep It Looking Fresh!



Wicker is one of the most versatile materials we use in our homes.

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So, how to clean wicker to keep it looking vibrant for years to come? The first step is to know more about this unique material.

### What Is Wicker?

It's important to know that wicker is not wood. It's true—technically! The word "wicker" actually refers to the weaving method we associate with wicker baskets, furniture, and other products. While most wicker is woven wood (most often rattan, though other types of wood like willow, and bamboo), resin-based synthetics are becoming more common. The weaving process and the right materials make wicker especially useful in products that need to be moved often like laundry baskets or patio furniture. Today, wicker furniture designed for outdoor use is often made from synthetics to better hold up against high humidity, rain, snow, and temperature changes.

### How to Clean Wicker Baskets and Indoor Wicker Pieces

If your wicker is made of rattan or another natural material, you'll want to take special care to avoid harsh cleaning chemicals that could affect the finish on the wood or even the wood itself. If you aren't sure what your wicker basket or furniture is made from, check the tag on the bottom or contact the manufacturer.

- Dry dusting – Regular light dusting with a feather or microfiber duster can prevent dust and dirt from building up.
- Vacuuming wicker – For heavier dust, use the brush attachment on your vacuum and let the bristles assist in loosening stuck-on dust or dirt.
- Wet dusting – Without using a harsh cleaner, simply wet a soft cloth, towel, or even a sock with warm water and wipe down your wicker elements. Avoid leaving moisture on the wicker and consider using a fan or natural sunlight to accelerate the drying process.

### How to Clean Wicker Furniture That's Outside

It's no wonder that wicker patio furniture can see much more dirt and grime buildup. In warmer and more humid climates, wicker can also grow mold and mildew in its numerous nooks and crannies.

### Protect Outdoor Wicker Furniture

While it might be best to store your wicker indoors, if possible, you may not have enough storage space. Cold weather doesn't affect wicker, though changes in humidity can cause moisture buildup that will eventually lead to mold.

- Store wicker in a dry place whenever possible or, if not, make sure it's well-covered under a tarp or in shrink-wrap
- Avoid letting moisture build up on wicker and keep it out of the rain at all costs
- Remove all cushions after every use. Wet cushions can slow the drying process and lead to prematurely weakened wicker or warping

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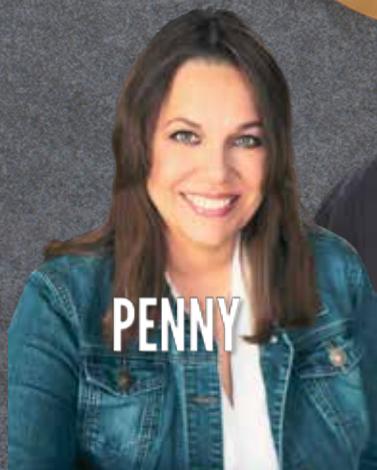
— Ashley Farrar

He is not here, for He has risen, just like He said. Matthew 28:6

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## What Does an Empty Tomb Have to Do with a Global Crisis?

I am often asked—by skeptics, by agnostics, by atheists—how I could possibly believe Jesus rose from the dead. My answer? “There’s plenty of evidence that, yes, he did. He really did, literally and physically, walk out of his tomb.” In the past few weeks, though, people might be asking a different question about the resurrection: Does it even matter? With the world in chaos, is this any time for religious or philosophical discussion? Who cares what happened to a Jewish rabbi 2,000 years ago? In a word, we should all care, especially in a moment like this. The question of Jesus’ resurrection matters now more than ever.

But before we get to the “Who cares?,” let’s start with the evidence. Jesus himself predicted his own resurrection on several occasions. Once, he said, “Destroy this temple [my body] and in three days I will raise it up” (John 2:19). Another time, he said, “the Son of Man [Jesus] must suffer many things...and be killed, and after three days rise again” (Mark 8:31). As the famous philosopher Karl Popper argued, whenever a “risky prediction” comes true, it counts as confirmation of the theory that supports it. There is little doubt about the first part of Jesus’ prediction—his violent death. When powerful members of the religious, political, and military community conspired to kill Jesus, they nailed him to a cross. In order to ensure his death, his side was pierced with a spear. Out of the wound flowed both blood and water, suggesting that the spear thrust went through his rib cage and pierced his lung, causing blood and water to flow.

In fact, in an article entitled, “On the Physical Death of Jesus Christ,” the *Journal of the American Medical Society* concluded that the evidence suggests that Jesus was dead even before his side was pierced, and that the weapon used probably punctured his ribs, right lung, pericardium, and heart. After Jesus died and was removed from the cross, he was embalmed and wrapped in nearly 100 pounds of spices and bandages. Then, he was buried in a tomb guarded by Roman soldiers.

The Romans had perfected crucifixion. They knew how to kill someone. Jesus was dead. Had Jesus remained dead, none of us would have ever heard of him. But something happened. Stories began to circulate that people were seeing Jesus alive.

On occasion, this previously dead man appeared to one person, then to several people, and later even to large groups. He appeared during the day and at night. He walked and talked with some of them (Luke 24:13-24), taught the Bible to some of them (Luke 24:27; Acts 1:3), and ate meals with some of them (Luke 24:30; John 21:12-13). Even skeptics were won over when they saw him in person (John 20:27).

And when threatened to recant this testimony, one after another person refused. They went to their death insisting, “Jesus rose from the dead.” Had these just been stories, they would have died out. But at the same time, Jesus’ tomb was suddenly and inexplicably empty. And alternative explanations for empty tomb all come up short.

Consider, for instance, the claim that religious or political authorities stole Jesus’ body from the tomb. This argument is nonsensical. If the authorities

had stolen his body, they could have refuted the resurrection “rumors” by producing the body. They never did. Instead, they merely persecuted Christian leaders for claiming that Jesus rose from the dead.

“But what about the disciples?” you ask. “Perhaps they took the body.” This makes even less sense. The early disciples stood to gain nothing by lying about this. In fact, 11 of the 12 were killed for their belief that Jesus was the resurrected Lord. Why would they allow themselves to be locked up and killed for a lie?

So do I believe Jesus rose from the dead? In fact, I do. It’s based on faith but supported by facts. And, I should point out, if people have explanations for the early Christian movement other than the resurrection, this too is a statement of belief. The question is which belief is based on better evidence. But why does it matter? More pointedly, what does an ancient empty tomb have to do with a global crisis?

One of the earliest Christian leaders, the Apostle Paul, said that if Jesus didn’t rise from the dead, the Christian faith was worthless (1 Cor. 15:14). Why? Because the resurrection not only proved that Jesus was who he said he was—God incarnate—but it proved that he could do what he said he could do—rescue us from death.

Think about that: Jesus’ resurrection is a promise that death doesn’t have to get the last word. Isn’t that a promise we all need in these days? We are currently surrounded by the threat of death, invisible yet menacing. Our society is gripped with fear. Our economy has ground to a halt. Our future is more uncertain than anything I have ever experienced.

Jesus knows the pain and suffering of death. He endured it for our sake. But the best news the world has ever known is that Jesus did not stay dead. He rose again, offering resurrection life to all who would follow him. Life in the midst of death? That’s something we all need, and soon.

— *Dr. Bruce Riley Ashford, Jr. is the Provost and Dean of Faculty at Southeastern Baptist Theological Seminary, where he also serves as Professor of Theology and Culture. Follow him on Twitter @BruceAshford, www.bruceashford.net*

## PARENTING POINTS

### National Ex-Spouse Day is April 14

Before you get upset at that headline, let me ask that if you share a child or children with a former spouse, please keep reading! The most important



thing for the sake of your children is that you find a way to be respectful and not spend your life being angry and bitter toward your ex-spouse. Children often keep it all inside, but as they grow up it is painful and even damaging if they continue to observe hostility and negativity toward their other parent.

What kids need more than anything is the FREEDOM to love you both. Kids will “go along to get along” and if you are a person who talks bad about their other parent you will contribute to their on-going emotional pain. What is happening inside of their soul is a crumbling of sorts. Your negative words will dig deep, and they will erode their self-confidence and their self-esteem. Kids will carry that silent pain inside and doubt their own existence because they know, instinctively, that they are “from” you, and they are “from” their other parent.

If you tell them all the things that are wrong with the other person, it creates a negative opportunity for them to internalize the words as if something is wrong with them. I realize that there is no parent who would ever want to hurt their own child; however, it happens quite often when ex-spouses carry forward anger and toxic negativity toward one another.

In honor of this year’s National Ex-Spouse Day, I would encourage you to cease war and find a new way to model a respectful attitude toward your child/children’s other parent by speaking with a positive tone of voice whenever you refer to that person. Also, if you want to increase their self-esteem and confidence, find three positive things you can say to your child about your ex. For example, if that person has a hobby or talent, consider saying something like, “Your Dad is great at baseball, and I am glad you get to play catch during your time with him” or “Your Mom is really talented at drawing – you must get your art skills from her.”

These positive words are a priceless gift to your child and will reap a lifetime of rewards for their emotional stability. Trying this one thing and being consistent with positive words (instead of negative) can transform your children’s life and will be a great example to your child about how to treat others with respect and positivity.

— Tammy Daughtry is the Founder of CoParenting International and is raising her blended family in Nashville. See more at [www.CoParentingInternational.com](http://www.CoParentingInternational.com)



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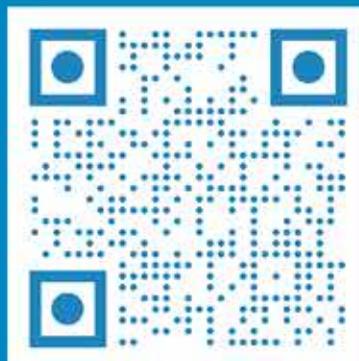
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## PLAN OF SALVATION

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

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

### **God's Plan of Salvation**

#### **God created us to honor and serve Him**

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

#### **Each of us has sinned against God**

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

#### **The penalty for sin is eternal separation from God and Heaven**

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

#### **Good works cannot ever earn God's forgiveness and Salvation**

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

#### **God loves each of us**

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

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

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

#### **We each must accept Jesus Christ as our personal Savior**

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

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

#### **To accept Christ into your heart and life, pray a simple prayer along these lines**

*"Dear God, I know that I am a sinner and I am sorry for my sins. I know that Jesus died for my sins and the sins of the world. Right now, I ask Jesus into my heart and receive Him as my personal Savior. Forgive me of my sins, thank you for saving me through the blood of Jesus. Please Lord, help me live for you. In Jesus name, amen."*

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

*If you do not have your own Bible, email [publisher@nashchristian.com](mailto:publisher@nashchristian.com) and we will make sure you receive one.*

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## *Spiritual Goal For The Month*

### **Give... The Greatest Gift**

Acts: 3

What the world needs now...is Jesus, The Greatest Gift. People are hurting in our community... and all around the world. The Lord expects us to help others.

Think about our Scripture reading today. Peter and John were walking to the Temple in in the afternoon. A beggar who had been crippled since birth was asking passersby for alms. Peter said, "Silver or gold I do not have...but what I have I give you. In the Name of Jesus Christ of Nazareth...walk."

Taking him by the right hand...Peter helped him up...and instantly the man's feet and ankles became strong. Everyone needs a hand up at times. Give them The Good News.

Prayer: Lord, please help us today. May we see others as You see them...and extend our helping hand with words and deeds...empowered by The Holy Spirit. Lord Jesus...You created us to know You..to love You...to serve and honor You. Give us the courage to be like Peter and John when the opportunity arises this month. Amen...and...Amen.

— *Ralph Vaughn*

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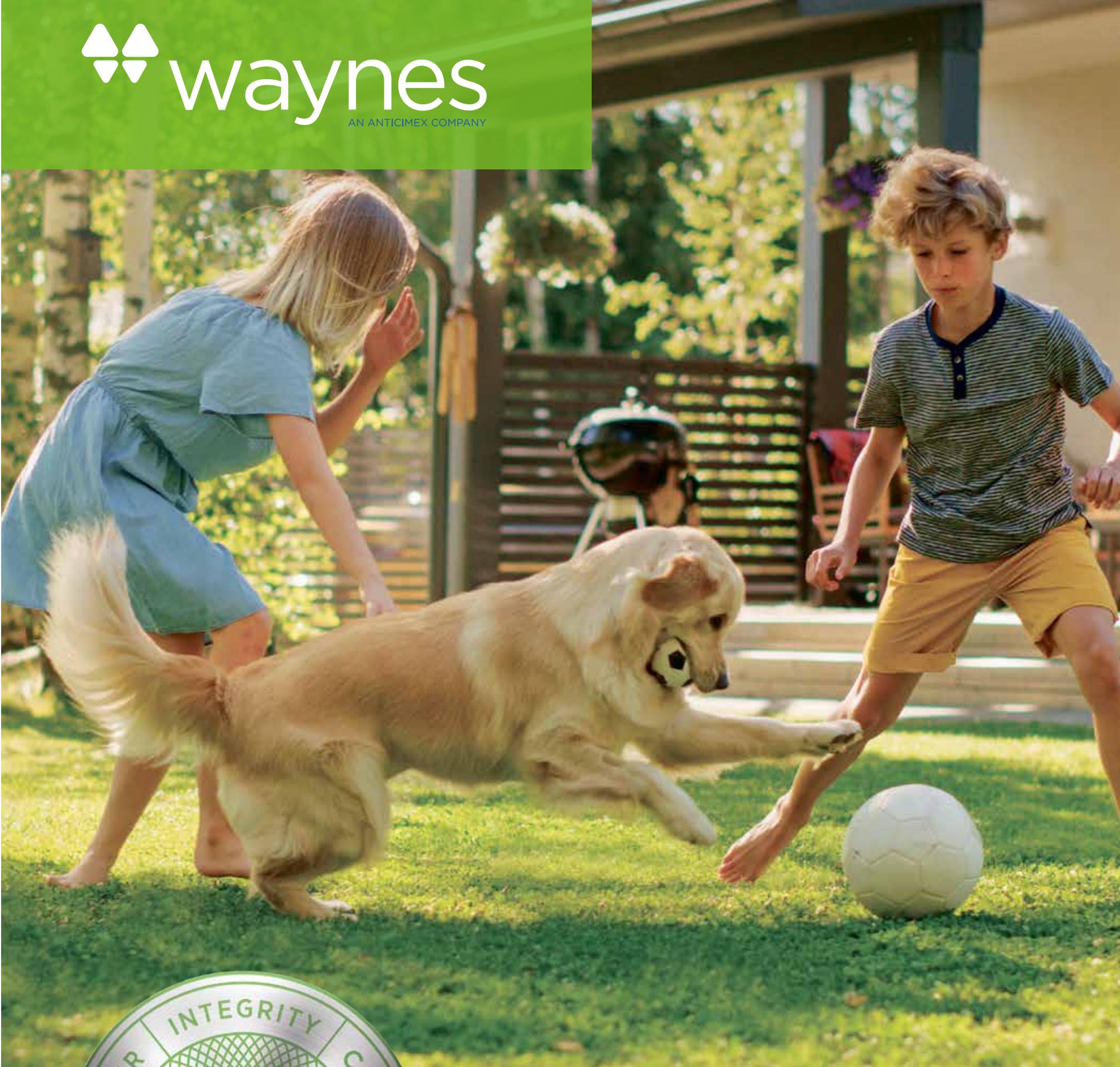
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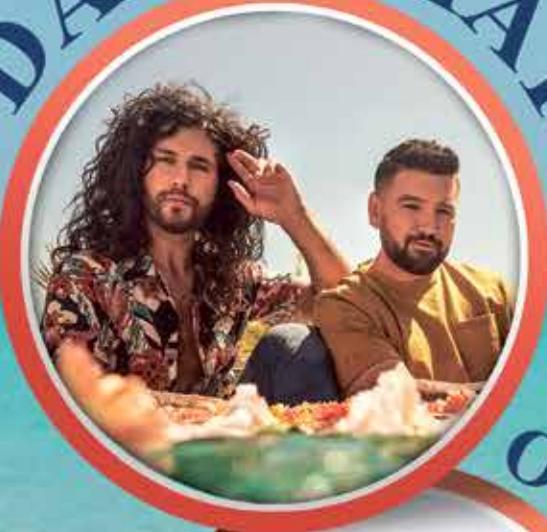
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