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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

### Year Round Thanksgiving

For some people, even many Christians, the Thanksgiving holiday is not much more than a one day or two event of gathering, catching up with friends and family, feasting on good food, watching parades and football games and giving thanks, unfortunately perhaps in that order. In some cases, the “giving thanks” is done simply because it is expected before the Thanksgiving meal is served. As you and your family begin preparing for Thanksgiving Day later this month, make a conscious decision to do your best to give thanks every day of the year.



Giving thanks to God is referenced and taught throughout the Bible. As Believers, each and every day of our lives should be a day of thanksgiving.

Here are a few of many Scriptures that reference giving thanks to our Creator.

*“Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name.”* Psalm 100:4

*“And when you offer a sacrifice of thanksgiving to the LORD, offer it of your own free will.”* Leviticus 22:29

*“Oh, give thanks to the LORD, for He is good! For His mercy endures forever.”* 1 Chronicles 16:34

*“We give thanks to You, O God, we give thanks! For Your wondrous works declare that Your name is near.”* Psalms 75:1

*“Do not be anxious about anything, but in every situation, with prayer and petition and thanksgiving, present your requests to God.”* Philippians 4:6

November is also the month that our country honors the men and women who have served in the armed services. On Veterans Day or sometime this month, spend quality time with a Veteran and thank them for their service to our nation helping to preserve our God given freedom.

Robert Stringfellow, Publisher, 615-815-8765  
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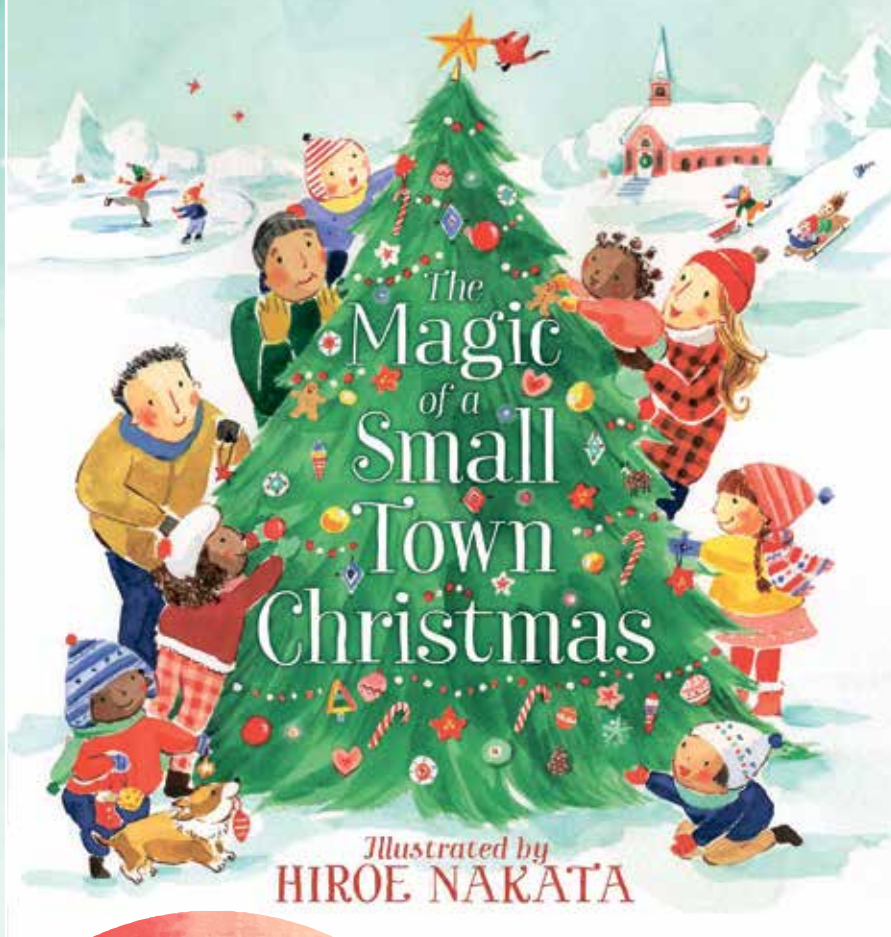
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**MEGAN ALEXANDER**  
Host of the UPTV series *Small Town Christmas*



From *Inside Edition's* national correspondent  
**Megan Alexander**

comes a sweet picture book celebrating the joys, wonders, and traditions of a small-town Christmas in the spirit of her UPTV show, *Small Town Christmas*, which will be airing a second season this fall!

In the town of Heartbeat Falls, where skies are crystal clear, the magic of Christmas is celebrated in many different ways: from picking the perfect tree to decorating it with glittering ornaments; from ice skating to eating yummy gingerbread cookies; from hanging handmade stockings to sharing a homecooked meal. Here, the residents know the beauty of a small town doesn't come from its size, but from the love shared by its people, shining brightly in their eyes.

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Megan Alexander is a national news correspondent, host, emcee, speaker, producer, and actress. Megan created and hosts the tv show *Small Town Christmas* seen every Sunday night in December on the cable channel UPTV. She can be seen every evening as a correspondent on the top-rated national news magazine television show *Inside Edition*. She was born and raised in Seattle, Washington, and graduated from Westmont College. Megan splits time between New York City and Nashville, Tennessee. She and her husband have two sons and one daughter.

### The Sovereign God

We serve an amazing God. He thought of every need we would ever have before we were created, to the finest detail. When the world and the environment was ready and prepared, then God created us!

Within His wisdom, God created physical and spiritual laws designed to help us navigate life. For example, “What goes up must come down” is a physical law known as the law of gravity. This was designed by God in the beginning and Newton gave it an explanation. So it is with spiritual laws, the Bible is full of “laws” that God created in the beginning that were also designed for men and women of God, to live by. “You have what you say” is a spiritual law among many others found in the Bible.

In addition to giving us laws to keep us safe and a guide to live by, He gave us his authority. God created this wonderful universe for us to live and abide in and have dominion over. I believe religion has misappropriated God’s laws and his authority. It seems that God is getting blamed for a lot of things that is our fault. When we clearly disobey God’s law or turn away from him, and something bad happens –we blame God – as if God had planned all along to cause something bad to happen to us, perhaps to teach us a lesson. At least, this is how religion has tried to explain it.

If you choose to get in your car today and drive 100 miles an hour and pay no attention to the traffic warnings, stop lights, other vehicles, etc., there is a good chance you are going to crash. It’s the crash that humans try to attribute to God. They say things like, “Well we don’t understand but God had a plan” or “God is sovereign, this could not have happened if God did not want it to”.

Go back to the beginning, God put the world into motion and gave us a choice and authority; God will not violate our choices. I promise you; God does not wish for anyone to get into a vehicle and be reckless, yet He leaves choices to individuals. And yes, He can take a bad situation and make it new however, HE IS NOT THE AUTHOR OF PAIN AND SUFFERING.

I have been in many churches that “blame” God for the bad things that happen and say it is for a greater good. We say we serve a good God, then turn and blame Him for cancer, disease, sickness, heartaches, etc. This is schizophrenic. I believe God is sovereign (supreme power and authority according to Webster). What many well-meaning Christians seem to not realize - God gave us His authority. We have the same authority that raised Jesus from the dead (Ephesians 1:18-20). Jesus received God’s authority because of His obedience, and He in turn distributes authority to all of us who follow Him in obedience as He says in Luke 10:19 “Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you”.

As born-again believers, we can release the authority of Christ through our faith in the Word of God. We can release the power of God to accomplish the purposes for which it was given to us. It is our faith to express Jesus’ authority

that initiates the release of God’s power to carry out His will and fulfill the task of His commission. Yet, God will also never violate our will if we choose not to exercise His power in our lives. It’s God power in us!

I believe the teaching of the sovereignty of God is perhaps one of the worst teachings in the modern-day church. It has rendered believers as weak and passive. We sit on the sidelines and do nothing, when all along, we have had the ability to be world changers! To be overcomers! The sovereignty of God has been completely misunderstood by followers of Christ. They have the belief that nothing happens unless God planned it, or it was His will.

Yes, to reiterate – God is sovereign – He has supreme power and authority and God is superior to all others. He has given us His authority to rule this earth. God, in a sense, turned over His keys to Adam and Eve in the beginning. God set the world up to now work through His creation. Why

else would it take 2000 years for Jesus to appear on earth? God was now working through His prophets.

God tells the children of Israel, “you have limited the holy one” ... Wait!! God is superior to all others and yet, He says that mere humans have limited Him?? It is because this is the way God designed the universe. God does not lie. He will not change. He basically works with the humans he has. However, when any of these mere humans realize their God-given power they have been bestowed, the world better watch out!

Follow God in obedience – take your

God-given authority and make a difference today! Psalm 78:41, “Yea, they turned back and tempted God, and limited the Holy One of Israel.” It is not only the children of Israel that limited the Holy One, we too have limited the Holy one in our lives when we “play small” or when we choose passivity. We limit the Holy one when our attitude is, “well, if it’s God will, it will happen”. We have a Bible full of God’s will. The Word is alive. There are so many examples of God’s will throughout the Scriptures, yet we act if we haven’t a clue of God’s heart.

God does not control us like puppets on a string. God has created us for purpose and has given us His power and authority to help us live a supernatural life on this side of heaven! He has provided everything will ever need, yet he will not violate your free will.

Get to know his Scriptures – get to know the deposit that is in you! To do exceedingly, abundantly, more than you can ask or think ACCORDING TO THE POWER THAT LIVES WITHIN YOU” (Ephesians 3:20)

Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us. God’s power + an enlightened believer = Amazing things! We are vessels holding God’s amazing power.

— Rhonda Smart  
rhondasmart@gmail.com





## I Didn't See It Coming

When I was a teenager, I was mad at the world. The only thing more crushing than my list of disappointments was my concern over my brother's health and Down

Syndrome diagnosis. My brother was born in 1972 and at that time, parents of Downs Syndrome children were strongly encouraged to place them in institutions. Thankfully, my parents declined that nonsense. I loved my little brother fiercely and was willing to do anything to see him get better. Perhaps that's why I accepted an invitation to attend a healing service at a local church.

## I Thought They Were Fakes

The odd thing about accepting that invitation was that I had no interest in church. I thought at best most Christians were well meaning, and at worst most Christians were fakes. By the 7th grade, I was skipping school and experimenting with drugs. I was on a bad road with zero plans to attend church. Somehow, I thought there was a certain amount of honesty in my jaded disposition and I was content to remain there. But, yes, I would sit through a boring church service if someone would pray for my brother. If healing was any sort of possibility,

I was all in. I didn't really know what a healing service entailed but I was willing because I loved my brother.

## My Muslim Grandfather Went to Church

Actually, my whole non-church going family wanted to attend. Even my Muslim Grandfather and his family accepted the invite. There we were all sandwiched in one pew wondering what would happen next. None of us had ever been in a service where there was so much singing, clapping, and raising hands toward heaven. After what seemed like endless hours of singing, came the healing service. After they prayed for my brother, I thought the service was over. But no, the pastor stood up and said I can't dismiss the service yet. He proceeded to say he couldn't end the service because the Lord told him there were 10 people that weren't saved yet, and he wanted to give opportunity for people to commit their hearts to Christ.

## Tears Streamed Down My Face

Then there came the moment I didn't see coming. I felt tears stream down my face. My throat seemed to close, and my heart felt like it was on fire. I realized I was one of the ten that needed to ask for forgiveness and give my heart to Christ. I ran down

the aisle for prayer.

As the pastor prayed with me, I felt the weight of my sin dissipate. I felt the love of God for the first time in my life. I didn't see it coming but my life changed that night. I went from skipping school and getting high to reading my Bible and attending church. After that service, my brother was never hospitalized again. While he still has Down's Syndrome, the heart murmur and respiratory issues that plagued him were healed that night.

## I Didn't See it Coming

There may be people or situations in your life that seem hopeless. Perhaps you've prayed for years and yet you don't see answers. I never saw the night I gave my heart to Christ coming, and neither did anybody else. Today's Secret from the Studio: God is always working, even when you can't see it.

— Monica Schmelter is the host of daily show *Bridges* on CTN and she enjoys sharing the secrets she's learned in the studio. You can watch *Bridges* TV show or the *Bridges* podcasts on demand at [www.monicaschmelter.com](http://www.monicaschmelter.com)



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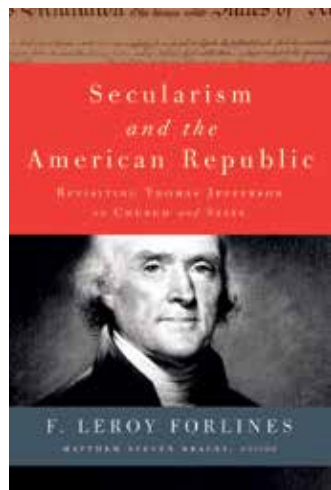
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### Welch College Press Publishes *Secularism and the American Republic*

Groundbreaking book addresses pressing questions about religion's role in public life

"Before we let the radical left tear down all the statues of our American founders, we need to read

Forlines's insightful book. . . . "Thank God for this book, and for these United States of America!" That's what Former Arkansas Governor and talk show host Mike Huck-

abee said about *Secularism and the American Republic*, the most recent book released by Welch College Press, the publishing imprint of Welch College in Gallatin, Tennessee.

The book was written by the late F. Leroy Forlines, long-time scholar of theology and culture and professor at Welch College. Forlines poured himself into the posthumous volume in the last years of his life. In the book, which can be purchased from [welch.edu/welchpress](http://welch.edu/welchpress), he argues against the secularist idea of strict church-state separation, opting instead for the reasonable accommodation of church and state.

"We stand desperately in need of a fresh recognition" that America's founders did not support "secularism as a master ideology superseding all religious assertions and commitments," writes Wilfred McClay, University of Oklahoma history professor, in his endorsement of Forlines's book. "We are extremely fortunate to have the benefit of the late F. Leroy Forlines's careful and nuanced discussion of the varied meanings of 'secularism' as applied to the early Republic, and by extension, to today's America."

The book is edited by Matthew Steven Bracey, vice provost for academic administration at Welch, who teaches courses in law and culture there. "The myth of seventeenth-century American secularism became federally enshrined in the American legal system through the decisions of *Everson v. Board of Education* and *McCullum v. Board of Education*," Bracey said. "A key piece of evidence the justices in these cases used was a letter penned by Jefferson in which he referred to a wall between church and state. Forlines doesn't dispute the letter but contends that the secularist interpretation of Jefferson's words is mistaken and that the founders supported the accommodation of church and state. Professor Forlines justifies this interpretation based on Jefferson's writings and example, as well as the history of the movement of secularism and legal history. I'm so glad we can finally make Professor Forlines's groundbreaking research available to the public."

Several scholars have lauded the book. For example, Mark Coppenger, retired professor of Christian philosophy and ethics at the Southern Baptist Theological Seminary, remarked, "This Forlines volume . . . is a treasure. I wish I'd had it on hand when I was teaching my church-state relations courses." People interested in the book may purchase it at [www.welch.edu/welchpress](http://www.welch.edu/welchpress).

— Daniel Webster is director of enrollment and marketing at Welch College, [www.welch.edu](http://www.welch.edu)

## LEGAL MATTERS

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### Five Ways Your Kids Can Express Their Faith at School

Over the years, I have had the great honor of representing several students across the U.S. who were disciplined or suspended over sharing their personal religious views on school grounds. One of my clients, a sixth grade student in Florida was forbidden from handing New Testaments to her classmates. Others cases involved students suspended for passing out religious tracts about the gospel. Still others were disciplined for engaging in "See You At The Pole" celebrations of their faith while assembling around the school flag pole. Some of my student clients, in an Oregon case, were banned from posting Christian Pro-Life materials on a student activities booth.

In the 1960s the Supreme Court handed down two landmark decisions which profoundly impacted modern thought about the place of religion in our public schools. The first was a case called *Engel v. Vitale* in 1962, and the second was a year later in *School District of Abington Township v. Schempp*. In *Engel*, the Court ruled that it is unconstitutional for state officials to compose an official school prayer and encourage its recitation in public schools. A New York State law required public schools to open each day with the Pledge of Allegiance and a nondenominational prayer in which the students recognized their dependence upon God. Parents of ten students sued because they found the prayer contrary to their religious beliefs and practices.

In *Abington*, the Court heard two companion cases together involving Bible reading in the public schools. One challenged a Pennsylvania law which required at least ten verses from the Holy Bible be read, without comment, at the opening of each public school on each school day. The second case arose in Maryland, and was filed by the famed atheist Madalyn Murray O'Hara. She challenged Baltimore school system's practice of reading of a chapter in the Bible and/or the use of the Lord's Prayer each morning. Once again, it is important to realize that while both laws were ruled unconstitutional, the Court did not ban all Bible reading in public schools; it merely held that students could not be required to read scripture selected by school officials as part of a devotional exercise.

Since the early 1960s, these two cases have launched an avalanche of case law dealing with religion in the public schools, and have produced a great deal of confusion on the part of both school officials as well as Christian parents and students. As recently as June of 2022, in a case called *Kennedy v. Bremerton School District*, the Supreme Court took a case involving a high school football coach who "took a knee" during postgame on the football field to pray for his team and was fired. The school district argued that "any visible religious conduct by a teacher or coach should be deemed—without more and as a matter of law—impermissibly coercive on students." The Court saw otherwise. It held that the coach's personal religious observance and "speech" was entitled to the same degree of protection under the First Amendment as comparable secular speech.

It is important to understand that the Supreme Court has never held that all religious activity in public school is forbidden; only state-composed, sponsored activity. Here is a list of five ways your child may share his or her faith at school.

1. Students may share their personal faith and belief in Christ with their fellow students so long as they do not materially disrupt school activities.
2. Students may distribute Christian literature such as tracts, pamphlets or Bible verses.
3. Students may form a Bible club in schools which allow for other student clubs.
4. Students may include references to their belief in God as a part of their valediction or other speeches to the student body.
5. Students are allowed to invite their youth pastor or church leader to school for lunch or a student time of fellowship.

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





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## PARENT WITH PURPOSE

### From Grumbler to Grateful

We've taught our kids to say please and thank you (and they respond most of the time). Teaching the abstract concept of gratitude is more complex, especially for little ones.

#### Here are ten ideas to train our grumblers to be grateful:

1. Teach your child to give others his full attention. You'll need to instruct your child to turn away from the screen. When you have his full attention, continue to communicate. You're teaching your child to value the other person.
2. Serving can develop a grateful mentality. When a child serves another, they discover how fortunate they are, and the focus shifts from me-centered to other-centered.
3. Giving teaches kids to hold things loosely. It demonstrates to God and others a heart of thankfulness and can erase or lessen an entitlement mentality.
4. Make thankfulness a daily habit. At the dinner table, ask, "What is one thing you are thankful for today?" If we model thanksgiving to our kids, they will catch it and rehearse it on their own.

5. Check out your library biographies about those who have suffered (Joni Eareckson Tada) but still serve God with a cheerful heart. Discuss why people in the Bible grumbled (see Exodus 16:2-3) and how others gave thanks (see Luke 17:11-17).

6. Educate your child. Read articles about the plights of the world. They'll discover not all kids have clean drinking water, and many have a limited education. If you find a child moved by such stories, encourage him to research more and partner with an existing ministry.

7. Provide paper or note cards for kids to write thank-you notes. If you have a younger child, suggest he draw a picture or print his name. My niece always has her boys send drawings as thank-yous. Their artwork brings a smile.

8. Role-play possible dialogues to prepare a child for mean words or actions taken. As you remind your child that each person is made in the image of God and has a story to tell, her heart will soften.



9. Delay or deny gifts. Yes, this is a hard one. We want to give our kids presents; for some kids, it's their love language. But delaying a gift could benefit a child. They are more likely to appreciate and take care of an item when it's something they've had to wait or work for.

10. Point your child back to our generous Giver of gifts. Pause to pray during the day and thank God for the rain or sunshine or your family.

In all our attempts to instill gratitude, we'll need patience. Remember, we are discipling them, and discipleship is a life-long journey.

— Sally Cressman and her husband enjoy an easy rhythm in their empty nest. She'd love to connect with you on Instagram @sacressman, Facebook—Sally Cressman Writer, or her blog at [www.sallycressman.com](http://www.sallycressman.com).



## THE HOME FRONT

### Electrical Warning Signs You Can't Afford To Ignore

Losing your home to a fire is a devastating experience. Photos, mementos, and all of your belongings can be destroyed in a matter of minutes. Not to mention the scary thought of your family not making it out safely. While we all hope that something like this will never happen, the sad reality is that house fires are quite common.



flows through an unintended path. This can happen if the wiring becomes frayed or damaged. When this occurs, it can create sparks. You should be especially aware of electrical problems if you have small children or pets because they are more likely to come into contact with electrical cords and outlets at their level.

Did you know that electrical problems are one of the leading causes of house fires? Over 51,000 house fires each year are caused by faulty wiring, shorts in electrical cords, and electrical overloads. Many of these fires could have been prevented if homeowners had known the warning signs of electrical problems. We don't want anyone losing their home, possessions, or life due to a preventable fire. Let's look at a few electrical warning signs that you should never ignore.

#### Dangers of Electrical Problems

Having electrical problems in your home is not only a fire hazard, but it can also be dangerous for you and your family in other ways. Electrocutation can happen if you come into contact with electrical wiring that is damaged or if there is a short circuit. A short circuit is when an electrical current

#### Is the Wiring in My Old House Safe?

Older homes are more susceptible to electrical problems than new houses. There are several reasons why this is the case. Electrical codes were not as stringent in the past as they are now. That means wiring could be run improperly, or outlets could be installed in unsafe areas (like too close to the water from faucets and other plumbing). Older homes were also not built to handle all the electrical devices we use today. So breaker boxes from the past aren't always adequate for the electrical load placed on them. The breaker might not flip off when it should, leading to a fire. In the past, electrical components were made from different materials than they are now. For example, wiring made from aluminum is more likely to corrode over time, making it unsafe now.

#### Warning Signs of Electrical Problems in Your Home

1. **Flickering or dimming lights.** This can signify an electrical overload or a loose electrical connection.
2. **Sparks from outlets or electrical cords.** This signifies a severe electrical problem and should be addressed immediately.
3. **Cracked or damaged outlets.** Damaged outlets can cause electrical shocks or start fires. Do not use them until they have been repaired by a professional.
4. **Frequently tripped circuit breaker.** If your circuit breaker trips regularly, it could signal an electrical overload.
5. **Electrical cord that feels hot to the touch.** This is a severe fire hazard and you should unplug the cord immediately.

Keep your home safe with a qualified electrician. If you see any of these electrical warning signs in your home, call a qualified electrician immediately. At Lee Company, we have a large team of licensed electricians who can keep your home safe. We'll inspect anything that worries you, inform you about electrical risks, and repair any problems quickly and correctly.

— Jock Owens, Director of Service

# AMADA

SENIOR CARE



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- Companionship
- Alzheimer's and Dementia



Owners- Kevin and Kelly Fehr

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

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

### Your Personal LTCi Advocates

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

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



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## Prayers for Family from Victorious Family

Praying the right prayers for family, hope, and encouragement can seem hard. Victorious Family would like to bless you with a list of prayers to help you and your family. Difficult times strike when you least expect them and getting through them can require you to keep hope and faith alive. When it comes to assured comfort for households, making use of prayers for family, hope, and encouragement may just be what you need. You'll find prayer can help get you through the hardest times. Besides building your relationship with God, prayers for family, hope, and encouragement can help bring families together, and help members develop empathy.

### 7 Effective Prayers for Family Encouragement

#### 1. Prayer for Family Guidance

*God, with each new day, we rely on you more for your guidance  
Provide us with the strength and knowledge to do our best.  
Protect us, shield us from harm, and keep us safe.  
Continue to bless and guide us in all aspects of our lives.  
Help show us what we should do because we're lost without you.  
Guide us supernaturally and keep our family safe from anything negative.*

#### 2. Prayer for Encouragement

*God, you know the troubles and struggles we face.  
Guide us through these rough times and remove our stress.  
With the many things we're dealing with, it feels overwhelming.  
Give us peace of mind, and the strength to get through the day.  
Be with us and guide us through what we do.  
Grant us your grace, and the faith to know things will go well.  
Give us the power to keep going, and to support each other.  
Help show us what we need to do.  
Guide with your spirit and keep your spirits up.  
Give us empathy to help those around us.  
Grant us wisdom and the comfort of your grace.*

#### 3. Prayer for Family Gratitude

*Thank you for everything you've given us.  
Thank you for your grace that continues to bless us.  
Help us find the wisdom and peace to treat others well.  
We're grateful for the roof over our heads  
We appreciate and thank you for keeping us safe.  
We have food every day and a warm bed to sleep in.  
We realize that there are many others who aren't as blessed.  
Thank you for our health and your spirit that guides us.  
We trust in you and know that you'll deliver us from suffering.  
Help us be a testament to help others when they need us.  
Thank you for our jobs, friends, and family.  
We're able to see each other each new day.  
We thank you for giving us each other and keeping us healthy.  
Guide us so that we can be a blessing in others' lives.*

#### 4. Prayer for Family Protection

*God, even as we embark on this new day.  
Help keep us from harm and any pestilence.  
We know it's only through your grace that we're here.  
Help us be good parents that do right by you  
Keep us safe throughout this day wherever we go.  
Keep ill-wishers from harming us and protect our hearts.  
There's so much evil in this world, shield us in everything we do.  
Guide us through all dark times and lead us to the light.  
Keep our family safe and lead us down the right path.  
Give each of us the wisdom to get through the day.  
Protect from anything unknown that can harm us.*

*Give us the courage to do what's right.  
Protect us on our journeys, and at our places of work.  
Protect our family from negativity and toxic people.*

#### 5. Family Prayer for Healing

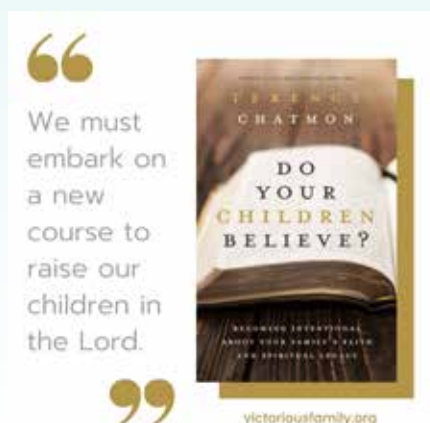
*God, we ask you to heal us from all illnesses.  
We know you're capable of healing and granting us strength.  
Protect our physical and mental health from anything harmful.  
Restore every cell and part of our being.  
God, we know that you're a god of miracles.  
Take those of us who are struggling with sickness and heal us.  
Grant us healing and relief from our ailments.  
If we've been hurt emotionally or mentally,  
Grant us the strength and heal what's inside of us.*

#### 6. Family Prayer for Strength

*God, when we are weak, we are strong.  
Grant us the strength to face every situation head-on.  
Lift us up. Let us be a beacon for the hopeless,  
and help us love those who feel unloved.  
Grant our family strength, so we can be there for each other.  
Help us lean on each other when we are down.  
There are so many unknown dangers in the world.  
Grant the peace and let nothing cause us harm.  
In everything we do, even in tough times helps us.  
Grant us the ability to uplift others.  
Grant us the emotional and mental strength to be there for those who need us.  
Help us be there for those we care for, and those who care for us.  
Though we know you can overcome any challenge.  
We pray that you give us strength and courage in every situation we come across.*

#### 7. Family Prayer for Peace

*God, with everything going on in the world now,  
We pray that you give us peace of mind.  
With the hectic lives we lead, we can often lose sight of what matters.  
Guide us so that we stay stress-free in tough times.  
Grant us the strength to face any challenge.  
At this time in our family, we need peace.  
Give each of us empathy to understand what each other is going through.  
Help show us what needs to be done.  
Give us peace in everything we do.  
Give us peace with each other and in our workplace.  
With you, no problem is too big.  
Give us faith to know everything will be fine.*



Faith can move mountains, and with the unpredictability of each new day, staying assured is essential. Knowing what points to cover during your family prayers can help ensure everyone feels positive and confident about what's to come. Prayers for the family, as well as hope for the safety of your children, spouses, and siblings can always help turn things around. Regardless of the circumstances, or what you're going through, with faith, you are assured to stay positive and see miracles happen.

— Terence Chatmon



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- 3 Get 5 friends sign up as \$20 recurring monthly donors.

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

**The ability to impact and change lives is endless!**

## Sign Up Today



[SalvationArmyNashville.org/red-kettle](https://SalvationArmyNashville.org/red-kettle)

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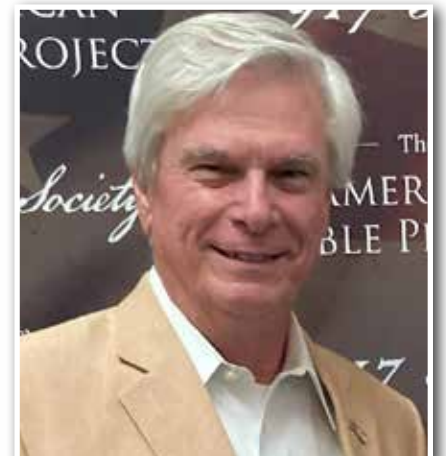
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*“helping you know which way to go”*

**5 Questions with Matthew Powell, Trevecca Graduate and Founder of Autism Career Training (ACT)**



Since his teen years, Matthew Powell felt called to the field of education. He completed his Bachelor of Science in special education from Trevecca and eventually his master's in educational leadership before teaching at several Middle Tennessee high schools. While working in special ed, it became clear to Powell that his students needed services that could bridge the gap between what a traditional school offers and the skills adults with disabilities need in a vocational setting. To address this, Powell partnered with Karen Blake, the founder of the Autism Foundation of Tennessee, to launch Autism Career Training (ACT) in 2020. Their organization—the first of its kind in Middle Tennessee—provides training for young adults with autism who are transitioning to a work environment after high school.

**What drew you to education?**

One afternoon in high school during dismissal, I noticed a young man with special needs who was lying on the ground, refusing to budge. Apparently he'd been struggling every day to get on the bus. He would just lay down on the floor. For whatever reason, getting on the bus was a trigger for him. I felt prompted to help. I walked over and started talking with him. I helped him get up and onto the bus. It was the start of a mentoring relationship between us that lasted throughout high school. It also influ-

enced my future. That young man is the reason I got involved in special education.

**What kind of services does the Autism Career Training center offer?**

A young adult with autism—who we describe as a trainee—can attend the center two to five days a week to gain pre-vocational employment skills. These often include sensory, social and communication skills necessary for a job environment. We take a look at what kind of accommodations our trainees most need and then help them work to gain independent living skills. It could be cooking, doing laundry, making their bed or learning how to socialize or communicate on a new level.

**How have you seen the training make a difference?**

We've helped trainees get jobs and get promoted. One of our young adults recently got a job at a car dealership. Another was working at Publix as a bagger, and we worked to help expand his role there so he could take on more responsibilities. We've also seen how the quality of life can improve for an entire family when we focus on certain skills. One family came to our center wanting their son to be able to remain seated the entire time they ate together at a restaurant. Previously this young man wanted to get up and move around immediately after he finished eating. After working with him for some time, we saw phenomenal results. His sister got married several months ago and the trainee was able to sit

through the entire rehearsal dinner and the reception. It meant so much to his family.

**What do you wish more people understood about autism?**

One of the biggest misconceptions is that everyone with the diagnosis has the same set of characteristics. In reality, they are vastly different and have different strengths. Our goal is to develop those strengths in order to help our trainees be able to make a difference in their community. We've hired a passionate group of staff members who love our young adults and want what's best for them. It's transformative for our trainees to be part of a place where they feel like they belong and people understand and support them.

**How did your time at Trevecca impact your career?**

Andrew Burnham was one of my education professors who became a friend and lifelong mentor to me. We built a relationship through my classes and he was always someone I could call with professional questions or concerns. When we started ACT, we decided we needed someone to help us write curriculum for our programs. Dr. Burnham became a consultant for the center, and our mentorship turned into a professional relationship. It's become a full-circle life experience and I'm incredibly grateful for his expertise and support.

— Corrie Fritts

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## 5 Steps for Better Sleep as We Age

Some people believe if you sleep naked, you will get better sleep. It is funny the things people conjure up to get a good night's rest. The truth is, as you age, your body not only produces fewer growth hormones, decreasing your levels of REM sleep, but you also produce less melatonin, and therefore experience more fragmented sleep. This leads to the utmost important question. As we age, how do we increase sleep production while also improving its quality?



### Step 1: Figure Out How Many Hours of Sleep you Need

Try an experiment. Turn off your alarm clock and block any distractions that could wake you, like your phone. Be sure to keep the window blinds cracked a bit so that some natural sunlight can get in at dawn. Then proceed to go to sleep. When you wake up in the morning, count how many hours your body allowed you to sleep. One attempt can be deceiving. So be sure to go the whole week following the same process. After a week, you probably will know how many hours of sleep your body needs for a full night's rest. Why is this important? Because people tend to fall asleep at various times of the night but set their alarm at the same time every morning. Consequently, your total hours of sleep fluctuate, causing your nightly average of sleep to vary, as well. If you know that you need 7 hours of sleep, for example, and you should wake up at 5 am, you should fall asleep at 10 pm. But if you happen to fall asleep at 11 pm, then push your alarm to 6 am so you can get your full 7 hours. Unless you HAVE to wake up at your usual time, don't sweat; adjust your sleep schedule slightly. Your body will thank you during waking hours!

### Step 2: Figure Out What Time You Ideally Want to Wake Up

The ancient Greek philosopher, Heraclitus, stated, "life is in flux." The time you arise in the morning is also changing during different stages of life. At one time, you may have needed to wake up at 5 am every day for work, but now you can sleep as late as 8 pm if you choose. At this time in your life, you need to decide exactly what time is best for you to wake up in the morning. So, let's say you want to wake up every morning at 6 am. You also know that you need a good 7 hours of sleep to feel fully rested, then hypothetically you should be asleep by 11 pm. The problem is that people tend to go to bed later than they should, based on their wake time. Since this is a common problem, how do we ensure we consistently go to bed at the correct time every night? The solution is committing to arise every morning at your desired time for one week straight, regardless if you don't get a full night's rest. After a week straight of waking up at your preferred time, your body will reset its Acadian rhythm, and you will start to get tired earlier in the night, forcing you to go to bed earlier.

### Step 3: Prioritize Your Morning Before Going to Bed

One of the main reasons people can't fall asleep at night is they suffer from the "monkey brain" phenomenon. Meaning, they lay in bed trying to fall asleep, but their brain is going through all of the things they have to do the next day, ultimately causing anxiety and procrastinated sleep. One effective

solution is to prioritize your morning before going to bed. Try writing down five things you are going to accomplish before noon. This way, there is no uncertainty about your game plan for the first half of the day. Consequently, when your head hits the pillow, you have defeated the monkey brain and can close your eyes and enjoy the present moment. By clearing your mind of tomorrow, you can relax and be more mindful now. Here is a whole category dedicated to mindfulness.

### Step 4: Avoid Napping During the Day

Napping during the day can negatively impact sleep production at night. Generally, you should avoid napping, as studies show a correlation between napping and the inability to fall asleep at night. According to Sleep Foundation, if you take a nap, the ideal length should be between 10-20 minutes and should occur before 2 pm. If you are an avid napper, try going outside and taking a walk in the sunlight when you usually nap. Sunlight and light exercising can naturally boost energy levels.

### Step 5: Get Proper Nutrition and Regular Exercise

Physical health and sleep are interconnected. On the one hand, poor sleep leads to increased chances of weight gain. And on the other hand, overweight or even obese people have a higher risk of inadequate sleep production. It's a double edge sword! Common health problems resulting from being overweight include depression, gastroesophageal reflux disease (GERD), obstructive sleep apnea (OSA), osteoarthritis, and asthma. All of which can cause poor sleep. Regular exercise and conscious diet choices help increase sleep production in numerous ways. Not only are we less likely to become overweight and obese, avoiding the above health problems, but we also are more self-confident, less anxious and depressed, have a better immune system, and overall happier. Optimal times to exercise are during the morning and mid-afternoon. Try avoiding exercising late a night, as this could give you a boost in energy, pushing back your bedtime hour. At Amada Senior Care, we understand the importance of proper sleep maintenance for older adults. If you are having a problem or know someone who is, please feel free to reach out to me directly at 615-933-7494. We are here to help!

— Kevin B. Fehr, CSA, CDP, President & CEO,  
 Certified Dementia Practitioner, Amada Senior Care Nashville,  
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# FALL IS HERE! GO ENJOY IT.

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## Be Happy, Be Healthy, Be Whole

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

Weight loss and the holidays is my most challenging time of year. Is it the same for you? I love all the events, the time with family, the time off work – but oh the caloric temptations. I love that people make a lot of gifts at home, in the kitchen, but a lot of times those extras make their way into the break room at work. Oh, the temptation. It looks so good, and it's the holidays, and it's small, and then I have eaten seven.



However, I confess, I'm guilty in the other direction also. When my wife Sheryl says, "Hey honey, take these to work so they doesn't tempt us", I'm just following orders.

So, instead of sugary treats, we are hoping to stock up on citrus this year after reading in the *Journal of Lipid Research* that citrus fruits, like tangerines and oranges, increase weight loss and stop the development of type 2 diabetes and heart disease.

Another weight loss tip I found involves one of my favorite things – Music!

According to research journal, *Psychological Reports*, when music is played during a meal, diners eat about 18 percent less and report enjoying their food more.

So, is there a place for chocolate in a healthy diet? An article in the *FASEB Journal*, a medical research publication, says – yes ... for breakfast! Put down that bran muffin and pick up a Hershey bar. Eating chocolate in the first hour of the day could boost fat loss and lower blood sugar. A study found that consuming 3.5 ounces of chocolate within an hour of waking up helps with burning fat, reducing blood glucose levels, and decreasing stress. (Note to self- 3.5 ounces is NOT the whole bar.)

How has your weight loss journey been going? Is someone helping you stay healthy? It's hard to go it alone. Remember, if you need help, I recommend the people who have helped me and my wife lose weight, Dr. Lodge and the staff at Cool Springs MD.

So – here's hoping we all can keep our head in the weight loss game over the holidays. My challenge will be to remain disciplined to exercise portion control. I don't want to feel deprived but I can't over indulge. What's your biggest challenge over the holidays?

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

— Doug Griffin

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## OUR HOUSE

### How to Prepare Your House for Cold Season

Summer has passed, and fall is finally here! We've waited so long for the hot weather to slowly transition into cooler days. Who doesn't love fall? It's a great time for walks in the woods while appreciating trees



**We turn wet and moldy crawl spaces into healthy and clean areas!**

turning their colors to red and orange or taking your grandchildren to a pumpkin patch at your favorite local farm. Hot apple cider, chili, pumpkin bread, mums, pumpkin carving — you name it!

The fall is a great season to start slowing down and refocus from outdoor activities that we did during summer and start putting attention to indoor projects. The nights get chilly, and with low temperatures, we can immediately feel the need to wear socks while walking around the house. It's because the wind and cold air can get in the crawl space and house through the tiniest little cracks. If you're not sure where to start, here's a checklist for you:

- Turn on the heat to make sure it works, so you won't have any unpleasant surprises when the temperatures drop to freezing point.
- Inspect and seal around the windows and doors.
- If your house has hardwood floors, you may want to consider laying down rugs or runners in the most frequent areas where you feel cold air getting through.
- Check the vents on the walls of your crawl space. They are probably open after the summertime. You want to close them to control the cold airflow from getting in the crawl space area because that cold air will move up into the main area of the house.
- Make sure the insulation in your crawl space is in place and tightly secured between the floor joists. If you find wet or rotten insulation, replace it with a new layer.

If you feel like this is too much work and you are tired of checking all these steps every year, then Frontier Foundation & Crawl Space Repair has a permanent solution for you! With just a few easy fixes, we can turn your crawl space or basement into a permanently sealed-off, healthy space. Here's what we do. First, we remove all water if there is any found in the crawl space and seal all cracks around the vents, HVAC, and plumbing. We remove all insulation. Fiberglass insulation tends to soak up moisture and humidity, which causes mold growth and a mess of fallen insulation in the crawl space. This type of insulation causes headaches for the homeowner and more work when homeowners have to fix it. Once our encapsulation system is in place, there is no need for the old insulation anymore! Then, we separate the house from the earth by using drainage matting, which creates an air gap and lifts up the encapsulation system off the ground. Our specially designed encapsulation system is installed on top of the drainage matting and on the walls. The wall vents are closed off to condition the space. As the last step, after the space is conditioned, we install SaniDry Sedona Dehumidifier that ensures the humidity stays below 65%, which prevents mold growth in the crawl space.

### Encapsulating your crawl space will keep your feet warm in winter and your house cool in summertime!

Each house is different, so for the best results, schedule a free, no-obligation inspection with one of our design specialists, who will thoroughly inspect your crawl space or basement and present you with the best solution that works for you!

— Martina Brindley, Marketing Coordinator,  
Frontier Foundation & Crawl Space Repair

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# Liz's Journey



## From Dependency and Despair to HOPE

When Liz turned 16, her life became extremely chaotic. Her family was moving around a lot – which is stressful in and of itself, but then came the diagnosis of manic-depressive bipolar disorder. After that, there was the chaos of trying to find the right medication and then the right dosage on top of moving constantly. At the age of 18, she took her first drink of alcohol. "Alcohol became what I thought was what I needed. You know, my own self-medication. What I didn't know was it was destroying me slowly in a disguised way," says Liz.

This addiction is what took Liz down the path to homelessness. "I started seeing people fall out of my life and me pushing people away and just being alone." Liz took to jumping trains to move around since her connections to friends and family had disintegrated.

Her first encounter with The Salvation Army was in New Orleans. She had been sexually assaulted and woke up in a Salvation Army shelter. "People there were talking to me. I vaguely remember it, but I felt so safe, and they gave me food and everything, but I still didn't know what Salvation Army was." She continued to encounter The Salvation Army on her travels. She knew it consistently meant a warm meal, nice people, and good conversation.

It was not until she made it to an encampment in Nashville that her interactions with The Salvation Army would turn into a life-changing experience. "I was out at the encampment and at that point I had full-blown alcoholism, you know, had begun the cirrhosis process and mental health [struggles] at that time were unnoticeable to me, but very apparent to everybody around me," she says. This struggle continued to isolate her from even the other members of the homelessness community. Then came the day when she



walked up to the top of the camp and there was The Salvation Army handing out not only hot meals but a lifeline of hope.

"You know you lose every sense of hope of what you know...you have no faith in yourself. No hope for your life. You know you're so far from what you thought your life was going to be like as a kid, you know, growing up, you have those big dreams and I'm going to be this and do this. Then you're looking at your life and you have a tent...or maybe not even that. But I remember going to the top of the camp where I was and there was Salvation Army handing out meals and it became like a weekly thing." Liz soon formed a bond with one of The Salvation Army LIFNAV case managers. "She knew without me having to say what I needed from just talking to me. She gave me encouragement. She said she goes you're not going to be out here forever." It can take time to find housing solutions, especially when there is a severe shortage of attainable housing in Nashville, but Liz's case manager walked with her every step of the way. "You know you've lost everything and my health at that point...I didn't even know it was that bad and I kept going to the hospital. When you go to the hospital as an alcoholic and an addict, and



it's stapled at the top of your profile, so they think you're just drug seeking. So, you go back out [without a solution], and you're like, forget it. But who do you see? Your case manager from The Salvation Army who's been following everything and just on top of everything and knows where you're at and just keeps giving you hope."

Liz says, "It took an army to get me into a house after over 10 years being homeless. I remember it was around Christmas... best Christmas present ever! My case manager comes out and says pack your stuff and she took me to the rapid rehousing at the Roadway. I forgot what it was like to have a door to lock... a hotel room was like ahhh! I remember I took like 3 showers that night just to feel the water you know."

But this was just the first step in the housing journey. "In August of 2021, I remember when my case manager called me and told me Liz, are you sitting down, and I go yeah? She goes, you've been approved for your Section 8 voucher, and I was so incredibly excited. But we still had to find an apartment that would accept me. Still, during all this time, who's bringing me meals at the hotel room every week, and going to each room to stop by and talk and say can we pray with you...The Salvation Army. You feel like OK; they see me as a person and just that small bit was just huge to me," Liz says.

Then came the call from Liz's case manager, "She said, 'Are you ready? I'm coming to pick you up. You're getting a house today...you're getting your forever home today' and I lost it. It's still not real to me." Liz packed up her entire world in 3 Rubbermaid totes and loaded them on The Salvation Army truck. Then, along with her cat, took the final step in her journey home.



"First off, I've never ever signed a lease. I walk into the door of this apartment. My case manager was like why are you crying and over a medicine cabinet? I said not only did I get a place to lock my stuff up, a place to put food in the refrigerator that will keep...that will keep! You know? A place to just sit there every morning and think to myself you made it from bathing in the river to walking in there taking a shower. You overcame so much where you could have given up on this journey. I had so many times that I don't even know how I had the strength to keep going, but my case manager kept me going."

But what was the end of her journey to housing was not the end of her story. "The craziest thing about it? Even after moving in, every week my case manager called to check on me, and she said 'You gotta promise me you will not isolate and I'm your friend.' In my mind, I was always like is she my friend or is she my case manager and she's said 'I'm your friend' and for her to say that meant the world to me."

Now that she's been in her apartment a while, she admits there have been difficulties, but "I can smile, smile, smile now. I'm loved, I have strength. I have friends. I'm alive...I'm so thankful to be alive. That's all there is to it. I have a family. I have friends through the Salvation Army who now have given me my family, my blood family back, but The Salvation Army was my family when I had nobody. No hope and nobody believing in me. Then right there at the top of the hill...that meal truck? It was perfect. It was just God timing."

— Misty Ratcliff, Development and Communications Manager, The Salvation Army  
[www.salvationarmynashville.org](http://www.salvationarmynashville.org)





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## Holiday Preparation Tips

It's the Holiday Season! Are you ready? The holiday season means great food and quality time with family. Unfortunately, when some of us think of the holidays, we imagine piles of dishes, busy schedules and pressure to entertain guests. Holidays are a wonderful reason to celebrate! Don't let the duties of entertaining and cleaning keep you from a good time.

Use this list to organize your tasks. If possible, get everyone in the household involved.

- Don't procrastinate. You don't have to set aside four or six consecutive hours to get the job done. Clean your home in little blocks of time over the next few days to spread out the workload.
- Get everyone in the household involved, including kids who are old enough.
- Start with the entryways, foyer and central closet area to create room for guest coats.
- The next day, take a small block of time to clean bathrooms, hallways and sitting areas.
- Next, clean bedrooms and any other areas your guests may encounter.



### Tips to Get Your Home Ready for Holiday Guests

Guests and the holiday season go together. And sometimes, guests show up on short notice. It's part of the fun and excitement of the season. Molly Maid is here to share ideas for how to quickly get your home ready when family members, friends or neighbors drop by on short notice.

- All hands on deck! Mobilize the whole family in the kitchen, and hand out cleaning/decluttering assignments. Focus first on high-traffic, visible areas.
- It's the holidays, so have snacks available. How amazing would it be to have cookie dough on hand to pop in the oven? Fresh cookies straight from the oven, and the amazing smell that comes with them, are incredibly welcoming.
- Be sure the family is presentable. Who needs a new shirt? Who has a stain on their pants? Who's still wearing pajamas? No one expects you to be dressed up for a pop-in visit, but a hat or a ponytail holder can do wonders for unwashed hair!
- Hit Play, and have Christmas music in the background.
- Almost done. Finally, do a quick walk-through of the house. Do the bathrooms have clean hand towels and toilet paper? Are there any messes or tripping hazards left, like kids' toys in the hallways? Coffee table organized? Carry a laundry basket around to quickly collect stray items, and stash the basket in a closet to address later. Lastly, check on those cookies before the doorbell rings!

### Cleaning After the Holidays

It's holiday party season, which means there's plenty of time to spend with family and friends. But for party hosts, it also means a lot of cleanup after the guests have left. Give your home a fresh start in time for the new year – or maybe just your next party – with easy holiday cleaning tips!

- Say goodbye to unwanted gifts. It's the thought that counts, but don't let good intentions add additional clutter to your post-holiday house. If guests insist on bringing a gift, request an edible food item everyone can enjoy. Otherwise, return gifts that didn't work out. If it would be appropriate, consider



giving those gifts to the charity of your choice. Holiday cleaning will be easier without those extra items.

- Go through the holiday cards you got in the mail, and make a list of who sent them to you. Use this as a thank-you list or the start to your Christmas card list for next year. Then recycle cute cards by cutting the images, attaching string and using them as free gift tags. Throw the ones you don't want in the recycling bin, and your after-party cleaning will be well underway.
- When you take down Christmas lights, you'll save yourself time next year if you put them away using one simple trick: Wrap strings of lights around a piece of cardboard or a paper towel tube to keep them organized and easy to unravel next season. This also keeps you from being the neighbor who still has strings of outdoor Christmas lights up on Valentine's Day.
- When is your trash pickup service collecting Christmas trees? Find out so you can get your tree curbside in accordance with the collection times. It's easier to clean up after your party if you don't have to worry about pine needles spreading through the house.

### Professional House Cleaning When You Need It

If you'd rather spend time cooking the family's favorite dish or visiting with relatives, Molly Maid can help you get the house ready for guests (or for rest after a gathering!). Our house cleaning service professionals will dust, mop, wipe and vacuum until the whole house looks great. Whether you'd like a one-time cleaning or a weekly recurring cleaning plan, our custom cleaning plans are designed to work around your schedule and budget. Contact your local Molly Maid – 615-794-0200 or 615-603-3766, today to discuss a cleaning plan that's right for you.

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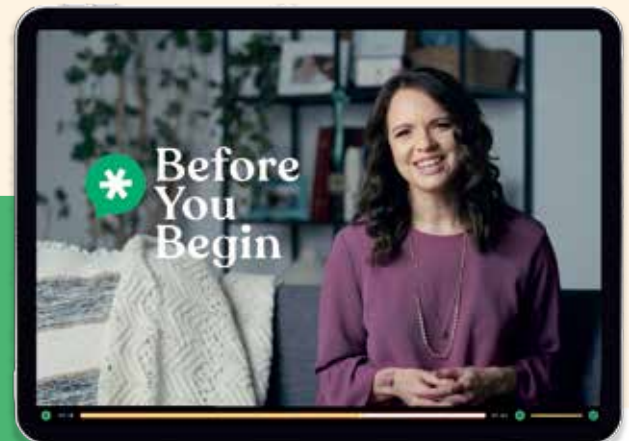
— Ashley Farrar

### MS. MOLLY FOUNDATION

A portion of Molly Maid's sales support victims of domestic violence in the communities we serve. To date, Ms. Molly has proudly raised more than \$3 million – and we are not slowing down! This non-profit organization aims to increase public awareness of domestic violence and to provide victims with support. We believe everyone deserves to feel safe in their homes. The Ms. Molly Foundation strives to empower communities to end the cycle of violence in the home. It's our goal to help give victims of domestic violence a second chance at happiness

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# Talk About



## Delivered Weekly

**THRU-THE-WEEK SHEET** WEEK OF AUGUST 19, 2022

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

**PRAY**  
SEAR REMOVING THINGS, HELP US TO PRAYSE YOU DURING THE GOOD TIMES AND THE BAD TIMES. HELP US REJOICE AS WE CAN REJOICE, NO MATTER WHAT!

**SHARE**  
Count your blessings as a family, even in the midst of difficult times. Rejoice together that your family can do all things through Christ.

**BREAK BREAD**  
In the middle of a storm, Paul trusted God. Paul thanked God and encouraged everyone to eat bread with him. Find a bread recipe to bake with your kids. When it's ready to eat, thank God for being with you, 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.

**JOURNAL**  
Invite your older child to look up the following verses that show how God helps us during difficult times. The next time hard times come their way, encourage them to reflect on those verses and thank God for the way He helps us.  
• Hebrews 13:5  
• Philippians 4:6-7  
• Psalm 118:8  
• Ephesians 6:10-11

**SING**  
Join me in Latin worship too! Listen to this playlist throughout the series to Rejoice!

**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 Israel 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 treated Paul well and other times they didn't. When Paul wrote to his friends in Philippi from prison, 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 wrote? (Other kids can read all of chapter 4.)**

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## TEACHABLE MOMENTS

### How To Have a Balanced Approach for the Holidays

For most of us, the holiday season is the hardest season to stay consistent in our health. In this season of hope, we feel hopeless when it comes to our health. We get consistent in our healthy habits, lose it all during the holidays, feel guilty, and then try and make these crazy changes for the new year, and they don't stick. It's a vicious cycle. I'm here to tell you that doesn't have to be your reality in this season. There is hope! You don't have to lose ground.

The mentality of fasting and feasting is vital for this season. There are times for fasting and times for feasting. The problem is, we continuously feast and never fast. This creates an imbalance that causes us to lose ground. The holiday season is a great time of feasting! Being released to feast during the holidays brings us great joy and peace. But if we do not balance out the feasting with fasting, we will feel guilty when we do feast. Fasting releases us to feast. If we know that we have fasted, we will be confident that we can feast at the right times.

Wait! You want me to starve myself?? Nope. I want you to apply the biblical principle of fasting to your health. I'm not talking about starving yourself or not eating for weeks. I'm talking about implementing intermittent fasting regularly. Regularly doing intermittent fasting gives our bodies a rest from all of the feasting we will do. It allows our body to use up some of the energy we have stored when we feast. I will not go into the details of how to fast in this article as I have others that go into more detail. If you feel unclear on how to fast correctly, please read those. They will help you with practical steps to take.

Here are some practical ways to not lose ground this holiday season.

#### 1. Give it away!

We know that after each party we go to or host that there will be tons of leftover food. Most of the time, we keep those leftovers and eat them throughout the week. Stop this at once! Again, there are times to feast (at the party) and times to fast (during your typical week). Don't bring the leftovers from your feast into your fasting time. Then you will just be feasting constantly. Instead, give them away and choose healthier options throughout the week.

#### 2. Make healthier desserts.

The desserts we eat do not always have to be packed with processed sugars and carbs. Yes, you will have these types of foods during the holidays, but try incorporating some healthier options for desserts once in a while.

#### 3. Use a smaller plate.

I'm sure you have heard this one before, but it is super helpful. If you choose a smaller plate and load that one up, you will feel like you have had a lot more food than you have.

#### 4. Have someone keep you accountable.

Have someone at the events you go to keep you accountable. Talk about your limits before you go to the party and have them help you stick to it. If you do not have a plan, you will fail. If you have a plan and have a partner in that plan, you will succeed.

You do not have to lose ground! If you implement these four simple tips, you can go from discouraged and alone, to confident and hopeful this holiday season. You can do it!

— 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.

## MUSIC NOTES

### Much More Than a Song

People love music. The melody alone can change the way you feel, the lyrics can have an emotional tie that lasts our entire lifetime and depending on the season of the year the setting of the song pertains to, it can transport us back into time.



One such song is the Christmas carol, *The Twelve Days of Christmas*. Initially published in 1780, the lyrics are thought to have been a poem recited even further back in England's history. The song reflects the twelve days starting on December 25th up to January 6th; the Epiphany.

In 1982, Fr. Hal Stockert, a priest from Granville, N.Y., wrote an article (published online in 1995), claiming that the song had originally been used to teach children the true meaning of Christmas at a time when practicing Catholicism was illegal in Britain (1558-1829). Hugh D. McKellar, a Canadian musicologist, published a similar thesis, *How to Decode the Twelve Days of Christmas*, in 1994.

According to Stockert, the twelve days of the song had the following hidden meanings:

- **1 partridge in a pear tree:** Jesus Christ, the Son of God
- **2 turtledoves:** the Old and New Testaments
- **3 French hens:** the theological virtues of faith, hope, and charity
- **4 collie birds:** the four gospels and/or the four evangelists (Matthew, Mark, Luke, and John)
- **5 golden rings:** the first five books of the Old Testament; the Torah
- **6 geese a-laying:** the six days of creation
- **7 swans a-swimming:** the seven gifts of the Holy Spirit and/or the seven sacraments
- **8 maids a-milking:** the Eight Beatitudes
- **9 ladies dancing:** the nine fruits of the Holy Spirit
- **10 lords a-leaping:** the 10 Commandments
- **11 pipers piping:** the 11 faithful disciples (minus Judas, who betrayed Christ)
- **12 drummers drumming:** the 12 points of doctrine in the Apostles' Creed

Of course, no one currently living can know for sure if this is the true basis of this timeless treasure but given the persecution people suffered for outwardly practicing their faith at the time of its creation, it seems to be a plausible assumption. So next time you sing this beautiful song, consider the possible significance these lines had to the families of long ago. Unlike they, we are blessed to be able to profess our beliefs openly without fear of prosecution. Merry Christmas!

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

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

## HASSLE FREE ZONE

### Storage Solutions to Keep Out Unwanted Pests

Getting the Christmas and other holiday decor out of storage is always an exciting way to mark the beginning of the season. But what happens when your family gathers around the boxes of lights and ornaments, and there's a family of roaches staring right back at you? Time for a whole new set of decorations, that's what. If you don't want to share your stuff with unwanted pests, here are some of our top tips on how to keep bugs out of storage boxes.



#### Don't Trust Cardboard

Cardboard boxes are a simple and inexpensive way to move into a new home, but once you've settled, it's time to toss them. Or maybe not toss, but any unopened boxes that have fallen into the "I'll get to that eventually" category should be transferred into a more long-term solution.

Feel free to fold up the cardboard boxes to share with a friend in need or save for the next move, but don't trust them to take care of your stuff.

When cardboard gets wet, even from moisture in the air, it can warp and tear. Even the tiniest crack provides a doorway for bugs. Even in the driest conditions, rodents can still easily chew through a cardboard box. "Not a creature was stirring..." because it was taking a nap on your fancy Christmas napkins!

In the meantime, one tip for how to keep pests out of cardboard boxes is to use bug spray or other verified pest repellents to keep them from getting too close.

#### Plastic: The Best Storage Containers to Keep Bugs Out

Plastic storage boxes are the best storage containers to keep bugs out. They provide the best protection because pests won't be able to chew through or rip them open. Plus, they're easily stackable and much better at protecting your stored items from damage! Plastic boxes can sometimes crack in the hustle and bustle of the holiday unpacking or other year-round rearranging. We recommend doing a periodic check of your storage boxes to ensure they stay a six-sided fortress.

#### Keep Your Space Clean and Dry

Clutter and excess moisture are not usually how people choose to decorate their home, but bugs love it. Attics, garages, and storage sheds are prone to these factors. While sometimes your attic can feel like the "exploding closet" TV trope, a little sweeping and dusting can actually drive away unwanted visitors. If you're looking to minimize moisture, you can either improve insulation, improve ventilation, or purchase a dehumidifier.

#### Bonus Storage Tips: Make it Nice AND Neat

Storing winter clothes, holiday decorations, childhood memorabilia, and other important items doesn't have to be boring. You can make your space insect-repellent while still making it look nice. Simple ideas like sticker labels can keep you from having to open multiple boxes to find what you're looking for, making less of a mess and less work.

#### How to Keep Bugs Out of Storage Boxes AND the Rest of Your Home

Pests don't just love the damp, dark corners of a cardboard box. They'll find open food containers, potted plants, desk drawers, bed covers, and anywhere else you'd hate to see them. We don't want you to have a pesty holiday. If you think you may have a pest problem or want an expert to check for early signs of an infestation before the family gets into town, give us a call today at 866.WAYNES1. We can have one of our Service Professionals out to assess and fix the problem before you can sing the "12 Days of Christmas!" 🍀

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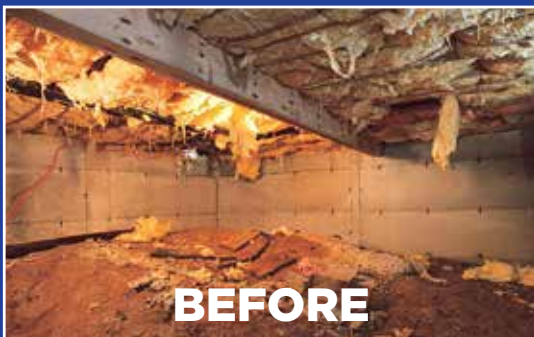




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## The Miraculous Return of the Red Heifer to Israel

American Airlines flight 146 touched down at Israel's Ben Gurion airport on time, arriving from New York's JFK airport as one of the dozens of flights that arrive in Israel from the US daily. While a regularly scheduled flight, among the passengers there were five whose arrival in Israel made it one of the most celebrated and certainly unique flights in Israeli history.

What was special about the flight is that it had five unique passengers, traveling in the cargo section. It was the first time in nearly 2000 years that Israel has been blessed with the presence of not just one red heifer, but five, all arriving together. People who read their Bibles know that red heifers are mentioned in Numbers 19, but their significance has been shrouded for nearly 2000 years since the destruction of the Second Temple.

Jews read the verses longingly, praying for the opportunity to be able to rebuild the Temple and, with it, the ritual purification from the ashes of a red heifer needed to resume the Temple services. But for two millennia, the whole idea was simply a fantasy, until last year when these five red heifers were born in Texas, and now, their arrival in Israel.

Through a series of miracles overlaying technology and even the COVID pandemic, these five were found, checked head to toe, and remain unblemished which qualifies them for service. They arrived not quite a year old. As long as they don't grow any white or black hairs, and remain unblemished, in just over a year they will qualify for the ritual purification process needed to resume Temple service.

In modern cattle raising, its customary to tag all calves within days of their birth. Doing so would be considered a blemish that would disqualify the red calves. So, how these calves remained untagged is just one of the incredible miracles that made this all possible.

There are different perspectives about the significance of the red heifers' arrival as it relates to rebuilding the Temple. Some say that now the Temple can be rebuilt. Jews have prayed for that daily for nearly 2000 years. Some say that their arrival is the heralding of the Temple being rebuilt, a nuanced difference. And not mutually exclusive, some see the red heifers' arrival as laying the foundation for the arrival of the Messiah, and end times among Christians. Either way, what is clear is that even if the Temple were to be rebuilt tomorrow, or descend from the heavens as some believe (since God can do anything and the restoration of the Temple is among the prophecies related to the return of the Jewish people to Jerusalem), without the red heifers the Temple service cannot be reinstated because they are necessary in the ritual purification that's required for all Jews involved.

Regardless of the cause and effect, what is sure is that now there's a possibility, the first time since the year 70 AD, that Temple service can be restored. I tend to be of the school that whenever and however it does happen, it's all in God's hands. This is just a key ingredient needed to make it all happen. A big one. That alone is significant, and a rare glimpse of Biblical prophesy in our modern time.

A few dozen Israeli Jews and Christians participated in the heifers' arrival

ceremony. The excitement was palpable even among the workers on the loading dock who understood the significance of the moment. In addition to my reporting about it, there were a few others present, but strangely no national Israeli media. The story caught on nevertheless, and became a topic generating wide interest.

The red heifer is first mentioned in Numbers 19, "Tell the Israelites to bring you a red heifer without defect or blemish and that has never been under a yoke." But it's been more than just a Biblical verse for many. One farmer who raised the cows, guided by Numbers 19, is a devout Christian who was so moved by the opportunity that he gave four of the cows as a gift, just to be part of it.



View of the old city of Jerusalem, Silwan and Gey Ben Hinnom Park

Today, all Jews are assumed to be ritually impure. While in everyday life in the modern day this status does not have much of a practical effect, this type of impurity prevents one from entering the Temple. That's not yet a practical consideration, but it could be.

One might think that there's no precedent for non-Jews to be connected, much less actively involved, with the restoration of the red heifers to Israel. However, its not only not unique, but past involvement of non-Jews providing a red heifer was documented in the Talmud.

The story goes that a non-Jew named Dama ben-Netina was visited by people from the Temple, seeking a gem believed that he had and which was necessary for the High Priest's ephod (breast-plate). When they appealed to him, and despite the offer of a large sum to do so, he refused. His father was sleeping on the key to the box holding the gems when the guests from Jerusalem arrived, and he did not want to disturb his father's rest. As a reward for honoring his father, a red heifer was born into ben-Netina's herd the following year and he was able to sell it for the equivalent to money he would have earned if he had sold them the gems.

With the red heifers' arrival, it's worth taking time to review Numbers 19 because the theoretical Biblical obligation that had not been practiced for two millennia just got much closer to being practical.

The great 12th century rabbi, Maimonides, held that there were only nine red heifers used through the Second Temple era, and the arrival of the tenth red heifer "would only be found and sacrificed when King Messiah was ready to appear." Jews and Christians see different nuance in the red heifer, but the significance is great all the same. The arrival of a possible tenth perfect red heifer as just happened signifies hope for the Messiah's imminent arrival, and the Temple's rebuilding.

So if you're wondering what's all the talk about the arrival of five cows in Israel last month, you need look no further. Hear and understand more about this, including the backstory on the *Inspiration from Zion* podcast.

— Jonathan Feldstein  
<http://www.genesis123.co/>



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## SPECIAL FEATURE

### 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 child-birth 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](http://www.blueumbrellamedical.com)



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## PARENTING POINTS

### Holiday Chaos for Kids of Divorce

In working with children, I hear them talk about some of the most interesting experiences when mom and dad are divorced. One of the most common themes is related to how parents fight over their time. One young lady I worked with said she feels like “a pawn in a game of chess” and her parents are always trying to force her to come and go in a way that does not feel like love. Another young man I have worked with expressed how he feels “torn apart” because his divorced parents talk bad about each other, and he is always forced to pick a favorite. For children, they usually want everyone to get along and to not make it hard on them to spend time with each side of the family.

With the holidays upon us, most families will have special gatherings for meals, travel and the exchanging of gifts and presents. One of the things that kids of divorce wish they could receive is the “freedom to love both” and everyone be OK with it. The issues of loyalty and who to believe, who to listen to and who to talk openly with is an on-going struggle for some children impacted by divorce.



What if divorced parents started saying to their children, “You don’t have to pick a favorite. You have two homes full of families that love you and you don’t have to like one more than the other.” What if at Thanksgiving time divorced parents

worked together, in advance, to make the experience of sharing time an easy, stress-free experience for their shared children, instead of an emotional tug of war? What if, each co-parent looked at their child’s schedule as the priority instead of their own? I believe children have the right to enjoy the love and care of each side of the family, their parents, grandparents, aunts, and uncles and to enjoy that time without any negativity about the other parent. When kids hear negative comments said about people they love, it is like a shock or pain to their own hearts. Children internalize negative comments and quite often feel like something is bad about themselves when they hear their mom or dad talk negative about their other parent. They know they come from both, they are genetically and emotionally connected to both, and yet, so many kids (especially at Christmas and Thanksgiving) don’t have the “emotional permission” to love and enjoy both. They live a life of playing favorites and managing their words and time like they are on the clock – always stressing about what is “fair” and what is “justified.” If you know a divorced parent, or you are a divorced parent, please consider how hard it is for the shared children to be caught in the middle. Maybe this year can be the year of sharing thankfulness and being generous and intentional with time, words and emotional content so your children can enjoy the freedom to love and enjoy everyone!!

— A co-parent of 21 years, Tammy Daughtry / Founder, CoParentingInternational.com / Nashville, TN



## AN ENCOURAGING WORD

### A Time of Thanksgiving

*And let us take thought of how to spur one another on to love and good works, not abandoning our own meetings, as some are in the habit of doing, but encouraging each other.* Hebrews 10:24-25

How important is fellowship with friends and family to you? I recently moved from Nashville to the Louisville, KY area to be near my younger son’s family. Papa & Nana have to spoil Gracie and her soon to be little sister! This was a decision made through much discussion and prayer. Leaving my older son, daughter in law and grand-dog was not an easy decision, yet my son is the one that encouraged me to move to be near his brother and nieces. Leaving our church family was also a difficult. So, as we prayed for His direction, we began our search for our next home.



A major consideration was a new church home. Having a place to connect with a new church family was a priority. God directed us to our new church family and small apartment community where we can serve. As I was talking with our youth pastor, Ben asked me what God has been speaking into my heart about.

That’s easy! Friendship.... New friends, old friends, and family. As I look back at my life, I find great joy in friendships that span over sixty years. Thanks to modern technology, we stay close to family & friends of our youth on to more recent friends/family. Even those we don’t talk with frequently, when we do have the opportunity, it’s as if we were together yesterday.

Now that I’ve got a new church home, new neighbors and friends, I am amazed at how quickly we feel at home. I’m thankful for my friends that encouraged and prayed for us as we made this move. The love and support they provided was and is tremendous and beyond anything I could imagine. Arriving at our new home, what a pleasant surprise to have dinner in the refrigerator, left by our pastors. God is good all the time!

It is a great joy to come together at any time of the year. But, as our season of Thanksgiving approaches, I look forward to sitting at the table with some of our friends and family to give thanks for His guidance in our lives.

May we all be thankful for those that have poured into our lives in so many ways. Be thankful for those that have been present in your life. Spiritually, emotionally, financially, and other ways, there are many we need to be thankful for. When you have the opportunity, be sure to let those in your life know you are thankful God placed them in your path.

As I reflect on the year, this verse below resonates. We belong to one another. What a joy to know that we have friends around the world that pray for us and lift us up daily. Let’s do the same for them. So we who are many are one body in Christ, and individually we are members who belong to one another. Romans 12:5

— Durward (Santa) Blanks





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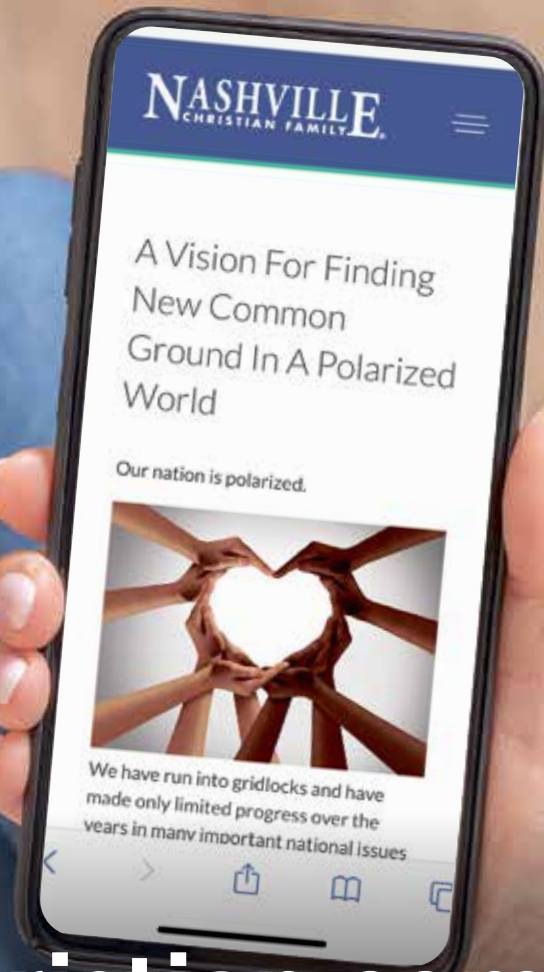
(from left) Jim Daly, Chuck Swindoll, Anne Graham Lotz, Colin Smith, Alistair Begg, Adrian Rogers, Tony Evans, Charles Stanley, Janet Mefferd, Richard Hamlet, Michael Youssef, Robert Jeffress And Many More!



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# FAITH UNDER FIRE

## Why Are So Many Christians Leaving The Faith

It cannot be denied that, in unprecedented numbers, Christians are leaving the faith. From well-known pastors and worship leaders, to Bible college professors and Christian rockers, we are experiencing a wave of apostasy. Are there specific reasons for this?

In Matthew 24:12, Jesus said that because iniquity would abound, the love of many would wax cold. Paul also spoke about a time of increased rebellion and apostasy (see 2 Thessalonians 2:3). Is this the time of which they spoke? Personally, I do not believe we have reached that specific point in history. But I do believe that the words of Jesus still apply. This is a time when sinful temptations and worldly distractions are more available than at any point in human history. Little wonder that so many are losing their faith. But that is only one reason for the increased defection that we are witnessing. Another is mistrust in the Church, both in Church leadership and in the institution of the Church itself. It seems that whichever way we turn there is another scandal, some involving individuals and others involving movements or denominations.

On the Protestant side, one day it's a beloved apologist accused of rape, and the next day it's the president of a Christian university caught in a sex scandal. One day it's a celebrity pastor accused of sexual abuse; then it's that pastor's related network of churches found alongside the allegations. On the Catholic side, one devastating report from France, with research dating back to the 1950s, documented 330,000 cases of ministry-related sex abuse. How many millions did this affect? "If that's Christianity," many think to themselves (or, perhaps say out loud), "then I want nothing to do with it."

To be clear, I do not write this to pour salt into the wounds of those who have sinned and fallen. The old saying, "There but for the grace of God, go I" has never been truer. But we cannot deny reality. Our reputation as followers of Jesus has been stained.

We also live in a generation in which atheistic attacks on the Bible—in the past encountered by adult readers or college and university students—have trickled down to teens and pre-teens in the form of pithy memes and quotes. These kids may never have read a book by Richard Dawkins or Christopher Hitchens. They may never have heard of Bart Ehrman. Yet it is his books which have become bestsellers, while the responses to his writings have had a more limited audience. The atheistic challenges to the existence of God (written by men like Dawkins and Hitchens) and the agnostic challenges to the truth of the Scriptures (written by men like Ehrman) have trickled down to the masses, including the younger generation.

In the case of the writings of Prof. Ehrman, nothing that he has written against the trustworthiness of the New Testament is new to biblical scholars. And those of us who teach at the college or seminary level are quite familiar with solid refutes to Ehrman's questions. The good, Christian responses are still largely unknown to those same masses.

But young people who are not yet prepared to process some of these arguments have learned to repeat them and believe them. To them, the Bible is a Bronze Age book, and the God of the Bible is a mean-spirited, spiteful, even genocidal deity. They believe they can't trust the Bible. Is it any surprise that Gen Z identifies as atheists at twice the rate of other Americans? Another factor leading to this great apostasy is the politicizing of the gospel. Many of us have so fused the gospel with politics that we have become better known as supporters of a particular candidate than as followers of Jesus. This has turned off many, to the point that a pastor in New York City with a largely



millennial congregation told me that he lost a significant percentage of his parishioners in the aftermath of the 2020 elections—something he had never witnessed before. It's one thing to vote for our candidate of choice. It's another thing to become that candidate's public defender. It's one thing to believe in the importance of fair elections. It's another thing to turn one's social media page into a platform for every conspiracy theory under the sun. And when people have a hard time distinguishing between biblical truths and the latest Q-Anon info-drop, you know we are in trouble.

Yet another factor in the current apostasy is the success of LGBTQ+ activism on both a national and individual level, especially among young people. Sympathies have shifted dramatically, and if you are not perceived as being pro-gay and pro-trans, that makes you a hater and a bigot. And if your convictions are due to your religious beliefs, then your religion is hateful and your God is vengeful. And since so many young people today have not experienced God for themselves (for the principle, see Joshua 24:31), their choice is an easy one. They'll stand with their gay friend at school rather than with their parents' toxic faith.

Finally, the message that has been sounded from pulpits across America (not to mention on the airwaves of Christian TV) has become a superficial one. We have preached a message that simply offers sinners a better and happier life, bypassing the cross and ignoring the call to repentance: Jesus as the key for a successful life. In doing so, we have added to the current crisis and produced a generation of consumers rather than disciples. Who needs a Savior from sin? And what happens when things get tough? What happens during a time of testing? "I'm out of here! I didn't sign up for this."

Over 70 years ago, A. W. Tozer wrote his famous article on "The Old Cross and the New." In it, he explains, "The new cross does not slay the sinner, it redirects him. It gears him into a cleaner and jollier way of living and saves his self-respect. To the self-assertive it says, 'Come and assert yourself for Christ.' To the egotist it says, 'Come and do your boasting in the Lord.' To the thrill seeker it says, 'Come and enjoy the thrill of Christian fellowship.' The Christian message is slanted in the direction of the current vogue in order to make it acceptable to the public."

The modern cross goes one step further. It does not redirect the sinner. It empowers the sinner. "Come to Jesus and become a bigger and better you!" So, with decades of anemic gospel preaching, with a compromised Church, with a society that continues to be increasingly postmodern and post-Christian, and with all kinds of sinful temptations at our fingertips (literally), it is no wonder that so many are falling away.

— Michael Brown, Ph D, [www.askdrbrown.org](http://www.askdrbrown.org)

*The views expressed in this opinion piece are the author's own and do not necessarily represent those of The Daily Wire.*

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# Spiritual Goal For The Month

Job 1

**TRUST... through all.**

We know that life has highs...lows...celebrations...disappointments...victories and defeats...with much more in between. Chapter One of Job...and the entire Book reminds us. We find it difficult to comprehend what Job endured...but in the end...his friends were silenced...but God was not.

Through it all...with questions, frustrations and conclusions...Job learned that Believers have a Rock, a Refuge, a Heavenly Friend Who can be depended on. After all,...God created everything for His purpose...keeps the universe working moment-by-moment... and has promised us an eternity with Him. We were never promised a rose garden...but a life that has meaning when we “trust through it all”.

*Prayer: Lord, You know we have questions...just like Job. Please help us to grow our spiritual roots deeper and stronger through it all... as we depend on Your Word...and Your Spirit to guide us until we see You face-to-face. Thank You for Your faithfulness. We depend on You today...knowing You are as close as a breath. Thank You for this time...as we pray in Your Name Lord Jesus. Amen.*

— Ralph E. Vaughn

## PLAN OF SALVATION

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

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

### God's Plan of Salvation

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

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

#### Each of us has sinned against God

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

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

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

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

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

#### God loves each of us

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

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

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

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

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

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

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

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

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

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

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