

October 2022

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Lauren and Tony DUNGY
NFL Couple on Saying Yes to God

FREE Good News



 **TN VOICES**
GREEN RIBBON

Gala

2022

FRIDAY, NOVEMBER 11, 2022
THE BELL TOWER
400 4TH AVE. S. NASHVILLE, TN



DEAR NEIGHBOR,

We are grateful for your business in our community and would love for you to consider attending our 2022 Green Ribbon Gala. If you cannot attend in person, we'd love your donation, or a purchase from the silent auction. We are also seeking sponsors who can join us in encouraging spiritual, mental, physical, and social health.

 **TN VOICES**
Support Services From Firsthand Experiences

ORDER OF EVENTS

7:00PM - 8:00PM
COCKTAIL HOUR
(silent auction and hors d'oeuvres)

8:00PM- 10:00PM
DINNER AND PROGRAM
(live auction and presentation)

Please consider partnering with us as we join together for an evening of encouragement, gratitude, and celebration:



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Questions? Please contact
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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

Spend Time with Family this Fall

October is a wonderful month for all types of family events throughout Middle Tennessee. The weather is usually great for outdoor activities and many different types of family entertainment are available to enjoy.

Make it a priority in October before the holiday rush gets into full swing to call the family together, discuss and choose at least two events that everyone would enjoy attending, make your plans and go.



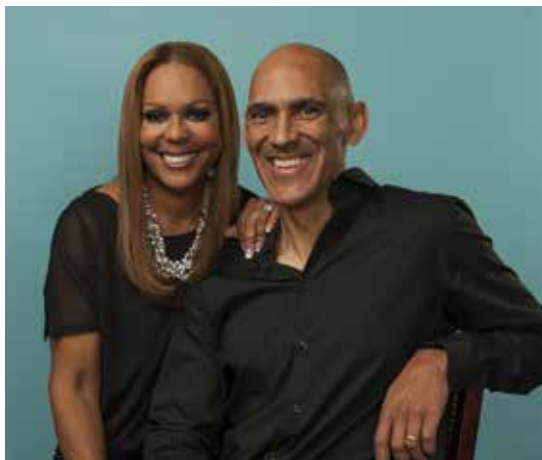
Your family can have a great day together without going to some event, when the leaves begin to turn beautiful colors, pack a picnic lunch, load everyone up and go for a day of sightseeing and togetherness. Middle Tenn. has several parks that offer picnic areas, hiking, and walking trails, all great for families.

Getting away from the television and other devices for a day or so and having some quality time as a family unit should be a top of the list item before we enter the hectic holiday season.

As Believers, we should understand that our family is at the center of God's plan for the happiness and growth of His children. As we know from the Bible, families were important to God from the very beginning. Take some time to locate and read some of the many examples of families found there and also scriptures that teach and guide us how to have a loving, happy family with God at the center.

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

Married for more than 40 years, NFL Couple Tony and Lauren Dungy share how they strive to live a purposeful life as individuals and as a couple. See page 20.

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DOING THE MOST GOOD®

Salvation Army of Nashville and Much More!

An Evening with John Chisum & Friends

BENEFITING CHILDHOOD LITERACY



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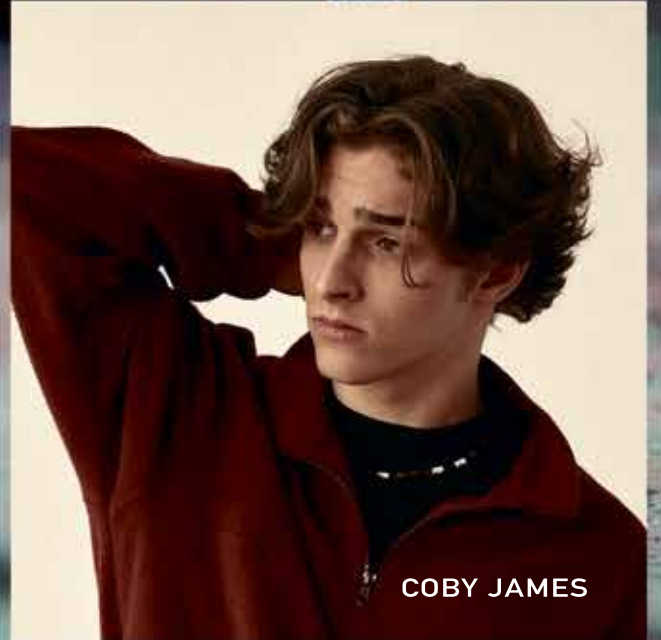
SUNDAY, OCT. 16TH | 7PM



JOHN CHISUM



JOHN CHISUM



COBY JAMES

Enjoy an elegant evening of music, entertainment, and worship at the historic downtown Franklin Theatre with John Chisum, Don Moen, Coby James & Friends to support Hands Across the Sea, a children's literacy organization serving over 850 schools in the eastern Caribbean.

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Tickets Available for In-person & Streaming Online
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DON MOEN

Preachers Talk About Christianity. Queen Elizabeth Went Out And Lived It

Christmas lunch, for many British families, has regularly concluded with everyone gathering around the television to hear the Queen's annual message to the nation and the Commonwealth.

About twenty years ago it was widely reported that some of Her Majesty's advisors had suggested to her that, now that Britain was home to many different religious traditions, she might want to play down the specifically Christian aspect of her message.

The Queen's response was robust. That Christmas she was more explicit than ever. The Jesus whose birth we celebrate, she said, and his teaching, have been my companion and guide throughout my life, and with his help we can go forward into another year. Or words to that effect.

I remember staring at the television in surprise and delight. She had preached the Gospel to an audience of millions. She had completely outflanked the fussy, compromised political correctness of the time, both by what she said and by how she said it.

The second is just as important as the first. Her Majesty spoke with calm, humble assurance. She wasn't talking about herself, but about the Jesus she knew and served. She cherished and valued the millions around the world – people of very different cultures and traditions – who looked to her for leadership. But her own leader was Jesus, and she wasn't shy about saying so.

And it is crystal clear, as we look back with gratitude on her extraordinarily long life and reign, what it meant for her to follow Jesus. It didn't mean bombastic dogmatism, laying down the law. It meant humility, faithfulness, steadfast commitment, selfless service to others.

She gave of herself to people of all sorts, with genuine interest and concern, with humor and grace. We sometimes speak of "a long obedience in the same direction". Well, how long is "long"? Will seventy years of unswerving devotion do? I should say so.

Her own personal spirituality was deep and heartfelt, unfussy and unshowy. She got to know Billy Graham on one of his early visits to the UK, and it wouldn't surprise me if he helped to draw out into more explicit form the personal faith which she had from her early days.

Later, in the 1970s and 1980s, one of her "chaplains" – clergy on whom she would call for advice



QUEEN ELIZABETH II
1926 - 2022

and spiritual wisdom – was the Reverend John Stott, perhaps the best known evangelical leader of that time. But, as in political life, Queen Elizabeth stood well back from church parties and controversies.

Her own preferred style of worship was that of the traditional Anglican – neither "high-church" nor "low-church," but focused on the Bible, especially the Psalms and the Gospels, and on the Prayer Book.

I remember her expressing surprise when, at a large service in Westminster Abbey, most of the congregation received communion standing up. For her, kneeling was a vital sign of her humble devotion to Jesus.

I suspect that many forthcoming obituaries will list her interests and achievements and then add, as a kind of footnote, something about her personal faith. That's how many like to see Christianity: an added extra, a little religious hobby, off on

the side. But that would be profoundly untrue to Queen Elizabeth II.

Everything else she did, including her vibrant love of life, of horses and dogs, of the countryside, of family and friends, was shaped and colored by her being first and foremost a follower of Jesus.

To follow Jesus is to affirm and celebrate the goodness of God's creation in all its aspects, even while grieving – as she often had to do – over a world groaning in travail, awaiting God's ultimate new creation. And the sheer hard work of the Head of State – all those red boxes, all those meetings, official occasions, endless streams of people to see, people to be encouraged, congratulated, consoled, advised – that work was her faithful service, not just to her people – though she loved them, and that was obvious, which is why we loved her back – but to her Lord.

Many years ago I heard a sermon explaining why, in Jesus' parable, the workers in the vineyard all got paid the same wage, despite their very different day's work. They all alike, said the preacher, came when they were called; they went where they were sent; and they did what they were told.

Queen Elizabeth found herself called, at a young age and a challenging time. She offered herself, her life, in response. And she did what she was told, following Jesus' command and example into a life of humble, faithful service.

We preachers talk a lot about Christianity. She got on and did it. Thank God for Queen Elizabeth.

— N. T. Wright, formerly Bishop of Durham in the Church of England, is now Senior Research Fellow at Wycliffe Hall, Oxford. Among his recent books are "On Earth as in Heaven: 365 Days with N. T. Wright" (HarperOne) and Galatians, in the 'Christian Formation' commentary series (Eerdmans). His online courses can be found in the 'Christian Formation' commentary series (Eerdmans). His online courses can be found at www.ntwrightonline.org.

THIS ARTICLE WAS FIRST PUBLISHED BY
FOX NEWS



Addiction Meet Grace

The subject of addiction is complex and controversial. Whether you believe addiction is a disease or a choice is up to you. What we know for sure is that millions of lives are affected by various addictions. Many people report feeling trapped in their addiction while family and friends struggle to pinpoint the fine line between support and enablement. As the host of Bridges, I've interviewed hundreds of individuals who battle addictions. I've also personally experienced the pain and fear of loving someone who struggles with addiction. While it isn't easy, I have come to know in a deeper way the grace of our Savior. If you are entrenched in an addiction or love someone who is, I understand your pain and tears. I won't offer you pat answers. I will offer you compassion and what I've learned personally and in the studio about this treacherous journey.

I Know Someone Who Understands

If you are not battling addiction, or you don't know anyone who is, please continue reading. You may find yourself someday working in a cubicle next to a worn-out mom whose cried every prayer she can imagine over her addicted prodigal. Even if you can't say I've been there, you can say I know Someone who understands exactly what you are going through. This High Priest of ours understands our weaknesses, for He faced all of the same testings we do, yet he did not sin. Hebrews 4:15 NLT. Jesus offers each of us an incredible gift. That gift? Grace. Grace is the most outrageous lavish gift a human being could receive and it's ours for the asking. While I highly recommend everyone seek the medical treatment, godly counsel, and support we need here on earth, nothing compares to the power of GRACE. Grace covers

our sin and makes our lives brand new. Grace changes the desires of our heart and gives us the supernatural ability to do His will.

Grace Makes Hell Tremble

Grace frees us from the sting of sin and the prison of bondage. Grace makes religious people angry and hell tremble. Grace frees the enabler and the addicted. While it's true that we don't deserve grace, it's also true that God offers us grace because He loves us. Let's consider a 10-year old's birthday party. Imagine a child opening gifts from their parents and being told --- you don't deserve this gift because you messed up last week. However, we're giving you gifts because we are good parents. Wouldn't this kind of birthday party shaming be awful? Isn't it more like --we bought you these gifts because we love you? That is exactly what grace is like for us. We don't deserve it. But it is our Good and Merciful Father's pleasure to wrap us in His grace and take all that is wrong and make it right. To you my dear friends and readers, wherever you are in the battle against addiction, please know that you are loved, and that grace is yours for the asking.

Today's Secret from the Studio: Never Underestimate the Power of Grace.

— *Monica Schmelter is the General Manager of WHTN Christian Television Network and host of daily television show Bridges. Bridges airs in over 50 million homes and is also available to watch on demand at monicasmelter.com*



BUSINESS TODAY

Creating a Path to a Better Life

When you combine reliable vendors and suppliers with dedicated volunteers, add an amazing cause, and sprinkle in some good weather – you have a recipe for a successful event. That's exactly what happened at this year's annual Lee Company Clay Shoot benefitting Justice & Mercy International. We were grateful for many things: the beautiful day, the extensive list of title sponsors, and the support of our community!



For the past nine years, Lee Company has supported JMI, the global non-profit which continues to do great work for the people of

Eastern Europe and the Amazon. You can find their teams on mission trips supporting orphanages and schools, while helping people in those countries create a path for a better life. Through funding and education, we have supported this organization and their mission. At our annual clay shoot at the Nashville Gun Club, we raised over \$20,000 this year!

“The hard work of Richard, Emily, and all the volunteers at Lee Company, make the Justice Shoot one of JMI's most successful events! Lee Company's amazing generosity allows us to fulfill our mission to make justice personal for the poor, the orphaned, and the forgotten in Moldova and Brazil. We greatly value our partnership!”

— *Chris Hardy, Director of Programs and Partnerships, Justice & Mercy International*

With the help of our dedicated sponsors, friends, and customers, Lee Company has raised over \$164,000 for JMI over the years!

A big thank you to our 2022 Title sponsors:

- JJP Mechanical
- Rooms to Go
- Pinnacle Financial Partners
- MRG
- Care Supply
- Tom Barrow Co.
- Kenny Pipe
- Trane
- DPR
- JMP
- American Pipe
- Ed's Supply
- Solomon Builders
- Watts
- Ferguson

At this year's tournament, we had over 130 people rotate through 20 stations. Thanks to all the shooters who participated, and to the fantastic team of volunteers from both Lee Company and JMI. Additional thanks to Corky's BBQ for catering lunch, Blue Dog Merch for the t-shirts, and Halo for the signage. We also had numerous items donated by Care Supply, Ferguson, and Sunbelt.

Connecting with members of our community while coming together for a cause made for a terrific day, and we look forward to continuing our commitment to this worthwhile organization and the global impact it continues to make! To learn more about JMI and how you can get involved in their cause, visit www.justiceandmercy.org.

— *Emily Bonomo, Brand Specialist, Lee Company, www.leecompany.com*

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Can What I Say On Facebook Cause Me Legal Problems?

“I can’t believe I was fired from my job over simply expressing my personal views about the outcome of the election,” exclaimed a client who recently called our office to inquire whether her employer could really get away with this. Presently our firm represents several individuals in five states, all of whom were terminated from career-long positions over comments they posted on their private Facebook pages. We could never have predicted such an influx of cases even three years ago.



Platforms like Facebook, Twitter and other social media have become the modern public square in which individuals freely express often diverse views on public issues affecting their local communities and the nation. The Supreme Court, in *Packingham v. North Carolina*, recognized that social media, like all forms of free speech is protected by “a fundamental First Amendment principle” that all persons have access to places where they can speak. But *Packingham* addressed whether government may restrict access to social media. What about private employers? May they impose such restrictions on their employees who seek to exercise this right during off-duty time?

Many employers today have social media policies that broadly proscribe certain types of expression by their employees, even during their off hours. Unwary employees are increasingly finding themselves ensnared by these policies, particularly when their comments run counter to the prevailing mainstream narrative on a given issue. The following are just a few examples of employees whom we are representing that lost their jobs over Facebook posts: A nurse in North Carolina commented “All lives matter and BLM is a political trick to upset a group of people to riot and terrorize!” An anesthetist in Florida remarked on her Facebook: “These acts [referring to Antifa] are not all about injustice and racism. The devil incarnate is out in the form of rioters and assaulters.” A state employee in Tennessee criticized a state policy calling for the early release of drug offenders in response to the Covid-19 crisis by stating: “The Governor is forbidding parole officers to put parolees in jail for unlimited drug abuse.” The director of a library in Kentucky was fired for posting: “The concept of race is not biblical. There are not higher races and lower races of people. There is only ONE race, the human race.”

In many of these cases, the employer would never have known of the employee’s Facebook post had others, who negatively reacted to it, not contacted them. The practice of attacking another on the basis of one’s disagreement with their social media remarks is called “doxing”. Doxing is defined as the act of searching for and publishing private or identifying information about a particular individual on the internet, typically with malicious intent of bringing about their termination.

If you or someone you know has been impacted by their comments on social media, we encourage you to contact an attorney. To receive an initial free consultation, you may contact our firm at www.crainlaw.legal



— Larry L. Crain

2 BIG EVENTS
 From
Perkins Arts Christian Ministries

Tuesday, October 11, 7:30 pm



at **The Well Coffee House**
 in Nashville

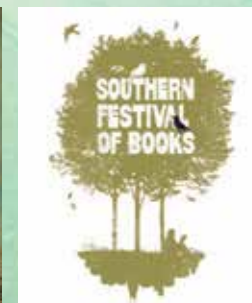
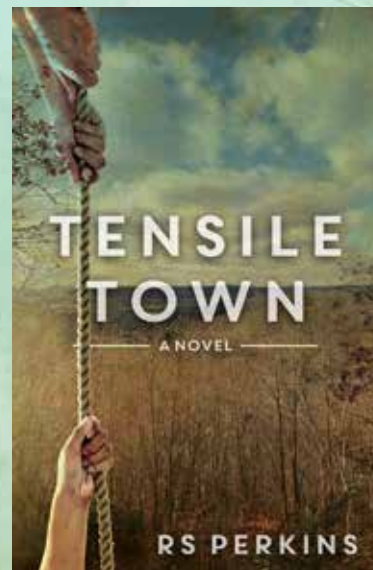
Spreading the Good News of Jesus Christ

4002 Granny White Pike,
 Nashville, TN 37204

October 14-16

Meet the author of *Tensile Town!*
 (published by Innovo Publishing)

RS Perkins will be signing copies of *Tensile Town* at Southern Festival of Books



Sold in Green Hills at Logos Books and Bennett Galleries as well as all online booksellers.

MUSIC NOTES

Q&A with Dr. Phil Barfoot: CEO of Celebration Concert Tours & Much More

Tell us about the upcoming 3rd Annual Music City Celebration at The Ryman.

Phil – We are excited this year to have some stellar Christian artists join us for this great event! Featured artists will include the one and only TaRanda Greene, the dynamic ministry of Charles Billingsley, one of the absolute best a cappella groups on the planet - Voices of Lee and the 175-Voice American Festival Choir, comprised of choirs from all across America!

When is the concert?

Phil – The concert is Monday night, October 17 at 7:30 pm at the famous Ryman Auditorium.

How can attendees obtain tickets?

Phil – There are both paid tickets and free general admission tickets. For paid tickets, go to www.ryman.com/event/music-city-celebration. Artist circle tickets are available and include a meet and greet with the artists along with a signed gift, a famous Ryman Hatch Print of the concert and VIP seating.

For FREE General Admission tickets, attendees can simply scan the QR code on our ad on the back page of this magazine and follow the simple instructions. For questions, simply email us at cct@celebrationconcerttours.com or call (615) 771 – 2665.

What exactly does Celebration Concert Tours do?

Phil – Our passion is to get choirs outside the walls of the church in ministry and provide "travel with a purpose" to the greatest destinations and concert venues in the world. Our mission is to offer outstanding travel and ministry opportunities that are life-changing for each participant and spiritually significant for each community we visit.

What are some of the trips you have coming up?

Phil – After the Music City Celebration, we host

The 12th Annual Christmas in New York, featuring a concert at Carnegie Hall on Monday, November 21st with TaRanda Greene, Charles Billingsley and the American Festival Choir. 2023 includes The 2nd Annual Branson Praisefest in March, The Best of Scotland & Ireland in May, Worship in the Holy Land with Lee University in June, The Best of Italy in July, The 4th Annual Music City Celebration in October and The 13th Annual Christmas in New York in November. All our trips are ministry based with choirs combining from all across America.

Do you have to be a singer to attend the trips?

Phil – Not at all! About 25% of the folks we take on these trips are spouses, family and friends. They always get the best seats in the house for the concerts.

How does someone get in touch with you to find out more about these ministry trips?

Phil – Our website has information on all of our trips. It is www.celebrationconcerttours.com. Our staff is always available to help answer any questions. Our phone number is (615) 771 – 2665.

I understand you recently started a new ministry?

Phil – That's right. Celebration Ministry Staffing (CMS) just celebrated its second year of providing quality staff members to churches around the world. Our concept is very unique, in that our 75-member Advisory Team (consisting of some of the finest Worship Pastors, Executive Pastors, Senior Pastors, Youth Pastors, etc.) expedites the placement of staff from their wide scope of relationships with those in ministry. The Lord has certainly given us His favor as CMS is growing and expanding far beyond our wildest dreams.

What makes CMS unique from the other church staffing companies?

Phil – Our signature motto is, "It's All About Rela-



tionships", which is certainly true in ministry. Our Advisory Team has relationships with thousands of potential ministry staff members and are very efficient at identifying appropriate ministers for specific roles within the church. We are grateful for God's favor upon this new ministry as we have been able to place many extraordinary staff members in churches all across America. We are blessed to have Kathy King as our COO. Kathy has many years of experience in ministry, recruitment and job placement.

I encourage folks wishing to make a change in ministry to contact us. Our website is www.celebrationministystaffing.com and phone number 615-771-2665.

Great talking with you today!

Phil – Thanks, Joey! We love what we do at CCT and always enjoy sharing our vision with folks! Looking forward to seeing your readers at The Ryman on October 17!

— Interviewer: Joey Guarino

NASHVILLE

CHRISTIAN FAMILY

Contact us today to see how we can help you SPREAD GOOD NEWS and GROW YOUR BUSINESS in 2022!

615-815-8765

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

"Cool Springs MD has trusted our Print Marketing to Nashville Christian Family magazine for many years. The publication's content aligns with our Family Values and our patients look forward to being able to get a copy from our office."

If you have business that wants/needs a loyal and supportive client base, we highly recommend NCF."

— Jeffrey S. Lodge MD, Vice President
Daphne Lodge, President



TEACHABLE MOMENTS

A New Season

I recently celebrated a birthday and with a new year, I have been meditating on the following scripture: Psalms 92:12-14 (TLB) *“But the godly will flourish like palm trees and grow like the cedars of Lebanon. For they are transplanted in the Lord’s house. They flourish in the courts of our God. Even in old age, they still produce fruit; they will remain vital and green”.*



Upon further study, I found deeper truths, so I have made this my banner for my new year! The godly are compared to two amazing trees. The first tree is a palm tree. Did you know that every part of the palm tree is useful?

The palm leaves can be used for the treatment of cancer, cardiovascular disease, kidney disease and wound healing. The sap contains healing properties as well. The palm oil is the most popular produce from the tree and can be used for frying and cooking. It can also be used for the manufacturing of cosmetics, soaps, toothpaste, and more. Because the wood is fibrous, it can be pulled apart and woven together to produce thatched roof coverings, and logs for bridges. The fiber can also be woven to make carpet, wall coverings, practical

household items, and furniture. Not only are palm trees a vital resource, but they are also beautiful to look at. Their heights can well exceed 20 feet.

The cedars of Lebanon have been called God’s trees. The cedar is known for its strength, longevity, and resistance to decay. There is much reference throughout the Bible to the cedars of Lebanon. It is a tall and noble tree with the average life span anywhere from 300 years to 1000 years. When King Solomon built the temple, he used cedar trees.

This comparison of the godly to these two specific trees reveals how we have been created with a fullness of purpose, strong, resilient and a promise of long life. However, the soil is also vital for these trees to grow as they were designed. We thrive when we are planted in the proper soil. (v. 14) We will prosper when we are planted in the house of the Lord. Think about the Parable of the Sower. The seed is planted in different types of soil. The best soil was not the soil where anything was added but instead, where rocks and debris have been removed.

Finally, we can be dynamic, active, and lively even in old age. Our best days are ahead. We can and should continue to be productive. The end of 2022 is right around the corner. As you begin to think about the upcoming year, I hope you too will make this your banner. May this be a reminder of how our majestic God has created us to flourish!

The word of God mixed with our faith will accomplish much!

— Rhonda L. Smart, rhondalsmart@gmail.com



Join the #RedKettleChallenge

1 Kettle | \$1,000 | 1 Life Changed

Pick the Path to Your Goal

- 1 Volunteer to Ring the Bell for 4 hours.
- 2 Start a Peer to Peer Digital Kettle Campaign.
- 3 Get 5 friends sign up as \$20 recurring monthly donors.

What is Your Impact?

The \$1,000 raised in your kettle can provide 100 meals to individuals as we work with them on Rapid Rehousing solutions. Or it can cover 1 months rent to keep a family in their home. Or it can keep the lights and heat on for 2 families by covering a utility bill. Or it can provide hours of educational support to a family in our youth program.

The ability to impact and change lives is endless!

Sign Up Today



SalvationArmyNashville.org/red-kettle

Standing Above: Amada Senior Care in Middle Tennessee



Consistent unrest in a work situation often signals a change in direction inspired by God’s Spirit. After serious chats with God, Kevin Fehr left his corporate job and with his wife Kelly began Amada Senior Care in Middle Tennessee. Kevin needed a sense of purpose in his career by truly helping others; he wasn’t experiencing that in the pharmaceutical industry. Interestingly, amada is the Spanish derivative for “beloved; love for your neighbor.”

Kevin’s grandfather, 102 years old at the time, was receiving home care during his final days. The amazing benefit to the entire family of this home care was immeasurable, reducing the worry and stress that too often accompanies and overwhelms those caring for seniors.

Kevin watched his mother be a daughter again instead of a constant caregiver for her father. Kevin learned that “children in their 60s and 70s want to capture and remember their parents, not spend remaining precious time with the intensity of their parents’ needs.” After seeing the impact of non-medical in-home care, Kevin and Kelly were led by their faith in Christ to follow their vision to help others—amada. Eight years later, the couple identifies this faith-based decision as one of their best. The Fehrs learned that to run a successful business as a married couple, they needed to “know their lane and stay in it” to flourish and not stumble over each other.

Amada Senior Care is rated the number one non-medical in-home care agency in seven counties throughout Middle Tennessee (see www.familyassets.com) and has earned an A+ rating by the BBB for the past six years. It is also the second company in the entire state of Tennessee to earn an A+ rating by the rigorous Home Care Standards Bureau, based in Colorado.

“Our company is built on such Core Values as gratefulness, humble confidence, and urgent attention to all aspects of compassionate care.” As President and CEO, Kevin Fehr explains, “in the beginning we knew one business thing: Culture eats strategy for lunch. To succeed we must pair the right people with the right job to create the best caring environment. Our caregivers are at the heart of what we do: they are the hands, the eyes, and the listening ears for our seniors. We do our very best to make sure they are happy and respected. To help show caregivers we care for them, we have Caregiver Appreciation Day. These core values have brought an astounding 92 % differentiating appeal as ‘A Great Place to Work.’”

While Kevin takes the lead in Business Development, Sales, and Marketing, Kelly serves as the company’s Chief Operating Officer. “Operational oversight of a company that serves over 100 seniors can be a daunting task, but I welcome the challenge. Our goal at Amada is to ensure that our clients, their families, and our caregivers are taken care of. We support seniors so they can live independently while being safe and comfortable, but that isn’t enough. Lending a hand with activities of daily living, or ADLs, is certainly an important part of Amada in-home services, but just as crucial to our team



Kevin and Kelly Fehr, seen here with their children, began Amada Senior Care to fill a need for non-medical in-home care.

is the companionship that our home care aides provide.”

Amada stands above other home care service companies by offering four types of advisory services for seniors and their families: in-home senior care, senior housing advising, home monitoring, and financial care coordination (help with Long-Term Care Insurance, US Veteran Benefits, and other funding options—(Free Care Needs Consultation). Financial consultants explain the differences in the eligibility requirements for in-home care, respite care, or care in a nursing home or residential setting, and they even advise private pay clients.

As well as how to make senior care more affordable, our financial and senior housing experts advise on requirements for independent living and the differences between in-home care and assisted living facilities. Focusing on learning the character, disposition, and physical requirements of each client, we develop a senior care plan. Then, we match the client with the qualified

Amada caregiver most compatible to offer companionship and serve unique needs—companion care. Not only will our care providers do light housekeeping, errands, and bathing, they will also talk to and listen to your loved ones, take them to the park or on a stroll through their neighborhood if appropriate, and prepare a favorite meal.

Amada wants to see seniors thriving and happy in their familiar surroundings. Kelly explains, “we want sons and daughters to be sons and daughters of their parents, to cherish the remaining moments, and let our professional caregivers do the tough stuff. Whether the senior needs an Alzheimer’s or memory care facility, a nursing home with extensive health care services, or another type of senior living community, clients can depend on our trusted advisors. We only recommend facilities that have passed our stringent review standards. We urge due diligence in searching for appropriate caregivers—*not every shop is the same—before choosing Amada.*”

Character in leadership permeates society. The Fehrs model Christian care in their home and business by choosing to do the right thing. No doubt, setting the example of serving others has influenced the Fehr children: Jordan (24, newly wed to Tristin), Madison (21, senior at the University of Tennessee), and Mackenzie (10, lover of the Center for the Arts in Murfreesboro). Working in partnership through cooperation, compassion, and companionship—whether at home or in business, s-p-e-l-l-s Christian care. Reach Amada Senior Care of Middle Tennessee at 615-933-7494.

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



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Medicare Open Enrollment Starts Soon

Yes, it has come around again and soon your mailbox, email, and TV commercials will be telling you that open enrollment is here! So, let's take a look at what Medicare Annual Enrollment Period (AEP) is all about. If you have a Medicare Advantage Plan or a prescription drug plan (PDP) this is the time of year you get to review how those plans have done for you. You will be receiving from your plan's carrier toward the end of September a letter called the ANOC letter (annual notice of change). It will tell you what the changes on your plan will be for 2023. Remember to open this letter from your carrier and not put it in file 13!

If you don't do mail, then hop on your computer beginning October 1st you will be able to log on to Medicare.gov and check out your plan there. You may also see your plans info in the 2023 Medicare&You that will be mailed to you. It's available on their website but does not have local information on plans/carriers.



The open enrollment signing period is October 15th through December 7th. If you decide to make any changes your new plan will start January 1, 2023. If you don't make any changes then your current plan will roll into 2023 and you don't have to do a thing!

Suggestion – call your Medicare Rep and discuss next year's plan with him or her! Every year we must get recertified with Medicare and the carriers to be able to offer suggestions as to what would be the best route for you in 2023. We are blessed to have such a great healthcare system in middle Tenn. and that attracts many companies that want to do business here. I believe there will be several new carriers/plans available. Remember this is about your healthcare coverage for next year. It's worth taking a look! And this time next year – we get to do it all over again!

— H. Ben Davis, III CSA *SelectPointe, LLC* 615-584-4946
ben.davis@selectpointe.com www.selectpointe.com



MISSION MAKERS

Lives Changed Through the Programs of The Salvation Army: Meet Stacy



Stacy's childhood was far from what most children would dream of...drugs, poverty and sexual exploitation took the place of school dances and football games. She didn't outgrow these issues as she grew into adulthood, they just followed her. Eventually Stacy found herself on the streets and for seven years called wherever she found to lay her head at night home. After 3 years on the streets, she found herself incarcerated, and while she wanted to get herself clean and straight once she got out, she couldn't do it on her own. She stayed at the Nashville Rescue Mission and completed all the programs they had to offer...but that wasn't enough to overcome her history, she needed more support. Finally, she decided enough was enough. She entered into The Salvation Army Supportive Housing program.

Stacy has a lot to fight for...children whom she wants to provide a safer and better childhood for than she herself had. The first step was to get clean and sober. She has completed an Intensive Outpatient Program to help get her started and continues to go to NA meetings to maintain her sobriety. Stacy even had an un-medicated birth of her youngest child so as not to be tempted to fall back into old habits.

She has learned to become a self-advocate and speak up for the needs of herself and her children. She worked with a financial counselor to improve her credit, and applied to have her record expunged in an effort to remove one more barrier to better employment and housing. Stacy is extremely motivated and driven, despite the obstacles she has faced and overcome. Her final step was to secure a permanent home for her family so that they can all move forward together into a brighter future.



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— Misty Ratcliff
Development and Communications Manager, The Salvation Army
www.salvationarmynashville.org

SPECIAL FEATURE

The Stress Incontinence Solution

Stress incontinence is a major issue. A lot of women don't like to talk about it, some even try to joke about it, but behind the closed doors of our exam rooms an overwhelming number of them are telling us how this issue has impacted their life, their hobbies, and their confidence to be able to do what they love.



Statistics show that the majority of women over the age of 40 report mild to severe incontinence symptoms. Many women develop issues after childbirth but aging alone can cause the tissues in the urinary tract to weaken and allow leakage. Women who struggle with stress incontinence can experience leakage when exercising, coughing, sneezing, traveling, or just about any movement that puts pressure on your core. That's not to mention that it can be embarrassing when accidents happen, or the annoyance felt by family and friends waiting on you while you go to yet another restroom. There are exercises (ex. Kegel) that can help and various surgical options, but so many women still struggle.

For years, we at Blue Umbrella Medical have been using Platelet Rich Plasma (PRP) and stem cell recruitment therapies for joint pain, scar tissues, and other areas where tissues have been damaged. What an incredible revelation when we learn that PRP can be used to reverse stress incontinence! The concept is quite simple, using a blood draw and a special centrifuge, we can obtain a sample of the patient's PRP. That PRP can then be injected into the areas that have been damaged to repair the collagen and rebuild the tissues, allowing for a better seal and preventing uncontrolled urine flow. We have affectionately named the procedure the She-SHOT!

The entire procedure takes less than an hour and requires minimal downtime (you will want to take it easy for a few hours afterwards). We use a local anesthetic and most women report experiencing very little pain with the process. The best part is the She-SHOT is a one-time procedure, and the effects can last a year or longer!

An overwhelming number of women report significant improvement if not complete elimination of their stress incontinence within three weeks of the procedure. Those who also resume core strengthening exercises can see even better results! Furthermore, the injections can also be applied along the pelvic floor and walls to improve the health of the female sexual organs.

For those who are struggling with stress incontinence, we strongly recommend setting up a consultation to see if you are a candidate for this fantastic procedure!

— Dr. Jae Hitson, Clinical Director of
Blue Umbrella Medical Center
Murfreesboro TN
www.blueumbrellamedical.com



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A “Chosen” Profession: Trevecca Graduate Helps Bring Groundbreaking Series To Life

The Chosen is what many in the entertainment industry might describe as an unlikely success story. It’s a streaming series about the life of Jesus and those who encountered him during his years of ministry. What’s remarkable is how the show has steadily raised unprecedented funds while also accruing a massive fanbase, becoming the largest crowdfunded TV series project in history. Working behind the scenes on *The Chosen* is the show’s first assistant director, Trevecca Nazarene University alumnus Adam Drake. “Trevecca is where I discovered what I really enjoy,” said Drake. “It was the perfect community to help me find what I wanted to do.”



Adam Drake

I want to be an example of Christ to the people on set and I knew that space could be a mission field just like if I was going overseas.” After years of acting and filming, he discovered that the position of first assistant director fit well with his natural talents. In that role, his task is to keep the production running smoothly. “I’m basically an on-site producer for logistics.

I keep everything moving efficiently because in this business time is money and everything is very expensive,” said Drake. “It is my job to limit those expenses and make us as successful and safe as possible.”

By 2021, *The Chosen* viewers had contributed upward of \$40 million to its filming and production. The show has garnered 300 million views internationally, with 30 percent of those views coming from outside the United States. However, Drake was a part of the show since its inception and was integral to its production from day one. “I was there from the very beginning before anyone knew what it was. I read the scripts and was impressed,” said Drake. “I remember wondering, ‘This is incredible, but can we actually pull this off?’ I knew that if the acting wasn’t there or the production design wasn’t there, it wouldn’t work.” It did work, but at times it has been difficult to film a production of this size. This is especially true with scenes involving large

groups in an expansive setting—like the recent filming of the feeding of the 5,000 which will air in an episode of season three. “That was the most challenging week we have ever had for *The Chosen*. We had thousands of extras and it was 105 degrees in Texas, where we were filming. People were passing out from heat exhaustion,” said Drake. “It is my job to handle all of those logistics and to keep everyone safe. It was probably one of the biggest challenges I’ve ever had as a first assistant director.”

Despite the difficulties, Drake finds his work rewarding. *The Chosen* has proved to be more than just a good story—it has touched people around the world. “The show aligns with my beliefs as a Christian, which is huge. Being able to be a part of something that is changing lives is more rewarding than just making a great show,” said Drake. “It has a dual impact. It is well done and well produced and it’s also really speaking to people and impacting the world. That never gets old.”

The Chosen can be viewed on Amazon Prime Video, Angel Studios and NBC’s Peacock.

— Rebekah Warren



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Music Industry Veteran John Chisum Hosts “An Evening with John Chisum & Friends” at The Franklin Theatre to Benefit Childhood Literacy

John Chisum is no stranger to the Nashville Christian music community. Beginning his career in the mid-1980's, Chisum worked his way up from Nashville newcomer to VP of Publishing for Star Song Media working alongside such industry greats as Bill & Gloria Gaither, the late Gary McSpadden, iconic A & R Director, Darrell Harris (Petra, Newsboys, Twila Paris), and many others who set the stage for today's Contemporary Christian Music scene.

From Star Song, he became Director of Song Development & Copyright for Integrity Music where he managed eighteen full-time songwriters, twenty employees, and helped oversee the development of over 200 products during his tenure. Chisum now continues to build on his legacy as founder and President of Nashville Christian Songwriters, a company that seeks to empower Christian songwriters worldwide to reach their highest potential.

A prolific songwriter, Chisum has had over four-hundred of his own compositions published in his career and is still releasing music currently. His 1994 Integrity Music recording Firm Foundation impacted a global worship audience and established him as a much-loved worship leader and recording artist in the U.S and in many parts of the world.

A Night Of Music For A Lifetime Of Learning

Billed as “a night of music for a lifetime of learning,” John and his wife, Donna, are sponsoring “An Evening with John Chisum & Friends” to raise awareness and support for a children's literacy organization called Hands Across the Sea. The Williamson County couple have supported the charity for over twelve years, even traveling to the island of St. Lucia in 2019 to sponsor a fresh coat of paint for one of the schools Hands supports deep in the rainforest.

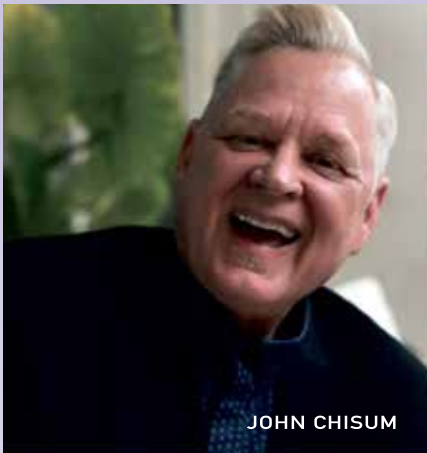
“It has been inspiring to experience Hands Across the Sea's mission through John and Donna Chisum's eyes,” says Hands Across the Sea Executive Director, Amanda Sherlip. “The spirit of service is so abundant in their hearts, and their care and commitment to the children has truly touched all of us at Hands Across the Sea.”

The event is being held at the historic Franklin Theatre in downtown Franklin, Tennessee. “This is such a classic venue,” Chisum says, “and I have an incredible lineup of some of the best musicians and singers in Nashville to make it an unforgettable night as I'm joined by Coby and Don - - it's going to be off the charts!”

Those attending in person or streaming online can expect an upbeat, worshipful, and enjoyable night of music and entertainment as Chisum shares both his classic worship songs and a few new songs he's written and recorded especially for this event. “I'm working on a couple of surprise guests too,” John confesses. “You just never know who might show up!”

About John's Friends

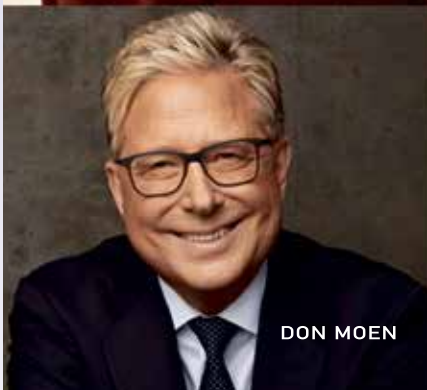
At only 20-years old, Coby James is already a music business triple threat. As



JOHN CHISUM



COBY JAMES



DON MOEN

a singer, songwriter, and producer, James has landed both No.1 and No.5 singles on Billboard's Christian Hot AC/CHR chart, performed on a national tour with Grammy nominated and Dove

Award winner Danny Gokey (of American Idol fame), signed with indie label Centricity (Lauren Daigle, Jordan Feliz) and released two self-produced EPs.

Don Moen is known the world over as one of the most beloved worship leaders and songwriters of our time. Performing for millions of people on every continent except Antarctica throughout the course of his career, Don has written some of the most recognizable songs in the repertoire of the global church such as “I Just Want to Be Where You Are,” “God Is Good All the Time,” and “God Will Make A Way.”

“There's no one like Don Moen,” Chisum says. “His songs are sung the world over - he's literally a global artist with millions of followers worldwide. It's a privilege to have Don and Coby join me to help get more books and on-the-ground resources into the hands of these precious kids.”

In-Person And Streaming Ticket Options

Offering both in-person and online streaming tickets, Chisum hopes to simultaneously fill the Franklin Theatre and reach a global audience. “This is going to be an unforgettable night of worship and a lot of fun,” Chisum says. “All proceeds after we recoup concert expenses goes directly to Hands Across the Sea to continue their work. Donna and I have seen firsthand the impact they're having and want to dedicate the rest of our lives to support them and to make more trips for service projects. We have to be the Body of Christ on the earth and roll up our sleeves to do His work instead of thinking it's always up to someone else.”

Chisum urges readers to “show up, share, or stream” this event and to take an active part in making the world a better place and to share the Gospel by resourcing literacy throughout the world. “These children are our children too,” he asserts. “We have a global responsibility to show Jesus' love to all people, especially children whose lives could be changed forever by learning to love reading.”

— Candace Mendes

To purchase tickets to attend in person or to stream online visit:

www.bit.ly/CHIZFRIENDS

For further information about the Franklin Theatre and this event visit

www.franklintheatre.com/tickets/music

www.donmoen.com

www.nashvillechristiansongwriters.com

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Preventing Falls: 5 Warning Signs of Mobility Issues with Older Adults

When an older adult takes a fall and breaks a hip or develops a health condition like Parkinson's disease, it's clear that they'll be dealing with mobility issues – even if they're temporary. But it's not just disease or injury that leads to difficulty standing and walking. The natural effects of aging like muscle loss, balance issues, and joint stiffness all contribute to loss of mobility. However, your older adult doesn't have to wait for a fall to find out that they're developing mobility issues.

There are warning signs that can indicate potential or developing mobility problems. Being aware and noticing these signs helps you take steps to improve your older adult's balance and strength before something happens. This helps them stay as mobile and independent for as long as possible.

Here are 5 key mobility warning signs to watch out for.

1. Falling

Even if your older adult seems to have bones of steel and never seriously hurts themselves when they fall, they could still be having mobility problems that need to be addressed before they get worse. Even as few as two falls in a year could indicate that something other than uneven walkways or cluttered environments is a problem. People fall when they trip and stumble on something, but also when their feet are slow to keep up (and drag on the floor) or when they get off-balance and can't correct their body position in time. Frequent falls increase the risk for injury, hospitalization, and life-threatening complications. So even if your older adult hasn't been seriously injured (yet), fall-proofing their home with grab bars, handrails on stairs, non-slip tub mats, etc. is highly recommended. It's also important to ask their doctor to evaluate their mobility. The doctor can check for health conditions that could be causing problems, look for negative medication side effects, or recommend physical therapy to build balance and strength.

2. Avoiding the stairs

Is your older adult quick to say "Let's take the elevator" when you encounter even a small staircase while out and about? Do you notice them spending more time than usual downstairs in their home? Stairs are can be extra tough for seniors to travel up and down because they require extra strength, balance, and energy. If your older adult seems to walk around fairly easily, but goes out of their way to limit their use of stairs, you may want to start talking with them about whether they need extra help or a mobility aid. If they don't have any physical difficulties that are making stairs challenging, it could be that a fear of falling is holding them back. Finding ways to address those concerns will have a positive impact on their long-term mobility.

3. Having difficulty with sitting and standing

Is standing up from the couch a struggle for your older adult? How about



lowering themselves into bed? Having trouble with sitting and standing is a strong indicator of potential mobility issues. It's an essential movement in daily life – used when eating a meal, using the restroom, upon waking and sleeping, and more. Try the quick and simple sit-to-stand exercise with your older adult and notice if they have any difficulties. Do they need to hold on to furniture for support? Are they slow or unsteady? Being aware of a seemingly harmless warning sign like these tells you that it's necessary to talk with their doctor. You may want to ask about issues like light-headedness or dizziness that happens when they stand up or sit down or ask about strength and balance exercises.

4. Having trouble with balance

Dizziness and having trouble with balance can be caused by a variety of factors including medication side effects, low blood pressure, or inner ear issues like vertigo or Meniere's disease. In addition, issues associated with normal aging like impaired vision, joint stiffness, slower reaction times, and muscle weakness reduce the body's ability to stay balanced. They can make walking, standing, and exercising difficult. To improve mobility, your older adult's doctor can test their balance and treat underlying problems. Mobility aids like canes or walkers and targeted exercises can help an older adult with balance issues and allow them to get around more safely and confidently.

5. Skipping exercise

Exercise isn't everyone's favorite activity, but it's a necessary lifestyle habit that helps prevent chronic diseases and unhealthy weight gain, especially for seniors. But if your older adult is skipping exercise more and more because they're tired, sore, or simply don't have the energy, they may soon be dealing with mobility issues as well. Weakness, exhaustion, and other symptoms that keep them from exercising will make it increasingly difficult to walk or stand as much as they once did.

As a Certified Senior Advisor (CSA), I have seen these five main warning signs of mobility issues with seniors, and being proactive in addressing this concern is critically important. At Amada Senior Care, our certified caregivers are trained in this area to mitigate falls with our clients. If you would like further consultation, please feel free to reach out to me directly at 615-933-7494 to learn more. Amada Senior Care is here to help!

— Kevin B. Fehr, CSA, CDP, President & CEO,
 Certified Dementia Practitioner, Amada Senior Care Nashville
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Talk About



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MEMORIZE
I CAN DO ALL THINGS THROUGH HIM WHO STRENGTHENS ME.
PHILIPPIANS 4:13
NO MATTER HOW DIFFICULT, WHAT SHOULD I DO?
REJOICE!

PRAY
DEAR REVEREND FATHER, HELP US TO PRAISE YOU DURING THE GOOD TIMES AND THE BAD TIMES. HELP US REMEMBER WE CAN REJOICE, NO MATTER WHAT!

CREATE
Ask your children to make a collage out of photographs, magazine clippings or drawings of the many things we can thank God for. Remind your children we can be content with whatever God gives us.

SHARE
Count your blessings as a family, even in the midst of difficult times. Rejoice together that your family can draw strength through Christ.

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Talk About

!!! REJOICE!!!

BEFORE YOU BEGIN

WHAT IS SOMETHING YOU WANTED THAT YOU COULDN'T STOP THINKING ABOUT? WHY DID YOU WANT IT?

After Paul became a follower of Jesus, he wanted to leave his work and serve Jesus. He also encouraged others to do the same. Even though Paul served and followed God, things weren't always easy. Sometimes Paul had everything he needed and other times he didn't. Sometimes people heard Paul and other times they didn't. When Paul wrote to his friends in Philippi three times, he told them God taught him something important during the hard times he faced. Can you help me read **Philippians chapter 4, verses 11-13** to find out what Paul wanted? (Older kids can read all of chapter 4.)

Talk About



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Tony and Lauren Dungy

on Finding Your Purpose in Christ



Photo Credit: Steven Vosloo/Tyndale House Publishers

Super Bowl winning coach Tony Dungy and his wife Lauren believe that anyone can find a meaningful purpose and make a difference in other people's lives through God's direction.

It may seem like that's something easy for Dungy to proclaim. After all, he had great success as head coach for the NFL's Tampa Bay Buccaneers and Indianapolis Colts, went on to a prolific career in broadcasting, and was inducted into the Pro Football Hall of Fame. He and his wife stress, though, that all Christians have a life purpose, whether their sphere of influence is large or small. The Dungys share their wisdom on the topic in the just-released *Uncommon Influence: Saying Yes to a Purposeful Life* (Tyndale House Publishers), a book that presents practical and spiritual tactics to create lasting change in a Christian's life, career, ministry, and family.

Living a Life of Purpose. Most people, according to Dungy, don't think they make a real difference in life. "People think, 'I could never have an impact on people,' but we began to think about other people who've had an impact on our lives and it made us realize that they may have never known what they did for us," he said. "We had this idea to inspire people to think about what they can do." The couple wrote the book, which they describe as one with a "mixed voice" based on their different experiences and expertise, with several goals in mind including:



The Dungy family consists of 10 children, who are both biological and adopted. The family also regularly includes foster children.



Tony Dungy began his NFL coaching career with the Steelers, then went on to head coach for the Tampa Bay Buccaneers and Indianapolis Colts. He led the Colts to a Super Bowl win in 2007.

- To demonstrate the importance of saying yes when God places opportunities in your path.
- To provide counsel on being available to the possibilities that come from God (which leads to fulfillment and contentment).
- To share stories of their path of service, specifically in the areas of adoption and foster care.
- To teach that the only way to know a life of true fulfillment is to give that life away.

"We wanted to share our life experiences from the more than 40 years we've been married," Lauren Dungy said. "We share about our experiences with kids, fostering, and adoption and how we've used that platform. And then we stress that everyone has a platform. Some are small and some are large, but you have

to use it to glorify God.” She stressed that a Christian’s platform “doesn’t have to be in front of 50,000 people or on television.” It can be in a community or in a family. Part of their knowledge, she added, comes from guiding people to find out how to discover what their platform may be—since many people are starting at ground zero. Prayer, she said, is integral. “You have to pray about it, and wait to hear from God,” she said. “We prayed and communicated with God about our desires, and we heard the answer that this is where God wanted us.”

Additionally, Tony said, those who want to find their areas of influence should consider where their interests, talents, and passions lie. “What do you enjoy? What is your passion?” he advised people to ask themselves. “God gives us the desire of our heart, but we need to know what that looks like.”

In writing the book, they each focused on topics and experiences they had special knowledge of; they each point to favorite chapters. Lauren points to her chapter on prayer, which recounts her understanding of prayer from an early age. “That chapter’s powerful to me because I learned at an early age that praying for wisdom and direction are so important,” she said, “My mother was injured in a terrible grease fire when I was young, and I learned from that how simple prayers can help in even terrifying experiences.” Tony points to his chapter on “going against the grain,” which he said can be especially powerful for Christian men. “Society tells us what masculinity is all about,” he said, “but you must be yourself and not follow the crowd. As a Christian we have to go against the grain of what our culture may tell us to do.”

A Shared Faith and Passion. Tony and Lauren both came to faith at an early age and were already believing Christians when they married. At the time, Tony coached for the Pittsburgh Steelers and Lauren was a teacher. They quickly realized that their platform was more than they’d imagined. “I had 30 players, she had 30 students, so we had a built-in influence,” he said. “And as we grew in our experiences with the Lord, we began a beautiful, lifelong journey that included experiences with children, foster children, and adoption,” she added. “We know that nothing is a coincidence and that God brought us to this place.”

Today Lauren uses her teaching background in her work as an early childhood educational specialist and vice president of the Dungy Family Foundation. Tony became the Buccaneers’ coach in 1996 and led the team to four playoff appearances in six seasons, then served as head coach for Indianapolis for seven seasons (making the playoffs each year and winning the Super Bowl in 2006); he was the first black coach to win the NFL championship. He retired after the 2008 season, served as an analyst for NBC’s “Football Night in America,” and was inducted into the Pro Football Hall of Fame in 2016.

As each of their careers changed, the couple prayed about where their focus needed to be. “We were looking at our lives. I’d retired from the NFL, was working some in television,” Dungy recalled. “We asked ourselves: What is our purpose now? What can I do in my community to make a difference?” Lauren said that it’s important for Christians to realize that platforms and



Tony and Lauren Dungy met through their pastor and married in 1982. They have co-authored several books, including the 2014 release *Uncommon Marriage* and their new release *Uncommon Influence: Saying Yes to a Purposeful Life*.

opportunities can change over a lifetime, depending on what stage of your journey you’re in. “We have different seasons of life, and our platforms can change. And you can have more than one,” she said. “Tony retired, I stopped teaching, and we believe our influence is with children.”

The Dungys have 11 children (three living biological children, seven adopted children, and their oldest son who committed suicide in 2005); they also currently have five foster children. They originally learned about the fostering opportunity from their church and have fostered children since the beginning of their marriage. It’s an experience, they both agreed, that can truly change a child’s life. “We look at these children and we don’t know where they came from or what their background is. We don’t know what their fear is,” Dungy said. “But in ten minutes they expect you to help them, and you realize that you can help them.”

The fostering experience—and the years of parenting their own sons and daughters—has taught the Dungys a variety of lessons about what children want and need. “All children want love,” Lauren Dungy said. “They want to be poured into and listened to. They want to be given the gift of time. And you have to be intentional about it. You have to ask yourself: Did I give them the time they needed? Did I support them? Did I listen to them?” Ultimately, she said, much of their efforts came down to prayer. “All children need to be prayed over and prayed with so that they can have their own faith and develop their own relationship with God,” she said.

Sharing Their Faith. The Dungys’ faith has become well known and documented over the years, as they have both been comfortable in sharing their convictions with the public. Their Dungy Family Foundation is designed to “meet the physical, educational, and spiritual needs of their community,” and they both serve in various Christian ministries and at their Tampa Bay area church.

Their testimony, though, is something they say they’ve grown into—as it’s become easier to share their faith as the years have gone by. Dungy said that he can speak from a faith standpoint when it comes to sharing his opinions—whether it’s while doing football analysis or speaking to a large audience—and Lauren stresses that a Christian testimony should be natural. “We can incorporate our faith into everyday life,” Lauren Dungy stated. “We don’t become a Christian once the TV turns off or we come home from work. We want to live our lives, and for our faith to be integral in every part of it. It needs to become natural.”

Ultimately, that witness intertwines with a Christian’s platform or sphere of influence to make a real and tangible difference in others’ lives. “We may not even realize what a difference we can make,” Dungy said, “but as Christians, we must say yes to the opportunities God puts in front of us.”

— Cheryl Wray is a freelance writer based in Hueytown, Ala., where she often writes on sports-related topics. She’s also the coordinator of the Southern Christian Writers Conference.

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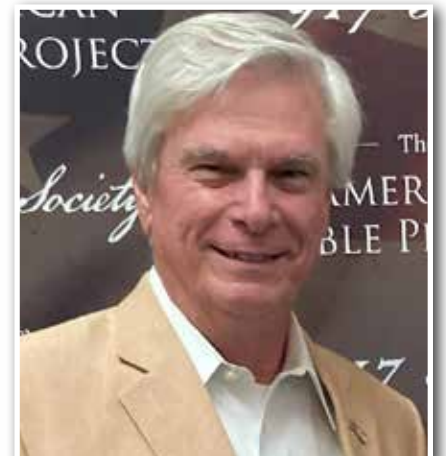
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How Science Can Strengthen Your Teens Faith

Many teens are beginning to think about life's big questions: Does God exist? Does life have purpose? Is the Bible at odds with science? They're at the stage where they need answers to their questions, especially as peers, teachers and employers challenge their childhood beliefs. Christianity and science start to seem more opposed to each other than they are in agreement.

To help your teens better understand and defend their faith, tell them about three mind-blowing scientific discoveries of the 20th century that strongly point to an intelligent designer. These discoveries will affirm and support their belief in God.

The good news? Your teens don't have to ditch science to follow God! By pursuing the evidence for God, they will be *"prepared to make a defense to anyone who asks [them] for a reason for the hope that is in [them]"* (1 Peter 3:15)

The Universe, Christianity, and Science

In Return of the God Hypothesis, geophysicist Stephen C. Meyer tells the story of a group of astronomers and physicists who discovered the universe had a beginning. By studying the light from distant galaxies, they established that the universe was expanding, like a gradually inflating balloon. This also suggested a finite universe with a beginning.

Some people had difficulty accepting this revolutionary idea. The famous German physicist Albert Einstein was one of them. Einstein was committed to an eternal, self-existent universe model. So he chose an arbitrary value for his cosmological constant (one that had no physical justification). However, evidence and analysis by other mathematicians and physicists (Willem de Sitter, Aleksandr Friedmann, Georges Lemaître) would force his hand and cause him to acknowledge the necessity of a "beginning." He later said that his arbitrary value for the cosmological constant was the greatest blunder of his professional life.

That is, Einstein eventually owned up to his error and accepted the reality of an expanding universe that began with a sudden explosion of energy. The idea quickly became known as the Big Bang theory. Today, this theory is still the most widely accepted explanation our universe's origin. Despite the lack of evidence, the Big Bang Theory presents a unique opportunity for conversations about Christianity and science. In fact, many Christians also say it lines up well with the account in Genesis 1:1: "In the beginning, God created the heavens and the earth."

A Carbon Problem

After scientists realized the universe had a beginning, they soon discovered that it was also finely tuned for life. Many properties of the universe are set within extremely narrow parameters that prove essential for life and our existence. Scientists also noticed that the initial distribution of matter and energy at the birth of the universe was just right to make life possible.

Astrophysicist Sir Fred Hoyle discovered many of these finely tuned factors as he tried to figure out how carbon, the life-essential element, became so abundant. Hoyle realized how unlikely it was that carbon would arise naturally in a growing universe, given the limitations of chemistry.

His work eventually forced him to reject his atheistic belief. As he put it, "A common-sense interpretation of the facts suggest that a super-intellect has



monkeyed with physics." Culture offers countless creative ideas to explain away this remarkable fine-tuning. But none of them explains the evidence pointing to an intelligently designed planet.

The Digital Code

It's undeniable. The universe had a beginning. Moreover, its beginning communicates a creative, divine consideration for human life. But there's more! In 1953, scientists made a third breakthrough discovery that supports belief in God.

Two molecular biologists—James Watson and Francis Crick—discovered that DNA stores information in digital code. Then, they found that this code transmits precise instructions to cells for building important cellular stuff (aka proteins). The information in DNA isn't simply mathematical. Scientists call it specified because it has a precise message sequence that cells can decode. The million-dollar question: Where does this information come from? Many scientists believe an evolutionary mechanism is responsible, but the simple "sorting" process of natural selection has its limits. DNA sequences that create functional proteins are very rare, so the chance of mutation and selection producing one randomly is slim.

Let's apply a little reasoning to this evidence. In our everyday experience, we know of just one cause that can produce digital code or specified information: intelligence. So we have good scientific reasons to believe that an intelligence added large amounts of information into our biosphere at key points in the history of the universe, including at the beginning and as new biological life began.

Final Thoughts on Reconciling Christianity and Science

This only scratches the surface of faith-science discussions you can have with your teens. Help your teen know compelling scientific evidence sustains belief in God. Finally, you can help strengthen your children's faith through your consistent support and love. Commit to giving your teens the confidence they need to defend their faith.

— Andrew McDiarmid is a senior fellow at the Discovery Institute.

His writing has appeared in the New York Post, Houston Chronicle, San Francisco Chronicle, The Daily Wire, and elsewhere. Learn more about his work at www.andrewmcdiarmid.org.

This article was first published in the June/July 2022 issue of Focus on the Family magazine.

Family Activities for this Fall Season

Crisp evenings and drier air usher in the annual return of the fall season. Days shorten, temperatures drop, and firewood pops. October presents a peak show of colors, scents, and sounds: The smell of woodsmoke drifting



along with the breeze, maple trees in a brilliant display of painted colors, toasted marshmallows, mulled cider, a steaming bowl of chili, football stadiums, honking geese, and fuzzy blankets.

With schedules in full swing, take advantage of the refreshing October temperatures by playing in the great outdoors, for before you know it, winter will have us hunkering indoors again.

Are you crunched for time and money? Set up a fire pit, roast marshmallows, and sleep overnight in a tent—all in your backyard. Invite your neighborhood friends to join you and tell funny stories. During daylight hours, send the kids outdoors to play a game of tag football, paint and decorate pumpkins, or let them invent a new activity. Dust off a vintage game like croquet or badminton. Try a new recipe with seasonal ingredients such as pumpkins, apples, or butternut squash. Move dinner outside one last time this year to a picnic table or on a blanket and serve a bowl of hot chili with all the fixings.

Need an activity to burn off some school and work stress? Head to a state or local park and hike. Remember to bring along water, snacks, and mosquito spray, especially on long trails. Pack a picnic lunch and stop to enjoy the views. Fill the bike tires with air and ride around the neighborhood. Or rake leaves together, then jump in a pile. You might even want to consider raking a neighbor's yard. You'll need to drive for this activity, but watch a movie at an old-fashioned outdoor theater (Watertown, TN).

Ready to join the crowds? Participate in perennial favorites such as apple picking or visiting a pumpkin patch. Many pumpkin farms provide games, hayrides, or mazes for kids. Small-town fall festivals or Trunk or Treat events offer organized fun and yummy foods like caramel apples, warm cinnamon donuts, and hot cocoa.

Slow down and pay attention during this too-short season. Look up and remind kids that God created the golden harvest moon, the mellow colors, the changing of seasons, and his most incredible creation—people. All these glorious sights, scents, and sounds we enjoy in autumn are meant to point us to God, the Creator of all things.

Reminisce with the family about all you did and how you saw God through his creation. Say a prayer of thanksgiving. The rushed and chaotic holidays will arrive soon enough, so tarry in this golden season.

— Sally Cressman and her husband enjoy the easy rhythm of an empty nest south of Nashville. She'd love to connect with you through Instagram at @sacressman or on Facebook.

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How To Clean an Ice Chest or Any Cooler With Stains

Most cooler stains result from food labels and packaging getting soaked by melting ice. This can cause ink and dye to leach out and stain the inside of your cooler. The best way to clean a stained cooler is to use vinegar. Here's how to do it:



- Rinse your cooler with a hose or sink hand sprayer.
- Mix a solution of one-part white vinegar to two parts water in the cooler.
- Use a rag to scrub the stained area.
- Empty the cooler and rinse inside and out.
- Leave the cooler open to air-dry outdoors.

You may need to repeat this process a few times to remove the stain completely. You might also consider trying lemon juice instead of vinegar if the stain hasn't improved. The acidity of the lemon may be more effective against certain types of colors.

We do not recommend cleaning your cooler with bleach unless it's absolutely necessary. Bleach can be dangerous to use in any setting that may expose it to food stored in your cooler if it's not completely rinsed away.

How to Get Rid of a Bad Smell In a Cooler

If your cooler smells like fish, mildew, or rotten food, you're not going to enjoy your picnic. The easiest way to remove a strong odor in your cooler is to put baking soda to work! Here's how.

- Rinse your cooler with a hose or sink hand sprayer.
- Mix a solution of ¼ cup baking soda and one cup water.
- Scrub the inside of the cooler with a rag or sponge using the baking soda solution.
- Let your cooler sit with the solution inside for 1-3 days.
- Rinse your cooler thoroughly and leave the cooler open to air-dry outdoors.

It can be a good idea to clean your cooler if you've been storing any kind of meat or fish in it. This can prevent harmful bacteria from growing in your cooler and possibly contaminating foods the next time you use it.

More Fun in The Sun with Help from Molly Maid

Now that your cooler is clean pack it with all your favorite snacks and enjoy a day outside! Make more time for summer adventures by scheduling a one-time or recurring cleaning with Molly Maid. Our professional cleaning services can be personalized to develop a cleaning plan that works with your schedule and focuses on the areas of your home that need the most attention. Once you cross cleaning off your to-do list, you'll have time to do what you enjoy. Contact your local Molly Maid – 615-794-0200 or 615-603-3766, today to discuss a cleaning plan that's right for you, www.mollymaid.com/s-davidson-williamson-maury-counties

— Ashley Farrar

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The Day the Truth Ceased to Exist

I never thought the day would come when ethics and morals would no longer matter. The basis of both relies on the eternal truths provided by the Creator. Being raised in a family, where the distinction between right and wrong was taught from the earliest age; what was right for the parents was also right for the youngest child. Simply, what is true is also right and it was that knowledge that guided our decision-making process. It was taught to us in the well-known lesson every child learns; “Never lie to anyone. If you lie to someone once, you will lie to them again, making trust impossible.” We each learned that telling the truth can be painful and emotionally shameful but the lesson must be taught. Hurt feelings heal, especially once they understand the importance of truth and trust. I assumed all families, at least of my generation and before, raised their children on these same truths.

With age, I learned that there are big differences between man-made laws and the laws of nature. The biggest being that all man-made laws could be changed while the eternal laws never change. Natural laws were, is, and will always be true; what was true for the parent is true for the child.

Since the very first human settlement of human existence, it was the ethical and moral behaviors of those founding citizens that set the guidelines of what was right and wrong for the new community. As time progressed, new people were put into authority, bringing with them altered views and behaviors. These new “leaders” wrote their own laws and with each new law, the settle-

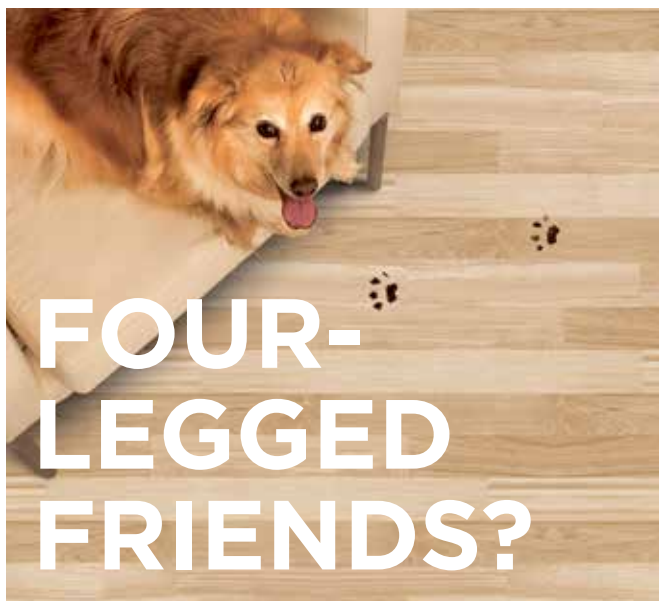


ment’s core values, moved further and further away from the natural laws. The historical consequence of this process reveals that most behavior, which is legal under a government law can be unethical or immoral under natural law and, if allow to take precedence, eventually, no one will remember the original law, why it was so important, or what is the real truth.

Today, like never before, more and more societies are turning away from the truth and turning to man-made laws boasted by irrational beliefs. Their flawed reasoning is as numerous as their defective regulations. Whatever the motive, they are transforming societies’ acceptance of lies that leads toward an increase in unethical and immoral behaviors. By creating their own truth, they control what is right or wrong; keeping their conscience clean. Remember, “the truth is always right.”, but when the lies are perceived as truth, nothing is ever wrong and the liars start blaming everyone else for not following their beliefs.

How dare anyone question their morals and hurt their feelings; their actions are based on “their truth”? On the day that truth ceases to exist, everything will be permissible. Sadly, we are almost to that point; evidenced by the lack of trust in the world today. We have to stop this insanity before the children grow up believing only lies.

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



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Be Happy, Be Healthy, Be Whole

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

In the course of doing a daily radio show, a lot of information comes across my desk, much of it having to do with diet, health and exercise. Here's just a sampling of some recent reports.

Fitbit Doesn't Bite

If you can't seem to find the motivation to get up and move, new research out of Australia in the Lancet Digital Health, reports it may be worth investing in a fitness tracker, smart watch, or pedometer. There's a connection between wearable activity trackers, exercising more, and losing weight. The study finds these tracking devices encourage people to walk up to 40 minutes more per day (roughly 1,800 more steps).



This results in an average weight loss of 2.2 pounds over the course of five months.

Crunchy Fat Blaster

Want to lose weight an easy way? Munch on cucumbers daily. You can shed up to 4 pounds without dieting. According to India's Phytochemistry Research Lab, scientists say compounds in cucumber steady blood sugar and kills hunger pains and cravings.

Plastic Purge

Plastic water bottles are not good for the environment. And now we find that plastic water bottles aren't good for you, either. According to an article in *Woman's World* magazine, swapping your plastic water bottle for a glass or metal one prevents exposure to compounds that can make you gain weight.

Need more than just random tips? Consider connecting with the professionals. Dr Lodge and his team of professionals at Cool Springs MD. Eleven years ago, I lost 65 pounds in 16 weeks thanks to Dr Lodge and his team. If you are frustrated with your weight loss journey, consider partnering with the knowledge, and encouragement that comes with physician driven weight loss at Cool Springs MD.

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

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A Simple Framework for Healthy Kids

I believe that one of the main reasons many of us have struggled with health is that we never built a foundation when we are young. During the most important years of brain development, no one taught us how to create healthy habits in health.

We may have been taught how to throw a ball in gym class or play a sport. But those things were centralized around someone else. A sport you had to show up for. A class you needed to complete to graduate. But after that season was over you weren't prepared in any way with habits that apply to any season of life. Don't get me wrong, I love sports and games in school. I believe it is crucial to building character and hard work habits, BUT it is just one piece of health. In order to change the health trends in the church and in America, we must equip the next generations with simple habits they can use throughout their whole life.

We have a very simple system that breaks down health into 4 main areas. By helping our kids understand each of these areas of health we can help to raise them up to better serve God and others. They may even impact you as well.

Pillar 1: Functional Fitness. Our bodies were made to move. If we partner with how our bodies were made by getting functional movement several times each week our bodies will function in the way they were designed. This may be a sport, a workout, or a walk. Whatever it is, just have them get up off the couch and get moving.

Pillar 2: Optimal Nourishment. Food is for fueling our bodies. But it is also for enjoying some of the time as well. If we can help our kids hunger for the right things when it comes to nutrition, they will continue to hunger for



those things throughout their adult life. This means eating whole, natural, and quality foods most of the time. In our F.O.R.M. curriculum, we have a simple framework for what you need to get with each meal for it to be complete. If your kids have gone through that they will know exactly what to get with each meal as well.

Pillar 3: Rest and recovery. Resting and recovering is all about giving our bodies the rest they need so we can get back to the work that we are called to. It's not just about sitting down and watching Netflix. It's about having a lifestyle and a routine so we are able to sustain our calling and run the race set before us.

Pillar 4: Multiplies Maintenance. True habits are not guaranteed for life. They are only maintained in each season if we learn to apply simple frameworks and habits in whatever situation we are in. The biggest thing for kids here is helping them to see WHY they are focusing on each area of health and how it will impact their lives and others around them.

If you and your family focus on each of these areas and are consistent in each season I all but guarantee you will have a solid foundation in health and maintain your calling in any season. Check out The F.O.R.M. Curriculum to give your kids everything they need to build this foundation that will last a lifetime.

— Ashton Tate is the founder of Glory to Glory Fitness in Nashville TN, and the creator of The F.O.R.M. Curriculum, a turn-key and biblically based health curriculum for schools and homeschool families.

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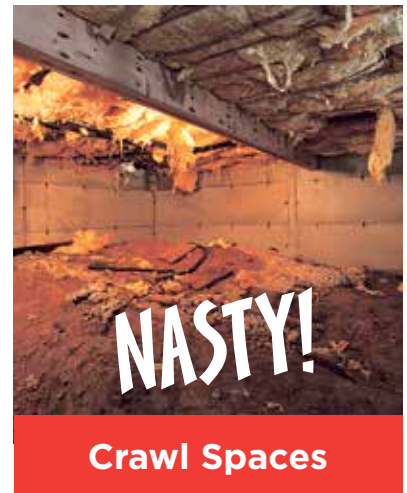
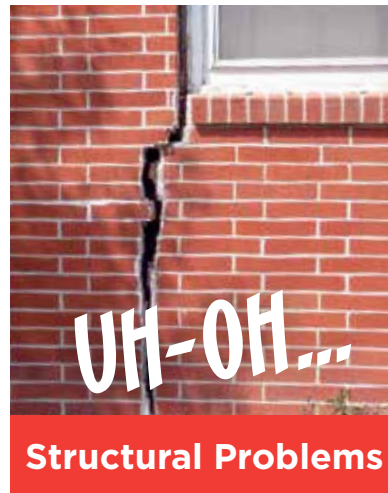
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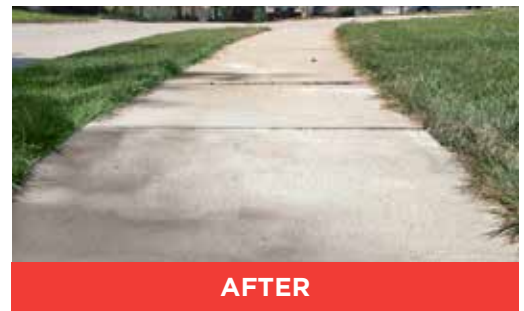
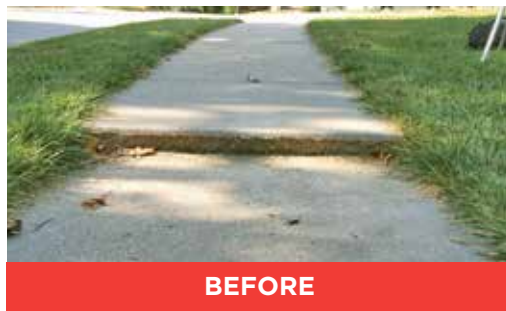
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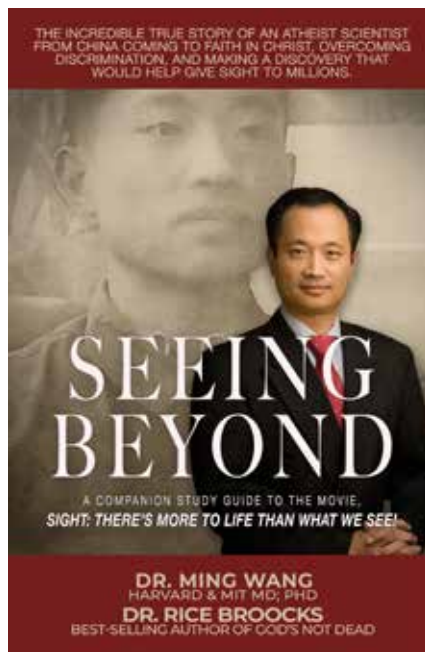
Dr. Ming Wang: A Common Ground Seeker

The film *Sight* describes the fascinating life story of Dr. Ming Wang (Harvard & MIT (MD, magna cum laude); PhD (laser physics), a world-class laser eye surgeon, philanthropist and a community activist. It is based on Dr. Wang's autobiography *From Darkness to Sight* and co-stars Greg Kinnear.

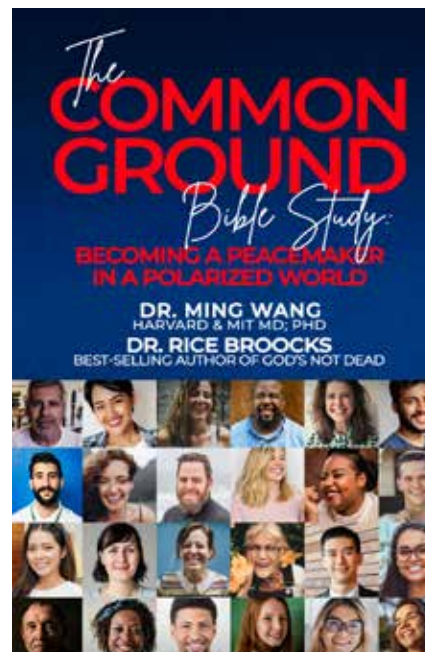
Wang grew up in Hangzhou, China. The Cultural Revolution (1966-1976) caused the closure of all universities across the country and ended Wang's education. The government deported the country's youth to labor camps in rural areas. Over 10 years of Cultural Revolution, they sent away 20 million youth for a lifetime of poverty and hard labor. In 1974, as a 14-year-old 9th grader, Wang had to leave school with no hope of ever being able to return. Attempting to avoid deportation by getting a job with the government's song-and-dance propaganda troop, Wang learned to play the erhu, a Chinese violin, and practiced dancing.

The Cultural Revolution ended in 1976, and the government began to reopen universities. To have a chance of entering a university, Wang had to jump 3 years ahead and re-enter the school as a 12th grader, having never studied in the 10th, 11th and 12th grades, and had to compete against other 12th graders for the 1% chance of getting into college (only 1% of the 12th graders could get into college in 1976, the first year that China reopened its university after 10 years of closure). Wang's parents did everything that they could to help him. Wang studied hard and passed the university entrance exam in the top 0.01%, and was accepted into the prestigious University of Science and Technology of China, and in 1982, Wang stepped off a plane in Washington, D.C. with only \$50, a student visa and a Chinese-English dictionary. Since then, he has earned two doctorate degrees, one in laser physics and one in medicine, and graduated magna cum laude with the highest honors from Harvard Medical School and MIT.

Wang came to Nashville in 1997 as the founding director of Vanderbilt's Laser Eye Center, and he founded the Wang Vision Institute in 2002. He performed the world's first laser artificial cornea implantation and has performed well over 55,000 procedures (including on over 4,000 doctors). He published an article in the world-renowned journal *Nature*, as well as more than 100 other scientific papers and 10 textbooks. Dr. Wang holds several U.S. patents for his invention of a biotechnology to restore sight, was chosen to be NPR's Philanthropist of the Year, and received the Honor Award from the American Academy of Ophthalmology and the Lifetime Achievement Award from the Association of Chinese Amer-



Dr. Ming Wang and Dr. Rice Brooks have written two books, *Seeing Beyond* and *The Common Ground Bible Study*. Their third book, *The Common Ground Mandate* will be released soon.



The film *Sight*, starring Greg Kinnear, is based on Dr. Ming Wang's autobiography, *From Darkness to Sight*.

ican Physicians.

Dr. Wang founded a non-profit charity, the Wang Foundation for Sight Restoration, which to date has helped patients from over 40 states in the U.S. and 55 countries, with all sight restoration surgeries performed free-of-charge. He was named the Kiwanis Nashvillian of the Year for his lifelong dedication to helping blind orphan children from around the world.

Wang is also passionate about another type of vision as well, i.e., helping people find common ground in a polarized world. With Dr. Rice Brooks (the author of the *God's Not Dead* book series, which has been made into a film series, in which the Chinese student's story is inspired by Dr. Wang's life story. Dr. Wang established a non-profit "Common Ground Network", to study and teach the methods of how to find com-

mon ground an unprecedented polarized and divided nation today. They have published two common ground books:

The *Common Ground Bible Study* describes the 5 STEPS how to find common ground, i.e., S(ee) the common ground, T(rade) places, E(mpathy), P(erseverance) and S(eek) common ground. The common ground-seeking STEPS have been inspired by the life and teaching of Christ.

The *Sight Bible Study* describes the 5 "seeing beyond" messages from the film *Sight*, i.e., seeing beyond our pain, our circumstance, ourselves, our own cultures and polarization.

Later this year, Dr. Brooks and Ming will publish their 3rd common ground book, *The Common Ground Mandate*, which says that as Christians, we have a mandate from Christ to be the common ground seekers. The Bible says: "Blessed are the peace-makers"!

Dr. Wang believes that faith and science also have common ground. The film *Sight* tells the story of the invention of the amniotic membrane contact lens (AMCL). AMCL has now been used by tens of thousands of eye doctors around the world in nearly every nation and millions of patients have had their eye sight restored.

— Leona Walthorn



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CHURCH LEADERS

National Hispanic Pastors Alliance Gathers in DC

September 21 and 22 in Washington DC over 300 Hispanic leaders gathered to discuss critical matters of the day. Leaders came from eight states to meet at the Museum of the Bible Conference Center. The event theme was “Standing for our Values.” Sponsors included the Family Research Council, Betterman, Philos Project, Alliance Defending Freedom, InPeace, Christian Center for Public Life and the Museum of the Bible. They also launched the first ever National Leadership Program that chose 15 young people to participate in a two-year learning experience that includes a trip to Spain and Israel. The Founder and President of the NHPA is Rev. Carlos Duran.



Carlos Duran is the founder of Hombres de Palabra (Men of their Word), an organization “helping men reach their maximum potential through education, training and initiatives.” He worked for Promise Keepers for over 12 years, reaching and serving the Hispanic community across the country. In 2007, he founded Hombres de Palabra. He was the Washington DC Chapter Director and a board member for the National Hispanic Christian Leadership Conference, representing and advocating for over 30,000 Hispanic churches and organizations. He is an Honorary Board member of the Year of the Responsible Fathers Initiative and a board member of the Volunteers for America of the Chesapeake Area. For the last 20 years he has worked with the churches of Washington DC and has served as the Executive Director for the Evangelical Association of Hispanic Ministers. Carlos gave a NAHPA Leadership Award to John Mendez “for being a pioneer for the Hispanic Christian Church of the United States of America.” He also honored Rev. Rafael Guevara, President Iglesias Pentecostales El Shaddai Internacional for being a pioneer in leading pastors to be unified for the Gospel.

Students for Life was one of the many organizations that were present, and they shared about how they are on over 1500 college campuses and how they truly connect with young women and men who are facing an unplanned pregnancy decision. Their organization is very passionate about the choice for life and helping walk alongside women and men by providing friendship, tangible support, connecting to mentors in the community and making sure no college student feels she is alone during this experience. I was very inspired by their passion to speak up and to not shy away from a hard topic that many are afraid to address in our nation. Other speakers included: Ralph Reed, Founder of Faith & Freedom Coalition; Montse Alvarado, Executive Director of the Becket Fund for Religious Liberty; Chris Swanson, VP of Hispanic Initiatives for Billy Graham Evangelistic Association; John Mendez, Former Vice President of the National Association of Evangelicals; Eddy Alemán, General Secretary of the Reformed Church in America; Tina Whittington, Vice-President Students for Life; Daniel Garza, President of The Libre Initiative; Tony Perkins, President of Family Research Council; Robert Nicholson, Founder of Philos Project; Galen Carey, VP for Government Relations at the NAE; Nilsa Alvarez, Independent Political Strategist; Chris Bullivant, Social Capitol Campaign; Abby McCloskey, Founder of McCloskey Policy LLC; Anna Fronzaglia, Senior Associate of The Clapham Group.

For more information about getting involved please see National Hispanic Pastors Alliance (nahpa.us).

— Tammy (Gallegos) Daughtry,
Zondervan Author, Speaker and Founder of
Coparenting International www.CoParentingInternational.com



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PLAN OF SALVATION

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

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

God's Plan of Salvation

God created us to honor and serve Him

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

Each of us has sinned against God

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

The penalty for sin is eternal separation from God and Heaven

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

Good works cannot ever earn God's forgiveness and Salvation

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

God loves each of us

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

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

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

We each must accept Jesus Christ as our personal Savior

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

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

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

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

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

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

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Spiritual Goal For The Month

Matthew 6

START TODAY, God's Way

1. Do our acts of kindness and righteousness to honor God; not to be recognized and applauded by others.
2. Pray...believing we know The One we are talking to; not to be necessarily seen or heard by others.
3. Forgive others for sinning against us...while remembering how much God forgave us.
4. Store up treasures in Heaven where moth and rust do not destroy...and where thieves do not steal.
5. Serve God only. We can't straddle the fence.
6. Focus on knowing and serving God; not controlled by what we'll eat, drink or what we'll wear.
7. Seek first the kingdom of Heaven and God's righteousness. All other things we NEED will be given us.

Prayer: *Lord, thank You for these Lessons in Living. They are Words of Life directly from You. Thank You Lord Jesus. Thank You. Thank You. Amen.*

— Ralph E. Vaughn

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