

January 2023

COMPLIMENTARY

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Matters*

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New  
Year



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# NASHVILLE CHRISTIAN FAMILY®

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*Nashville Christian Family* is published monthly by Clarion Concepts, P.O. Box 463, Spring Hill, TN 37174. The phone number is 615-815-8765. E-mail [publisher@nashchristian.com](mailto:publisher@nashchristian.com). Reproduction of any part of *Nashville Christian Family* without permission of the Publisher is prohibited. Distribution of this paper does not constitute and endorsement of information, products or services. Views expressed in *Nashville Christian Family* do not necessarily represent those of the Publisher. Every effort has been made by *Nashville Christian Family* staff to insure accuracy of the publication contents. However, we do not guarantee the accuracy of all information nor the absence of errors and omissions; hence, no responsibility can be or is assumed. All Rights Reserved. Copyright 2023 by The Christian Family Publication, Inc.

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**Circulation and Distribution:** *Nashville Christian Family* is free and available at targeted, high traffic locations throughout the Nashville Metro Area and surrounding counties, Williamson, Wilson, Davidson, Cheatham, Sumner, Rutherford and Maury. Copies are available by subscription, \$100 for one year (12 issues). To subscribe, e-mail [publisher@nashchristian.com](mailto:publisher@nashchristian.com)

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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

### Happy New Year, 2023!

I hope that you enjoyed a blessed and Merry Christmas and looking forward to a wonderful new year!

It is human nature to think of our life span in terms of days, weeks, months and years and seasons. The years seem to come and go faster and faster as we get older. The old saying, “the older you get, the faster time goes,” is certainly true.

Whatever events of this past year that you have experienced, whether pleasant or not so pleasant, as Believers we all have something in common as we begin 2023. We have hopes, expectations and plans that we, our loved ones and friends will be blessed during this coming year.

The Bible provides us with many scripture references to give us guidance whether our expectations are earthly or eternal. In particular, Philippians Chapter 3 provides a perfect example for how we should approach a New Year. Verses 13 and 14 give us a directive from God through Paul’s words to the Christians in Philippi.

*“Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.”* (New American Standard).

As Paul challenges himself in these verses, we should adopt his goals as an important New Years Resolution as we look to the future. Doing this will help us to live in a Godly manner in our daily walk with the Lord.



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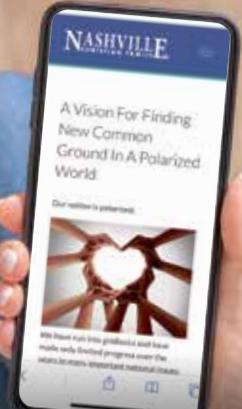
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# “Whoever Wins the Next Generation, Wins!”

Benny and Marilou Proffitt, Co-Founders  
First Priority Global Ministries

## There is a battle raging to win the hearts and minds of our nation’s youth.

2 Corinthians 4:4 describes it, *“the god of this world has blinded the minds of the unbelieving so that they may not see the light of the gospel of the glory of Christ, who is the image of God.”*

Most international mission organization’s research tells us over 2 Billion young people on earth today have never heard the true story of Jesus Christ (that’s over 2,000 X 1,000,000 youth and children) and that number is growing every day.

## Who will tell them?

Mark 16:15

Jesus said, “Go into all the world and preach the gospel to every creature”

TO FULFILL THE GREAT COMMISSION GIVEN TO US BY OUR LORD JESUS CHRIST WE AT FIRST PRIORITY BELIEVE THE YOUTH IN THIS GENERATION MUST BECOME THE MISSIONARIES, MESSENGERS AND MINISTERS OF THE GOSPEL TO THEIR GENERATION.

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the best messenger of the gospel to a 15 year old is a 15 year old

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## It's Never Too Late

Shortly after I gave my heart to Christ, I began to pray for my family's salvation. At first, I prayed with faith and enthusiasm. As the years went by,

sometimes my faith gave way to discouragement. I can't tell you how many times I invited my parents to come to see me in a play at church. I would envision that after the play was over there would be an altar call and that would be the evening my parents would get saved. Oh, how my hopes were dashed time and again.



## Pity Party and No One Showed Up

When my hopes were dashed, I would initially respond by throwing myself a pity party of some sort. Have you ever had a pity party? You know that kind where you are the only one that shows up – and that makes it even more pitiful. Let's see I need a table for one to make my pity party complete. Thankfully, the pity party didn't usually last long. After I stopped feeling sorry for myself, I would get back to the Bible and look for encouragement. I would start praying again with fervor knowing that my family's salvation was of the utmost importance.

## Many Ups and Downs

I prayed for about 25 years before my parents came to Christ. During that time, I had many ups and downs, but I learned the value of endurance. Here are a few of the scriptures I prayed over my family.

*Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.* James 5:16 NLT

*The eyes of the Lord watch over those who do right, and his ears are open to their prayers.* I Peter 3:12 NLT

*The Lord isn't really being slow about his promise, as some people think. No, he is being patient for your sake. He does not want anyone to be destroyed, but wants everyone to repent.*

2 Peter 3:9 NLT

Those are just a few of the scriptures I prayed over my family. You may want to find some more scriptures and begin to pray those verses over your family. When we pray the Word of God, we know that we are praying God's Will. As we pray His Word we grow in faith, maturity and endurance. Endurance is usually not a celebrated word. But endurance is important. It's essential to every believer. We can endure through every circumstance because He is with us and gives us the strength. I hope that you don't have to pray for your family's salvation for 25 years like I did. But let me say this – I am glad I endured. I am thankful that even though I had ups and downs I persisted by faith.

## It's Never Too Late

As we start this New Year commit to regularly praying for your family. Even if they already know the Lord – we all need prayer. It's never too late to believe God can make changes in your family. You may have lived with some circumstances and situations for a long time – but it's never too late to pray and ask God to bring change. **Today's Secret from the Studio: It's Never Too Late**

— Monica Schmelter enjoys sharing the secrets she's learned in the studio.

*"I've learned something significant from each and every Bridges guest and it's my honor to share what I've learned." Bridges is a daily show that airs in over 50 million homes on Christian Television Network. Monica serves as the General Manager of WHTN/CTN.*



# Happy New Year!



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## “Whoever Wins the Next Generation, WINS!” - Benny Proffitt

Over the past 15 years, I’ve sat at dinner tables with Church leaders and parents in over 50 countries around the world. Our conversations undoubtedly turn to the greatest concern for every family, our children. We are concerned with the current anti-Christ spirit that is aggressively coming after this generation of our young people. Jesus said He came to give us life, the life God created us to have, but the enemy comes to kill, steal and destroy. Jesus followers from every nation are desperate to reach their youth, their children, and their children’s friends with the love and message of Jesus Christ.

### But who will do it? And who has a plan?

Nashville, Tennessee will be excited to be the home to three Ministries that share this same passion, mission, vision, and strategy to reach this next generation with the message of Hope we have in Jesus Christ.

### First Priority Greater Nashville, First Priority of America, and First Priority Global Ministries.

First Priority Greater Nashville (FPGN) is committed to unite the churches in the greater Nashville area with this “great commission” strategy. First Priority empowers our Christian students to become the missionaries, messengers and ministers of the

gospel to their generation. FPGN’s goal is to be in every school in every community in the greater Nashville area. FPGN needs your support. Visit First Priority Greater Nashville’s website. Learn more about how you can be involved right here, right now. Pray passionately, give generously, get personally involved.

First Priority of America (FPOA) is based here in Nashville. It was founded in 1995 and for 27 years its mission has been dedicated to duplicating this Local Church based, Youth Led ministry of “Peer to Peer” Evangelism and Discipleship in cities and communities across America. FPOA needs your support. Visit First Priority of America’s website. Learn more about how you can be involved in reaching the next generation here in America. Pray passionately, give generously, get personally involved. Support this Youth Led Movement to become a reality in every school, in every community, in every city across America.

First Priority Global Ministries (FPGM) is based in the greater Nashville Area. First Priority Global



was launched in 2010 to respond to request coming in from nations around the world wanting to implement this Local Church based, Youth Led ministry of “Peer to Peer” Evangelism and Discipleship called First Priority. Since FPGM started Youth Leaders from over 40 countries have been trained and are actively implementing First Priority. 30 more countries are engaged and being trained. FPGM has learned how to adapt and contextualize First Priority in other nations, cultures and anti-Christian unreached areas. Our goal is to be in every country in the world. FPGM needs your support. Visit First Priority Global Ministries website. Learn more about how you can be involved in reaching the next generation in every nation. Pray passionately, give generously, get personally involved.

Let me encourage you to involved locally, national, globally. “It will take All of Us to reach All of Them”

— Benny and Marilou Proffitt, Co-Founders, CEO, First Priority Global Ministries [www.firstpriority.global](http://www.firstpriority.global)

## BODY & SOUL

### 2 Tips For Creating Sustainable Changes In Health This New Year

The New Year. An excellent time for reflection and planning for the following year. We set new year’s resolutions for almost anything. Finances, family, career, spiritual. But the most popular new years resolution in America seems to be in our health. And most of the time coming off of the holidays it is to lose weight and keep it off. Often times these resolutions are rooted in guilt because we let ourselves “fall off the wagon” during the holidays. We feel like we went extreme during the holidays so we must make some drastic changes during the new year to counteract this. I used to do the very same thing. We do good for the first month or so. But eventually, our willpower and guilt fade, and we slowly but surely go back to our old way of living. We all seem to know this but many of us still seem to fall into this trap that leaves us less and less confident we will ever make a lasting change.

I am not a big fan of New Year's resolutions. It's not that we can have goals and set new habits for the new year so we can see all that God has in the new year come to pass. It's that oftentimes we set these goals when we are coming off a season where we feel like the only way to get back to where we were is by making an extreme change. If you want sustainable progress that will actually last in the new year,

here are two simple things you can do to all but ensure lasting progress.

**1. Pray.** I know this sounds overly simple. But when it comes to health people often think that God isn't there to lead and guide them. Pray and ask God to give you His vision for this next year in your health. Ask Him to renew your mind so you think rightly. True transformation comes through the renewing of the mind. Once you have that word from God, share it with someone who you trust and have them keep you accountable to those results. These goals must be practical and super simple so you can sustain them.

**2. Bring your kids along for the journey.** This sounds a bit crazy but making this a family journey can be a way for you to grow together and instill healthy habits into the next generation. Many parents don't feel like they have the moral authority to teach their kids good habits in health because they don't feel like they have their health under control. But leading your kids causes you to take a greater level of ownership. We have tons of free resources and devotional guides to help back you up in this. But for now, here are a few things to focus on to get you started.



Help your kids build simple habits in 4 main areas. **Movement**, create a simple routine for you and your kids to move at least 4 times per week. **Nutrition**, help your kids develop a love for whole, natural, and nutrient-dense foods. **Rest and recovery**, help your kids get enough sleep and have a routine for stretching and recovering their bodies. **Maintenance**, build your lifestyle and schedule where it is easy for the whole family to have these healthy practices. I will also add that you want them to have a biblical approach to their health as well. To ensure lasting results you and your family must think rightly about how God made your body to help you serve others and live out everything He has called you to. Together you can encourage each other to steward the body God has given us to better serve others.

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

# MUSIC NOTES

## Trending @ Trevecca: Elite Opportunities Preparing Thompson for Early Success in Music Career

Trevecca sophomore Ty Thompson was emotional when he played the drums for a crowd of 10,000 at Red Rocks Amphitheatre in Colorado. “I played there with Cochren and Co., in a lineup that included Toby Mac and Danny Gokey. I had to try not to cry a few times because playing there was one of my dreams,” Thompson said. “Along with Madison Square Garden and my hometown in Texas, that was where I had dreamed of playing.”

Thompson’s breakthrough exposure as a drummer happened at Camp Electric, a creative arts camp for teens hosted by Trevecca. Attendees learn from some of the top artists and creatives in Christian music and entertainment. “Camp Electric was awesome. I wouldn’t be in Nashville without it,” Thompson said. “I learned so much from my instructors and they were able to help me get my foot in the door in the Christian music industry.”

The camp was where he was introduced to Trevecca and felt God calling him to Nashville. His time at the University has helped to shape him into the artist he wants to be. He has been particularly impacted by the professors who have helped him perfect his craft. “I love it here and I have learned a lot,” Thompson said. “Professor Brian Fullen does my drum lessons and he is helping to mold me into a more professional drummer. He is getting me ready for big opportunities and I am so grateful.”

Thompson’s connections have also given him opportunities in country music, where he has played the CMA Fest with artist Angie K and opened up for Morgan Wallen at the Faster Horses Festival in Michigan. He has also opened

for Brian Kelley from Florida Georgia Line, while drumming with Noah Hicks.

He recently switched his major to music business, believing it will give him the best chance of navigating the industry and finding success. His long term plans are to continue drumming, in whatever capacity is available to him. “In the future, I would like to be in the studio or live drumming with a band. I’ve been thrown into this crazy storm with some great opportunities and I am just going with the flow,” Thompson said. “Drumming has always come so naturally to me and ultimately, this is how I worship. I feel closest to God when I am leading at church, doing what I love.”

He feels fortunate to have such a range of opportunities so early on in his career and eagerly anticipates what is coming next. He believes his faith has played a crucial role in his advancement in the industry. “I’ve been so blessed to get a taste of both the country and Christian industry while being so new to town,” Thompson said. “Whether it’s country, Christian or playing at church, I’m grateful for all of it and I feel so prepared for whatever is next. God continues to open doors for me, and I wouldn’t have gotten any of these opportunities without Him.”

— Rebekah Warren



Ty Thompson, far left, with some friends at a music event.



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### Angels Want To Serve You

As Christians, we say we believe in angels – but do we really? Most people have grown up hearing about guardian angels. We're taught that they're here to keep a watchful eye on us and protect us, but did you know they are also on standby to serve us?

If you're like me, the thought of a glorious angel waiting at my disposal to "serve" me feels hard to believe, and even a bit uncomfortable. Yet Hebrews 1:14 states, "Are they not all ministering spirits sent out to serve for the sake of those who are to inherit salvation?"

Bruce Barton speaks on this verse in his Life Application Bible commentary, writing, "Angels are higher than people in creation's hierarchy (see Psalm 8:4), being created first and with higher function. But God has reversed the order and instructed the angels to serve his people." Psalm 91 tells us, "For he will order his angels to protect you wherever you go. They will hold you up with their hands so you won't even hurt your foot on a stone." (v 11-12 NLT).

These illustrations of God's mighty messengers have deeply humbled me. God cares so deeply for His children and has provided innumerable supernatural blessings at our fingertips, including the privilege to request angelic help and protection. Whether we tap into the fullness of these gifts is up to us.

My understanding of angels intensified this past fall when my husband Sam and I began attending a weekly dinner party hosted by an elder of our church. At the first dinner, our host, Mike, described how – for nearly 30 years– he has been hosting large gatherings in his home, and, when it all began He asked God to make his home a "dispatch center" for angels. He recounted how he specifically prayed that these angels would be able to receive assignments from God in his physical house.

At one party a few years after he prayed that prayer (not having divulged it to anyone else at the time), a guest told Mike that as he closed his eyes to pray before their dinner, he saw dozens of angels in his home and sensed that this was a sort of "dispatch center" for angels in the Dallas area. Mike's story deeply moved me and Sam and inspired us to ask God to use His angels to protect our family.

We firmly believe our specific prayers were answered while we were preparing to transition our baby boy from his bassinet in our bedroom to a crib in his own room. As first-time parents, especially in the beginning, you're nervous about your child being even a few feet away from you. I realize the challenges we face as young parents pale in comparison to the many difficulties so many others struggle with, but no problem is too small for God. And though I had spoken to our son's pediatrician, read several books, and prayed about the timing of moving him to his own room, I was still feeling anxiety about the transition.

I sat rocking our baby boy in front of his crib while he napped one afternoon and sensed the Holy Spirit encouraging me to pray for four angels to be posted to each corner of his crib. I closed my eyes and asked God to help me



envision these heavenly warriors hovering over each corner, and I continued to pray that prayer for several weeks. I specifically prayed that these angels would not only protect our son, but that they would minister to him and help him not to feel afraid or confused if he woke up and we were not there.

The time finally came for us to try out the crib. We have a high-tech baby monitor that tracks the baby's sleep patterns. It can tell you the exact timestamps for when your baby falls asleep and wakes up, and will even display a timestamp for every time mom or dad visits the crib to help the baby back to sleep.

The first three nights, he woke up a few times starting at 4 a.m. When we heard him, Sam or I would go in and check on him. But on the morning of the fourth night, I woke up at 7 a.m. and realized our baby had slept through the night! My first reaction was to go in and check on him to make sure he was OK. Thank God, he was sound asleep. I went to check his monitor to see how he slept and was confused to see there were three timestamps at 4 a.m., 5 a.m., and 6 a.m.

marking when he had been visited in his crib.

I asked Sam if he had checked on the baby at those times, and dumbfounded, we realized neither of us had done so. I initially wondered if there was some type of glitch with the monitor. Then a still, small voice whispered to my spirit, "Christen, what did you ask Me for?" I jumped up from the bed and exclaimed to Sam, "It was the angels!" We both laughed in utter disbelief, amazed by God's tangible faithfulness. We shared this story with our friend Mike and as we marveled at God, we all agreed that the angels watching over our baby's crib had been sent from Mike's dispatch center!

Many might find this story hard to believe or, even if they do believe it, might think this kind of thing would never happen to them. If that's you, I want to encourage you by confessing that not long ago, my husband and I would have thought the same thing.

But think about it. We Christians all say we believe in angels – but do we really? It's only by God's grace and gentle nudges that we have come to take gradual leaps of faith such as praying and believing for literal angels to fill our home. Know that ALL who have accepted Jesus have these abundant blessings at their fingertips.

Embrace God's love and pray for angelic protection over your home and your family. All you have to do is ask.

— Christen Limbaugh Bloom is the co-author of "The Resurrected Jesus" and the creator of Haplous, a Christian blog and Bible study community. Her writing focuses on practical "baby steps" individuals can take while pursuing a deeper relationship with God. Christen lives with her husband, Sam, and their son in Texas. You can follow Christen's blog on Instagram at @haplous\_official and her website at [www.haplousofficial.com](http://www.haplousofficial.com).

THIS ARTICLE WAS FIRST PUBLISHED BY FOX NEWS

## FAMILY MATTERS

### Resolve to Eat Dinner Together in 2023

It's that time when New Year's resolutions are made with gusto. According to a New York Times article, seventy percent of family meals are consumed outside the home. About half of Americans rarely have a family dinner, yet research shows that children (including teenagers) who regularly eat with their families benefit in many areas. What if we made eating together at home a priority for 2023?

Kids who regularly dine with their families are more likely to have a better body image, a lower rate of obesity, and higher self-esteem. They have better grades, higher reading scores, and increased vocabulary. In addition, kids had a lower risk of depression, substance abuse, and teen pregnancy when they ate with their families. And teenagers who frequently dined with their family



were likelier to have a close relationship with their parents.

It's not difficult to discern that eating together as a family has significant consequences. The Family Dinner Project identified sixteen times to get together as a family during the week: two meals per day during the work

week and three meals a day during the weekend. Yes, it's feasible to find time to eat together.

The dinner table is the home hub where we share the day's happenings and bond. The table should be a relaxing setting where negative comments are prohibited. Conversation starters are fun and create meaningful memories. They also allow you to get to know your child better—to discover what they like, what their friends are like, and most importantly, to make lasting impacts on them with the gospel. Here are a few questions to get the conversation flowing: What is your earliest childhood memory? Name one talent you wish you had. How much influence do you think your friends have on you? Who is your favorite Bible hero, and why?

Varying the menu or place you eat can break a monotonous dinner time. Consider implementing taco Tuesday, soup Sunday, no manners night, breakfast for dinner, pasta night, or try foods from another country. A change of venue, such as eating on the floor or at a picnic table (when the weather warms), sparks conversations and creates excitement. It doesn't always have to be the parent planning or preparing the meals. If you have a child interested in cooking, give them rein in the kitchen.

Children learn to pray at the table. They are reminded that God provides and that family allows a safe and supportive atmosphere for them to practice praying out loud.

If these ideas sound exhausting, remember together is better than apart. The family table is a chance to redeem the time with your kids. Soon enough, they will head off to college. Let's make eating together a 2023 resolution.

— Sally Cressman offers a FREE list of Thirty Meal Ideas for Families at her website [www.sallycressman.com](http://www.sallycressman.com). Let's connect on Instagram @sacressman.



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### Ask The Expert

**Q:** During the holiday season I visited my relatives and found one relative is not doing too well. What is something I can share with them to help them care for our family member who is living with a disability?

**A:** My suggestion to you is to talk with the family about establishing a third-party supplemental needs trust, for your family member living with a disability. Each of you can contribute monetary gifts to this type of special needs trust. This money will be used to provide a better quality of life for your family member. Each family member can add information in their will, for an inheritance to be added to the trust, upon their death. This money is exempt from being counted as an asset, thus allowing the family member to qualify or maintain government benefits for health-related needs and basic day-to-day necessities.



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— Darlene A. Kemp, MPH, MBA-HCM  
Executive Director

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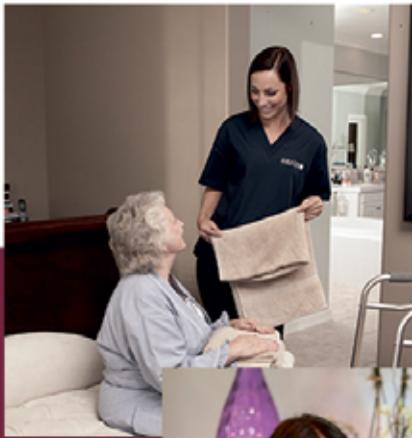
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— Ben Davis, CSA, Director of Outreach  
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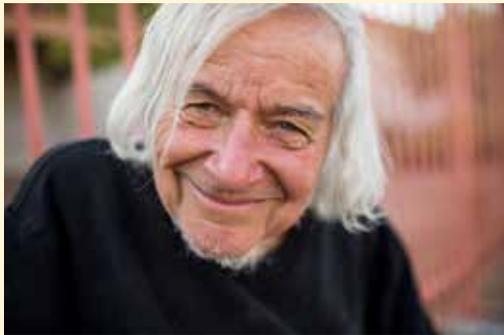
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## Lives Changed Through the Programs of The Salvation Army: Meet Jay

Jay had been on the streets of Nashville on and off for many years. His struggle with addiction to alcohol made it hard for him to be able to function in daily life.



Nashville, my prayers were finally answered. We were able to enroll Jay in our gap housing program and began his journey to an increased quality of life.

Jay let up on the drugs, and the intense drinking. We were able to reconnect Jay with his daughter and begin

to rebuild the relationship that had been damaged and lost.

Sometimes, we move our residents into permanent homes. Sometimes we reconnect them with the home and family they had lost. For Jay, his new home would be with his daughter and her family. Not only providing a structural home, but a home of love and family.

I met Jay when I began outreach in college, and he quickly became one of my closet friends. I spent many nights downtown calling the ambulance because he was so intoxicated, and people were stepping on and over him...completely ignoring a fellow human needing assistance. I kept praying and praying and believing one day breakthrough would come for him.

And though it took several years, after I had joined the LIFNAV team at The Salvation Army

With Jay and his daughter, I saw the true meaning of Gods redemption and Love as I watched a daughter and father hug for the first time in close to four years. Jay hugged me and said “thank you for every time you showed up and loved me. Thank you for the grace you gave me every time I was high. His words were “The Salvation Army saved my life and gave me hope in more ways than I can say.”

Learn more about the programs and services of The Salvation Army at [SalvationArmyNashville.org](http://SalvationArmyNashville.org)

— *Tiffany Ladd, LIFNAV Outreach Coach,*  
*The Salvation Army,*  
[www.salvationarmynashville.org](http://www.salvationarmynashville.org)

## FAITH @ WORK

### Make this a Supernatural Year

The Bible has a great deal to say about faith. In fact, it seems to be our lifeline to God. Paul writes to the Church of Ephesus and tells them, “*I pray that out of his glorious riches He may strengthen you with power through His spirit in your inner being so that Christ may dwell in your hearts through faith*”. (Ephesians 3:16-17a).

Christ dwells in our hearts through faith! Hebrews 11:6 also tells us, “*Without faith, it is impossible to please God*.” God likes faith!

While I know, as a Christian, I am to walk by faith and not by sight (2 Corinthians 5:7), I must admit it is not always the easiest to do.

I did exercise my “faith muscles” as I am sure you did, when I accepted Jesus as my Lord and Savior and know I will spend eternity with Him in Heaven. This took a lot of faith, yet day-to-day, it is easier to walk by sight. I tend to allow my “flesh” to be in control. I think what happens is we render enough faith to become a Christian, but then we figuratively put our “faith” on the shelf and live life the best way we can!

We are missing a supernatural life that God has planned for us when we settle for life through only what we can see and understand. The Bible tells us that our flesh is an enemy to God (Romans 8:7).

There is an entire unseen world that faith allows us to live in. In this world, we may experience all of God’s promises, including healing, deliverance, and abundance. However, if we do not activate our faith, we sadly miss God’s best for us. We miss becoming everything God has planned for us on this side



of heaven. God would not have told us to walk by faith if we were not able to do so.

It is not that we deny our five senses, we just do not accept what we taste, hear, touch, smell or see as the only truth. We have a big, glorious Spirit that we get to tap into through faith. Do not miss the opportunity to take His SUPER and mix it with our natural in order to live the SUPERNATURAL life that God has planned for us.

I love the Passion translation of Ephesians 13:16-19:

*And I pray that He would unveil within you the unlimited riches of His glory and favor until supernatural strength floods your innermost being with His divine might and explosive power. Then, by constantly using your faith, the life of Christ will be released deep inside you, and the resting place of His love will become the very source and root of your life. Then you will be empowered to discover what every holy one experiences—the great magnitude of the astonishing love of Christ in all its dimensions. How deeply intimate and far-reaching is His love! How enduring and inclusive it is! Endless love beyond measurement that transcends our understanding—this extravagant love pours into you until you are filled to overflowing with the fullness of God!*

Make 2023 an awesome, faith-filled, supernatural year!

— *Rhonda L. Smart, rhondalsmart@gmail.com*



## Caring for a Senior Loved One? Start 2023 Off Right!

As the New Year begins, many family members are performing caregiving duties for a senior loved one. At Amada Senior Care, we understand the importance of establishing goals and new behaviors for the new upcoming year. Here is a Top Ten list of things caregivers can do now to ensure a successful start to the New Year:

- 1. Keep records of all medications and reactions:** make notes about what works, what doesn't and when you informed the physician of any problems.
- 2. Keep records of all doctor appointments:** the reason for the visit, the doctor's responses to our concerns, any procedures performed, etc.
- 3. Start or continue to maintain copies of medical records** for your loved one, and for yourself, as well. These will be beneficial should a grievance arise or if there are questions about medical histories.
- 4. Plan for the unexpected:** discuss plans and wishes of everyone involved in the caregiving family. Talk about final resting places and what arrangements your family will want.
- 5. Have an Advance Directive** filled out and given to the primary physician and all relatives who may need the form.
- 6. Have a Last Will and Testament** completed or updated: without a signed Will, the courts will decide how to distribute the possessions of your loved ones.
- 7. Keep a record of where all-important documents are kept.** When an emergency or tragedy occurs, locating information should not be where we spend our thoughts and energies.
- 8. Record all monetary involvements:** investments, resources creditors, debtors, business transactions, etc.
- 9. Have an insurance analysis done:** is your home, life and health insurance still appropriate for your family's needs? What about the insurance policies

for your loved ones? Do you all have enough coverage to take care of any eventuality? Do you have provisions for Long Term Care? For respite care? Is your house adequately covered given the state of the weather patterns?

**10. Clean out the medicine chest.** Look for expiration dates on all medicine, and check with your doctor about previous medications which will either be harmful with current prescriptions or which are no longer effective for your or your loved one. Not only will you save space, you might also save a life.

We know the difficulties of senior care and the frustrations that can occur on a daily basis. By following these ten key things, many people can mitigate problems and feel more organized while providing the essential care for a loved one. If you have any questions or feel overwhelmed with the care giving process, please give Amada Senior Care a call at 615-933-7494. We have Certified Senior Advisors that can provide recommendations, advice or even set up a complimentary consultation to see if our professional caregivers may be able to lend a hand with our services. May God bless you and your family and Happy New Year!!



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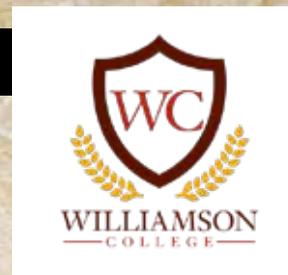


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**Williamson College: A Commitment to Excellence**

Schools, and particularly schools of higher learning, have long been recognized as a battleground of ideas and philosophies competing for acceptance in the culture war. As a constitutional lawyer, I have litigated many cases over the years on behalf of students, faculty and professors who faced school discipline or the loss of their job over their advocacy of Christian views in an educational forum.

Whether the controversy involved a student wanting to pass out gospel tracts to his fellow students, a faculty member who wanted to meet with their peers for morning prayer, a group of students wanting to form a Bible club or a graduate student who dared to weave Christian principles into their proposed doctoral thesis, each of these cases tested in court our commitment as a nation to founding principles of free speech and free exercise of religion.

The tension between the free expression of traditional Christian ideals and principles in the public square versus the counter, secularized dogma endorsed by those in leadership roles in higher education has been present in subtle ways ever since the dawn of public education in the late 19th century. Today, this contrast of views presents a much more combative landscape. High school football coaches like Joseph Kennedy, who knelt

for a quiet moment of personal prayer on a football field now have to fight their case all the way to the Supreme Court in order to vindicate their personal right of religious free speech. While Coach Kennedy ultimately prevailed, Justice Sotomayor penned a stinging 35-page dissent in which she attacked the court's ruling for endangering separation of church and state – a phrase that is nowhere found in our constitution.

Thankfully, there are still viable alternatives for parents and students who desire merely the unfettered freedom to openly express their Christian views without the threat of retaliation, ridicule or censorship, and to thrive in an educational environment that welcomes their participation in academic debate of issues which are at the center of our culture war today. Fortunately, we have such an alternative to this combative approach to academic freedom here in Williamson County, in a college that serves as a sentinel to open and robust religious expression by students and faculty. Williamson College is a shining example of both academic excellence and integration of a biblical worldview into every area of study. Yes, these two ideals can not only co-exist, but students who are immersed in this educational approach, actually flourish, as demonstrated in the strong leaders this school is producing each year in our community.

Williamson College offers a unique, caring environment committed to equipping and empowering students to be strong, effective leaders and to be “on-mission in the world for Christ,” regardless of their calling or chosen vocation. The college’s instructors are aligned with the school’s value to provide education that is taught from an unwavering Christian worldview. All academic programs, including non-ministry related degrees, include required courses that provide a rich foundation that equips graduates in servant leadership, hermeneutics, apologetics, missions studies, and other theological and doctrinal training. It is a safe environment, where students of all backgrounds can confidently bring thoughts and questions into an intimate classroom setting of 6-12 students per instructor, and leave engaged and enthused about the Gospel.

If you are looking for an authentically Christian education, I heartily recommend that you consider Williamson College. For more information, go to their website [www.williamsoncc.edu](http://www.williamsoncc.edu).

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



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## AN ENCOURAGING WORD

### Life's True Purpose

I am not a big believer of coincidences nor do I accept that our purpose is to “be” a Banker, Attorney, or “fill in the blank.” The “Who we are” goes far beyond “what we do” as an occupation. Through the faint glow of wisdom provided to me through my education, experience, and the discernment of Divine precepts (morals and ethics), I have come to believe that we each have been given a destiny in this journey we call life. Our personal destiny is also intertwined with many others and we each can choose to live out our predetermined fate or not. If we try to turn away from our destiny, we will be “plagued” with repeated opportunities to get back on track. When you least expect it, at just the right time, we will be introduced to certain people in specific locations in our travels. The true purpose behind these meetings, though not clear or disclosed, will be to serve our needs, those we care about, or to benefit people we don't even know, but rest assured the reason or reasons will be fulfilled.

During what I call, the annual season of love, I want you to know that I appreciate you being a part of my life and I hope that I have justly fulfilled all purposes needed in your life. I pray that God continues to bless each of us in our own unique way and that I am always a positive influence in the lives of all who depend upon me. As a gift, please enjoy this poem and take a minute to share this message with those in your life. You, and they, will be happy that you did.

### A Reason, a Season, or a Lifetime

“People come into your life for a reason, a season or a lifetime. When you figure out which one it is, you will know what to do for each person... When someone is in your life for a REASON, it is usually to meet a need you have expressed. They have come to assist you through a difficulty; to provide you with guidance and support; to aid you physically, emotionally or spiritually.

They may seem like a godsend, and they are.  
They are there for the reason you need them to be.

Then, without any wrongdoing on your part or at an inconvenient time, this person will say or do something to bring the relationship to an end. Sometimes they die. Sometimes they walk away. Sometimes they act up and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled; their work is done. The prayer you sent up has been answered and now it is time to move on.

Some people come into your life for a SEASON, because your turn has come to share, grow or learn. They bring you an experience of peace or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it. It is real. But only for a season.

LIFETIME relationships teach you lifetime lessons; things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person, and put what you have learned to use in all other relationships and areas of your life. It is said that love is blind but friendship is clairvoyant.”

— Unknown

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”

## OUR HOUSE

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### Cold Floors? Insulate your crawl space and lower your bills!

Winter months are usually pretty mild in Middle Tennessee, but sometimes winter can surprise us. Historically, the lowest temperature measured in Nashville was back in 1985, when the temperature dropped down to -17 degrees Fahrenheit. The coldest month of the year in Nashville is January when the temperature average is as low as 32 degrees Fahrenheit. To Northerners, this may not sound too bad, but for us living in the South, we know our house can suffer damage in such cold temperatures. Pipes freeze and get busted, we experience electrical outages, our floors get cold, and heating units can't keep up with our demand for heat. The indoor temperature can be difficult-to-impossible to keep up above 65 degrees F. How can we prepare our house for such extreme weather?



Did you know that our encapsulation system can keep floors in your home warm all winter long? With our encapsulation system called CleanSpace, you can achieve a controlled environment in your crawl space, and your house will be ready for any extreme weather patterns that may occur during the year. With CleanSpace, the cold air doesn't get in and the area under your house stays warm even on a coldest winter day, and your pipes won't freeze. In summertime, this system prevents hot air from entering the crawl space and prevents moisture and mold from spreading.

CleanSpace is installed on the crawl space walls and floor, which creates a vapor barrier. We close off all vents that were installed around the foundation – it's an old belief that the crawl space needs those vents. Vents let humid air and moisture in, which causes mold growth and wood rot under the house and allows rodents to get in and nest. We don't want this happening under your house, so we seal the vents off. CleanSpace keeps your crawl space nice and clean all year long and keeps your feet warm in winter!

Our company would love to help you with your crawl space problems and offer permanent solutions, whether you have a wet, moldy, foul-smelling, dirty, or cold crawl space or foundation that's failing and cracking. We offer a wide variety of services at a reasonable price that can turn your crawl space into a dry, clean, and lasting crawlspace. Our specialists can inspect your crawlspace for free!

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— Martina Brindley, Frontier Foundation & Crawl Space Repair

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*Called to Engage  
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**District Attorney & Author**

# Walt Merrell



Walt Merrell's experience as an attorney has convinced him of the importance of fathers in today's society. "To reduce crime and to solve so many problems, we need to put an engaged Dad in the lives of children," he said. "I've seen over and over again how men have abandoned their children, or abused them, or embraced addiction more than their children."

If you have a difficult time communicating with your teenager, Walt Merrell has a simple piece of advice for you: get outdoors. Merrell, founder of the "Shepherding Outdoors" community and author of two books of the same name, believes that enjoying God's natural creation is key to building relationships, starting conversations, and strengthening families. Today he shares his experiences and wisdom through his books, church ministry, and work in the community as the elected district attorney for Alabama's Covington County.

**Stepping Outside His Comfort Zone.** Merrell lives in Andalusia, Ala. with his wife Hannah and three daughters Bay, Cape, and Banks. He was raised in church and in a close family but said that meeting Hannah and joining her family made him have a more "appropriate" understanding of what being a Christian meant. He and Hannah met at the University of Montevallo, and he points to that as a turning point. "God had a plan all along, and I was oblivious to it until he brought us together," he said. An additional turning point—and one that changed the trajectory of his calling—came in 2015, when he was diagnosed with terminal cancer. "I had an ocular tumor in my eye socket, and doctors had a hard time diagnosing me. I had biopsies that said it was sarcoma, after almost every pathological lab couldn't figure out what was wrong with me," he recalled. "At the time I figured I had about two years to live, and I was going to use that time to pour into my children."

"I prayed that I could take advantage of those two years, and one day I was walking around with my daughter in our yard and we were picking up sweet gum nuts and throwing them against a tree," he said. "I remember thinking, 'here's our common ground.' Spending time together outdoors was what we could do together, and I began to ask myself questions. What about

kayaking? What about camping?" The idea for Shepherding Outdoors came from that time in his life and when Merrell experienced healing from his cancer the ministry remained. "I don't like to call myself a miracle, but I do acknowledge His authority and ability. But I don't like to shine that light on me," Merrell said, "but I'm grateful for that time because it was when Shepherding Outdoors was born." Merrell encourages parents to spend quality time with their children outside and said that the process doesn't have to be complicated. Simply find what works for you and your family. He, in fact, had never had much experience growing up doing such activities. And he and his daughters had rarely done so. "We'd hunted a little bit, but we started doing more things outdoors," he said. "The first time I took my girls camping, I was afraid I wouldn't be able to light the fire. Not being able to do something like that can be hard on a man, but all you have to do is try. You don't have to be an expert." Over the years, Merrell has taken all of his daughters on solo outdoor trips— including ones when they each turned 12 years old. He took his oldest daughter Bay, now 20, on a five-day trip down the Buffalo River in Ark., paddled across the Everglades with middle daughter Cape, and hiked part of the Appalachian Trail with youngest daughter Banks.



When spending time outdoors with teenagers, Merrell said there are two important rules to remember: Make it low-tech and low budget.



"When I took Bay on that first trip, it was really transformative and she came back stronger," he said. "We camped, built fires, and it forced both of us to engage with each other. At 12, children are beyond mindless chatter and want to have meaningful conversations. And it gives us a chance to get to know each other as maturing adults." Merrell said that 12 is the perfect age to spend one-on-one time with daughters, and he also encourages fathers to spend time outdoors with their sons. Lessons from the outdoors, according to Merrell, can be varied and valuable. "Anytime you go outside with your kids you have the opportunity to say

look around and consider whether you think this was all happenstance or intentional. Being outdoors gives you the opportunity to talk about how awesome God is,” he said.

**Writing His Story.** Alongside spending time with his daughters while he was sick, Merrell also began to write down the lessons he wanted to leave behind to them. “When I was sick, I didn’t think I’d ever be able to tell them everything, and that evolved into me writing stories for them. They were stories just for the girls,” he said. “And when I found out my tumor wasn’t a tumor anymore, I just kept writing.” He eventually built up the courage to share one of his stories on Facebook, and he received affirmation from readers and God about this new way of sharing. He’d learned about the practical side of sharing his stories online from his mother-in-law Brenda Gantt, who has gained a substantial following through her “Cooking with Brenda Gantt” Facebook page, videos, and books. She encouraged him to share his stories, and he started the “Shepherding Outdoors” page on Facebook. According to Merrell, his stories are “all 95% true” and focus on personal experiences and lessons learned from them. His audience is other parents like himself who yearn to build experiences with their family members; he also strives to share his faith with his readers.

While he’s a trained attorney, he grew up writing and he remembers his first real experience with recording his stories. “When I was 12, I went to Dog Island, Fla., to work at an inn there called Pelican Inn. There was no television and no telephone, and before I went my mom gave me a notebook and pack of pens. I still have that original journal, and dozens of others filled with stories or just rambling thoughts, even speeches I wrote as an adult.” Birmingham, Ala. based Hoffman Media published Merrell’s first book of stories, *Shepherding Outdoors: Short Stories from a Southern Father* in 2017 and also recently published his second book, *Shepherding Outdoors, Volume 2: More Short Stories from a Southern Father* ([www.hoffmanmediastore.com](http://www.hoffmanmediastore.com)). The book’s synopsis describes its contents like this: “Armed with the knowledge of trusted fellow outdoorsmen, the love of his wife, Hannah, and his ever-faithful dog, Lincoln, follow Walt through even more tales of fatherhood, the teachings of nature, and the strengthening power of faith and family.”

To keep up with his writing demands and deadlines, Merrell said he writes almost every day; some of his stories are posted immediately to his social media accounts, while others are saved for later or not used at all. “I write every morning from about 4:30 a.m. to 6 a.m., then I go to work. I leave evenings



**Walt Merrell’s mother-in-law is Brenda Gantt, who hosts the immensely popular “Cooking with Brenda Gantt” videos and operates a bed and breakfast in Birmingham, Ala.**

with the girls,” Merrell explained. “I’ll continue to serve as District Attorney, because I believe God called me to that job.”

**Ministering to Men and Families.** Merrell’s outdoors ministry stems from what he has learned from work as a district attorney and a church ministry he’s been involved with that serves fathers and their families. “A lot of my men’s ministry efforts come from what I’ve seen at work,” he said. “Years ago, our church put together an event where we had a WWF wrestler come speak and had steak and baked potatoes. We never said a thing about Jesus when promoting it, but we had more than 400 men come, and they heard the testimony. Twelve people were saved that night.” The ministry was



aimed at unchurched men, and his church began doing a similar event every month. “It’s amazing to see what God did through that,” he said. “I’ve seen lives changed professionally and personally.” Today Merrell’s ministry has extended into other churches, schools, and other groups where his message of enjoying the outdoors is shared with both parents and children.

His message to fathers? Children have many things vying for their attention, and that the outdoors provides a them with common ground. “You may wonder how to communicate with your daughter who just dyed her hair pink,” he said, “but you still have things in common.”

And his message to teenagers? Life is changing at your age, but you can still trust God and His leadership. “I try to speak to the issues that children or teenagers of a particular age are facing,” he said. “I recently spoke to 1500 students of different ages at a private school in Tenn., and I did a revival not long at a 2000-member church in Ga. I tell my story and pray that it makes a difference in an individual or family’s life.” Learn more about Shepherding Outdoors at [www.shepherdingoutdoors.com](http://www.shepherdingoutdoors.com) and on Facebook, Instagram, and YouTube.

— Cheryl Wray writes from Hueytown, Ala., and is the mother of three and grandmother of six. She coordinates the Southern Christian Writers Conference.



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## PARENTING POINTS

### Happy New Year Step/Bonus/Blended Families!

With each new year come joys and challenges in a stepfamily. We are thirteen years down the road from blending four children and they are now all adults, two are married and one has blessed us with five grandchildren! We were six in total back in 2009, and now we are thirteen with four furry family members as well. The stories that every family creates are important. Holidays often bring out the best and the worst in a family – and especially in a blended/step/bonus family.

More than the gifts or the expenses are the experiences. What are the most important experiences your step/bonus/blended family has enjoyed? Have you printed the photos out and made the memories relivable? I am the one who takes thousand (literally thousands) of photos, but my problem is I never get them printed out into books. This year my new goal is to make one photo book a month – instead of trying to tackle all thirteen years at once time, I am simply going to go into my Google photos and pick 200 pictures and print them into a photo book with a few captions included. At least that is somewhere to start.

I often get overwhelmed with wanting things to be perfect – this year, instead of being perfect I am going to make “practical” my new word. What is practical? In regard to scheduling time together, what is practical? In regard to gift giving, what is practical? In regard to eating healthy and getting out to take a walk. What is practical? If we begin with practical and take action, then usually that is a much better outcome than trying to be perfect.



The last note about being perfect.. in a blended/bonus/stepfamily nothing is perfect. We long for perfection and yet that is not possible this side of Heaven. My new word for this year is “connected” – what can we do to create connection with each other that is meaningful? For some

of our adult kids that means we schedule a Facetime meal and “eat together” over video. For some of the kids that means we babysit the grandkids so they can go out on a date and for the single adult kids, we find time to meet for sushi or coffee... my prayer for everyone in a blended/bonus/stepfamily is that you find ways to be practical and stay connected, through the challenges and obstacles of real life. May the Lord give you insights and ideas that mean something special to your family and don't forget to print the photo books and re-live the memories over and over!!

— Tammy Daughtry, MMFT, Bonus mom, bio mom and Grammy Tammy, all in one. For more information please see [www.ModernFamilyDynamics.com](http://www.ModernFamilyDynamics.com) and [www.CoParentingInternational.com](http://www.CoParentingInternational.com)

An advertisement for Bott Radio Network. On the left, a woman with long brown hair is smiling and wearing large white headphones. To her right is the logo for Bott Radio Network (BRN), which includes the words 'INTEGRITY', 'QUALITY', and 'STRENGTH' around a central 'BRN' logo. Below the logo, it says 'BOTT RADIO NETWORK' and 'Quality, Christian Talk Radio'. Further down, it says 'SERVING NASHVILLE' and lists four frequencies: '89.1FM', '1160AM', '107.1FM', and '91.5FM'. At the bottom, it says 'Find Stations Nationwide, Download Apps, Listen Live, Worldwide [bottradiationetwork.com](http://bottradiationetwork.com)' and 'BROADCAST MINISTRIES' with a link to 'Visit [bottradiationetwork.com](http://bottradiationetwork.com) for a Program Schedule.' Below this is a row of eleven headshots of various people, and a caption below them: '(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!'

# THE HOME FRONT

## 5 Common Heating Problems During the Winter

We may have started a brand new year, but we're well into the winter months! No one wants to be left in the cold, so it's important to be proactive and take care of any common heating problems before they arise.

Here are 5 home heating problems that homeowners face during the winter, along with tips on how to prevent them!

### 1. Not Enough Heat

Heating issues are often caused by a lack of maintenance. If you haven't had your heating system serviced in a while, it may not be working as efficiently as it should be. As a result, your home may not be getting enough heat. If your heating system is too small, the only solution is to replace it with a bigger one. But if the heating system is properly sized, you can try adjusting the thermostat, cleaning the ductwork, or adding insulation to your home.

### 2. High Energy Bills

Have you noticed your energy bills going up, even though you're not using any more heat than usual? Winter heating bills can be expensive, but they shouldn't be through the roof. If your heating bills are higher than normal, here are a few things you can do to lower them:

- Invest in a programmable thermostat or smart thermostat so you can control the temperature in your home more efficiently.
- Make sure your heating system is serviced regularly to ensure it's running as efficiently as possible.
- Check the ductwork for leaks or damage and have them repaired by a heating professional.
- Add insulation to your home to keep the heat in and lower your energy bills.
- Make sure doors and windows are properly sealed to prevent drafts.

### 3. Uneven Heating

Uneven heating could be caused by the layout of your home or drafts coming in from outside. If you have a two-story home, the upper level is likely to be warmer than the lower level because heat rises. If you have large windows, they might also be causing drafts and making the room colder.

### 4. Noisy Heating System

A heater will have a low hum when it's running, but if you start to hear banging, popping, or other strange noises, there might be a problem with your



heating system. You can do a visual inspection of your heating system to see if there are any loose or worn-out parts, but it's best to leave the diagnosis and repairs to a heating and cooling professional.

### 5. Pilot Light Keeps Going Out

If you have a gas furnace, one common winter HVAC problem is that the pilot light keeps going out. This can be caused by a drafty chimney or vent pipe, which lets cold air into the furnace and causes the little flame to go out. If this happens, you can simply relight the pilot light.

Lee Company has a qualified team of heating and cooling professionals who can troubleshoot home heating problems and get your system up and running again. Give us a call or visit us online at [leecompany.com](http://leecompany.com) for all your winter heating needs. Stay warm!

— Mark Kenney, Operations Manager  
at Lee Company  
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—Reyna (Nashville In-Home Caregiver)

I never thought you could "love" your job. Amada has proven me wrong. I absolutely LOVE this job. I've only been employed here a little over a month and I feel like I've been a part of their company forever! The staff is A+ and I love getting to make a difference and positively care for those who need. Every one of my clients are amazing, and I can't wait to see them each week, every shift. Thank you, Amada!!

—Breanna (Nashville In-Home Caregiver)

I've been working for Amada for almost one year. They are one of the BEST employers I've ever worked for! What employer calls you to ask how THEY can improve? This company just did! Amada makes me feel valued & part of the family. That encourages me to keep working for them. They even sent a card when one of my loved ones passed away. One week, I received 3 thank you cards & some included gift cards just to thank me for doing a good job. Amada even calls just to give me praises. They are also attentive & communicate very well. That's a necessity when you work for a company. They are truly an impeccable example of amazing service to their clients & employees. I give them 20 stars!

—Zinah (Nashville In-Home Caregiver)

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# MONEY MATTERS

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## The “Costs” of Long Term Extended Care

What is the number one insurance policy you will use if you have it at the right time? Give up?

**Life insurance.** Hate to break this to you but there is a 100% certainty that you will die. If you have it at the time of your passing it will be used 100% of the time. Ok now, what is the second (potentially) insurance that you will use? I know you didn't get this one. You probably guessed medical insurance or car insurance or even homeowner's insurance. But you would be wrong, the percentage of uses for the above is 50%, .5%, and .083% respectively.

Answer - Long Term Care insurance also known as Extended Care insurance. There is a 70% chance when you are over the age of 65 that you will need some type of coverage. Now you 40 to 60 years old listen up – 40% of this group is using it now! So don't think this is 'old folks' insurance.

### What is LTC/EC insurance.

LTC/EC coverage is when you are unable to perform unassisted 2 of 6 Activities of Daily Living (ADL). Here is the way I remember these. In the morning when you wake up you need to go from your bed to somewhere (generally speaking, to the bathroom). That is called transferring – going from one location to



another. And speaking of the bathroom that is the second activity, you must be able to do all the things associated with toileting. After that you probably head for the shower/bath. This is the third activity. You must be able to perform the necessities of personal hygiene (bathing). Then after getting cleaned up you put on your clothes. Activity number 4, you must be able to get your clothes on and off. Now that we are all clean and dressed, I'm hungry! This is the fifth activity; you must be able to feed yourself. And the last activity is remaining continence throughout the day. So, the six ADLs are: Transferring, Toileting, Bathing, Dressing, Eating, and Continence.

### Paying for such care is available in one of four ways.

1. Using your hard-earned cash.
2. Depending on the Government and spend down to be eligible for Medicaid (not Medicare) Note that Medicare does NOT pay for long term care.
3. Having LTC/EC insurance. And the number one objection to having LTC/EC insurance? It is a use it or lose it propositions. Until now!
4. Asset based. This is done through either an annuity or a life insurance policy that has a LTC rider.

Experts will tell you the best time to buy this coverage is age 50 to 60. I think that should be 40 to 64 and here's why. There is a policy that if you buy coverage during this age range (and like all insurance the younger you are the less expensive it is) and you never use it the company will return 3 times your paid in premium to your beneficiary. This is a game changer. For more information on all the other details call me and let's discuss.

— Ben Davis has been in the senior industry for over 20 years and is a CSA - Certified Senior Advisor - 615-584-4946, [ben.davis@selectpointe.com](mailto:ben.davis@selectpointe.com)

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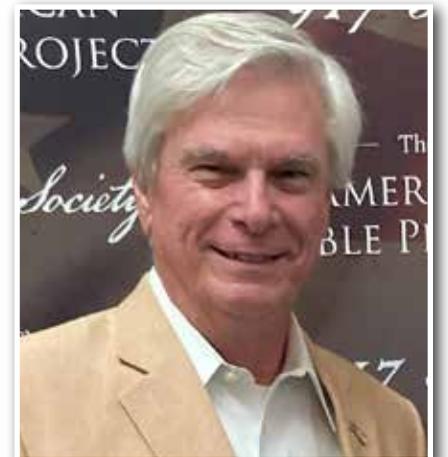
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# MIGHTY MEN

## Darkness to Light

### Part One

*“I have never been happier...on a HIGH where there is no next-day hangover...not feeling guilt or shame. Blessed assurance... Jesus is mine.”*

Now...for rest of the story. “After a night of carousing, feeling as if I was in a dark abyss...I woke up as the sun was beginning to rise. My eyes were open, but darkness was still blinding me from The Light of Jesus Christ. Somehow, I knew I had to make a change.

“Being Easter morning... and still reeking of booze, I dragged myself to church...wanting to seek and find a way to God. So, I sat on the front row...practically crying like a baby through the entire service...oblivious to everyone around me...except Jesus Christ”

Those words came from Alex, 67, a native of Chicago, now living in Nashville who has gone spiritually and physically from being in darkness to Light. He was born into a dysfunctional family, the third child of seven whose father was an alcoholic who physically and mentally abused his wife and children. The mother, unable to cope with the abuse, became an abuser to her offspring.

Alex now realizes he suffered as a child from Reactive Attachment Disorder (RAD) a condition where a child does not form healthy emotional bonds with parental figures because of emotional neglect and abuse with trouble managing his/her emotions. He freely acknowledges as having mental and emotional challenges...and being gullible while growing up. In the brief time he attended public school, his state of mind resulted in lashing out with disruptive behavior. Their home environment caused Alex and his siblings to become wards of the State.

He wound up in a Catholic school run by nuns. They showed kindness and discipline while helping him academically. Someone asked him one day what he wanted to be when grown up. Without hesitation, Alex said, “I want to be a nun.” He became an altar boy.

Later, Alex was placed in an institution in Ohio for young men with mental/emotional disorders. “It was not a happy place for me...bullied in the daytime...even known as “pretty boy” but given attention at night which I craved regardless of the sexual abuse.” That added further to his spiraling identity.

His troubled life evolved into a gay lifestyle, gender confusion along with alcohol/ substance abuse while searching for purpose and meaning.

Alex was able to stay connected with his parents and siblings during those years even though their lives were miles apart. An older brother and Alex agreed that the military might be the answer to a new and successful chapter in their lives. They joined the Marine Corps under the “Buddy Plan”. With Alex being only 17, his father signed the papers and off the brothers went to Camp Pendleton, California. Alex excelled in all areas of Marine training although he had limited formal education (equivalent to eighth grade).

The father later became ill. The brothers got a leave to go home while their father appeared to be near death...his life being touch-and-go. They requested an extension to their leave...but stayed beyond the time approved and were considered AWOL (away without official leave). Their father rallied. Life returned to almost normal at Camp Pendleton once the two soldiers returned.



Their charges of AWOL were later dismissed.

Sometime afterwards the father died. “I was so confused...and had to get away to sort through all my conflict.” He headed for Hollywood, not thinking that Hollywood would necessarily be the answer...just wanted to get away from the regiment of the military.

While walking the streets one night, a car pulled beside him with an offer of a ride. The owner listened to Alex’s brief story and offered to use his financial/political and legal connections to give support to the young Marine. Unsuspecting at the time, his offer also included a hidden agenda: free alcohol and drugs in exchange for sexual favors.

Being a lawyer with well-connected business, legal and political friends, he told Alex to return to Camp and to explore legal means of being honorably discharged. “Overall, I was an exemplary Marine...scoring good on physical tests, marksmanship...even earned PFC (Private First Class) ...however psychiatric evaluation confirmed my emotional immaturity.”

Following his discharge, Alex fell further into the deception of Darkness. His so-called friend presented an appealing “ticket to a new life” But not without a hook. “I got into high-class partying. I thought I had discovered the good life in Hollywood, California.”

The gay bars and those relationships got Alex further into an abyss. “Then...I decided to head back to Chicago to be near my family.” His demons stayed in tow. “I became known as “The Queen of The Silver Dollar” at New Flight Bar...with judges, lawyers and successful businessmen.”

CONTINUED...next month

— Ralph E. Vaughn

If something in this month's issue of  
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## Proper House Cleaning Routine

We hate to break it to you – but it might be time to rethink your cleaning routine. After all, there are few things worse than spending an afternoon or even an entire day cleaning, only to learn you’ve been making cleaning mistakes that are wasting your time and money.

But don’t worry, we want to make sure you know what mistakes and pitfalls to look out for – and better yet, how to fix them. That’s why we reached out to experts across the country, from those living in Washington, DC to those living in Austin, Texas for their best advice and house cleaning tips. Here are some of the most common mistakes they see people making.



**1. Cleaning in the wrong order.** Most people know the trick of cleaning each room top to bottom, but there are other factors to consider when tackling a whole-room cleaning project. For example, many people will clean top to bottom, cleaning the cabinets and counters first, and the floors last. However, they then decide to spray room freshener/deodorizer as a way to finish the job and leave the room feeling fresh. These room sprays can actually leave a sticky or greasy film on floors and counters, so it’s recommended that you use them towards the middle of your process before you’ve wiped and mopped.

**2. Diluting ready-to-use cleaners to save money.** Doing so dilutes the effectiveness of the product and you will need more elbow and time to clean, making it more expensive at the end. Instead, buy commercial concentrated products with a measured dispenser.

**3. Forgetting to clean window screens.** There is a common misconception that rain causes dirty windows, but that’s not the case! Rain passing through a dirty screen will carry dirt and debris which causes those splotches after it rains. It’s important to brush and rinse window screens each time you clean your windows to ensure they stay cleaner, longer.

**4. Aggressively scrubbing carpet stains.** When you aggressively scrub a carpet stain, the stain gets pushed deeper into your carpet fibers, making it more difficult to remove. Instead, carefully blot up the spot with a cloth and a small amount of a gentle stain removal product. This process may take longer but is much more effective at removing stains and making sure they don’t return.

**5. Forgetting that less means more.** We usually think that using more cleaning agents would do a better job, but that is not true. Using too much cleaner or detergent can actually cause more harm than good. If an excess of cleaning product is not rinsed away completely, the residue becomes a dirt magnet, causing the soil to be trapped much longer. That’s why you should read directions and always use the recommended amount of product as directed on each bottle. This would help you minimize your budget by spending less money on products and on water to rinse it away.

**6. Cleaning the wrong things with a magic eraser.** Magic erasers are aptly named, taking stains and scuffs off of walls like, well, magic. What’s their secret? They’re equivalent to high grit sandpaper. Be creative and try them on sneakers, hard surfaces such as tile and countertops, even cleaning up the grout. But use caution: repeated use on shiny surfaces such as glass and

stainless steel will cause the surface to dull. Dulling an area of your stainless appliance can be a costly mistake.

### Professional Cleaning Help

Maintaining this regime can prove to be a daunting and difficult task for a busy family. The cleaning pros at Molly Maid can customize a regular cleaning plan that fits your schedule and help reduce pet allergies in your home. 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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# THE GREAT OUTDOORS

## Tips For Winter Tree Care

Most people associate gardening with warm weather, from the warming of spring to the cooling of the fall, but there are in fact a few very important steps for caring for your ornamental trees this winter. If you want to know how to care for fruit trees in the winter, think of prevention and giving them proper attention and care so they thrive the next spring!

### Winter Care Tips For Ornamental Fruit Trees

The first step in ensuring proper winter care is a good fall clean up. This requires removing any rotten or dying fruits and raking up any fallen leaves. Dying fruits and fallen leaves can harbor many pests that can harm your trees!

### Pruning

Pruning your trees can help prevent and limit disease during the winter and coming months. Most fruit trees are deciduous, which means they drop their leaves in the winter. These trees are best pruned while they are dormant (after the leaves have fallen), which is usually between December and early February. When you are ready to begin pruning you should:

1. Sterilize your pruners before use (check out this blog on the best way to sterilize your pruners).
2. Remove any dead, dying, or diseased branches.
3. Trim out any branches that grow straight up and root suckers (little plants that grow on the root base).



For more information on pruning during the winter, check out our blog!

### Winter Spraying

After pruning, your winter care continues with spraying to control pests and diseases. Scale insects are notorious for wreaking havoc on ornamental trees and shrubs! If treatment is necessary, a tree needs to be sprayed with a dormant rate of horticultural oil during the dormant season to control overwintering scales. It is recommended to have a trusted and educated professional execute this treatment. Waynes can assist with this! Our trained Service Professionals know all the knowledge

to combat your tree and shrub needs.

For more information about soft scale, check out our blog!

### Waynes Can Help!

Caring for these plants is very important. Think of healthy trees and shrubs as the perfect accessory for your landscape. Waynes Tree and Shrub Care Solutions include seasonal tree and shrub treatments throughout the year to ensure that you have a landscape you can be proud of. If you are noticing an issue with your ornamental trees or shrubs, give Waynes a call at 866-WAYNES1 or contact us today!

— Meredith Boyd, Social Media & Marketing Coordinator,  
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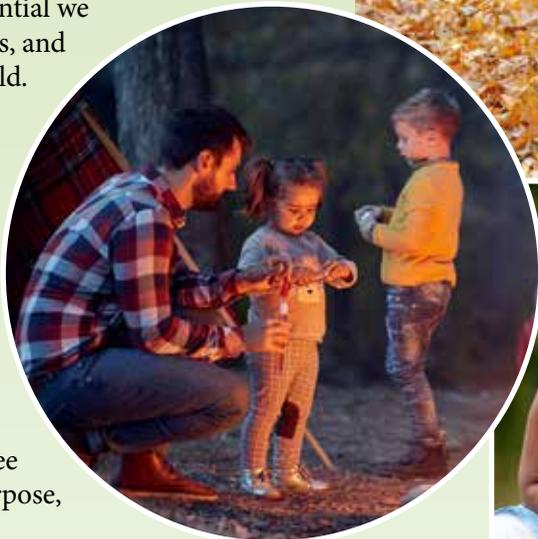
## FAMILY MATTERS

### Culture of Isolation Impacting the Family

A tidal wave of crisis has been forming for decades. The storm will continue unless we equip a generation to reach a generation! We are seeing change on the horizon. “There arose another generation after them who did not know the Lord or the work that He had done” (Judges 2:10 ESV).

Future generations of our youth and young families will be living in a world that is very different from that to which we are accustomed...It is essential we prepare ourselves, our families, and our children for that new world.

Let's look at the facts...we see a 93% decline in Biblical worldview over the past three decades. We see 50% of Christians walking away from the church. We see 75% of our young men and women walking away from the church after high school. We see the destruction of the family and its structure. We see our youth struggling with purpose, meaning, and identity.



So, who is at risk? What is at risk? What is the impact of a culture of isolation? Could it be the moral and spiritual decay of the family? Why is this issue so important to our society? Can a nation thrive beyond its spiritual condition? More importantly, what is our strategy of redemption?

Victorious Family is redefining the paradigm of family discipleship by making the home the center to navigate change. Church will serve as the support not the primary. For decades, good intentioned parents have advocated the responsibility and roles of the parents to disciple their children to the church, Christian camps, and Christian schools. Transformation of the Family must start in the home where the parents are equipped to be the primary disciples of their children. No school or church can or should take the place of the family. No teacher or pastor can or should do the work of a parent. The home should be the first and best church and the first and finest classroom!

Through our process of equipping, journaling alone the parents with a coach, and providing transformational resources we are seeing transformation. Our process is God Honoring, Christ Centered, and Missional in scope. We help families to flourish. We are praying for Kingdom Minded Parents who desire to Build Kingdom Legacy Homes. Families who become mature and equipped. Families being salt and light in this world, especially in the sphere of influence the Lord has provided.

#### Signs of a Healthy Family who is on this journey of building a kingdom legacy home

- They have the right mindset
- They have the right tools for their family
- They model the behavior
- Prayer is the lifeblood
- They have unity in the spirit
- They have a deeper level of transparency and authenticity
- The family structure is in place and solid
- The family structure is consistent



#### Strengthen the Family Leaders for healthy spiritual growth.

While evangelism has accomplished the good and important work of bringing people to Christ, there now exists a significant gap between the staggering number

of new Christians and the number of spiritually mature parental leaders in the home. Family discipleship is critical to developing an intimate relationship with Christ, and to being equipped to stand firm in the face of the counterculture our children are facing today. Christians families domestically and globally need more transformational resources to train and deepen the faith of their children who will grow mature and raise families of their own. Ill-equipped households with fewer spiritually mature parents will result in biblically illiterate children of the faith. Parents desire to do the right thing but feel inadequate to train and instruct their children in the Lord. They need equipping and coaching to develop deeper spiritual roots.



Would you consider strengthening your home with proven discipleship materials and training if offered? Want to continue on your journey of discipling your children with greater impact? Interested in becoming a partner in the growth that's already happening in family discipleship? Join us by becoming a partner of Victorious Family. Get our Parenting Discipleship HomeKit today.

#### The Road to Victory Begins at Home.

— Terence Chatmon, President and CEO of Victorious Family  
[www.victoriousfamily.org](http://www.victoriousfamily.org)



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### When Arab Terrorists Murdered Her Christian Twin Sister

Kristine Luken was murdered in a gruesome terrorist attack in Israel on December 18, 2010. She and her friend, Kay Wilson, were victims of a calculated Palestinian Arab plot: the terrorists had been hiding on a popular Judean mountain hiking trail, armed with massive knives, lying in prey for their victims. Kristine and Kay were stabbed multiple times. Miraculously, Kay survived.

I've become friends with Kay, a survivor on every level. But as a survivor, her scars run deep. Through Kay, I felt like I knew Kristine. Over the years, I initiated projects in her memory because, as an American Christian victim of Palestinian Arab terror, remembering Kristine was an imperative, as was comforting her American family who were far outside Israel's support network that understands, consoles, and supports terror victims and their families.

I've developed a particularly close relationship with Kristine's twin sister, Kathleen. Over the years, she's shared details about her sister, her loss, challenges to her faith, and more. I've written articles about her and from her perspective. Until now, Kathleen has been hesitant, even uncomfortable, to share her views publicly.

On the 12th anniversary of Kristine's murder, Kathleen spoke in public for the first time. Twelve is not a significant number per se, not more than 10 years, or 15 or 20 years. While one learns to live with loss, the reality of loss of a sister, a twin sister no less, and murdered in such a horrible and inexplicable way, it doesn't take much to scratch through the surface to reveal the pain. While the pain is still prevalent, our conversation seemed to signify a turning point.

According to Jewish tradition, at 12 a girl becomes a bat mitzvah, symbolizing the transition from childhood to the responsibilities of adulthood. Can 12 years also be a milestone in the healing from loss in general, and specifically in the case of a brutal murder by terrorists?

Though Kathleen wasn't ready to speak with others listening or asking questions, she was comfortable speaking to me alone, as we have done many times before. This time, we recorded it for my Inspiration from Zion podcast, though afterward, she was uncomfortable listening.

What were the take aways, the transformations that Kathleen has gone through the past 12 years? Kathleen still feels that she mourns alone. As a Christian, she's had unique challenges to her faith. She speaks about how Kristine led her to faith,



something that's challenged her, but ultimately been a bedrock of her comfort. But as a family member of a terror victim in Israel, she feels very much alone in America. While she doesn't know differently, and doesn't have expectations otherwise, it seems that neither Israel's Foreign Ministry nor other governmental representatives have been in touch all these years. This bothers me as an Israeli Jew. I know the kind of support network that others in Israel have, and this is missing. I don't know if and how other American, or non-Israeli, families of terror victims are integrated into the national mourning in Israel, but I vowed to make sure that this is an oversight that's corrected.

Kathleen relates that she has no experience as how family members of terror victims in Israel are treated, "I've never met anyone who has lost a loved one to terrorism. I searched to find someone who could understand and relate (to my loss to) help me navigate these uncharted waters." Not only are she and her suffering unrecognized, in American culture there's more of an expectation to get over it and move on, whereas in Israel it's understood and accepted that loss due to war and terror are things that become part of ones DNA.

Kathleen shared how Israel's legal and judicial system fell short, unthinkably so. She is comforted that the terrorists were caught and sentenced to life in prison, the story behind which is one of quick-thinking bravery on Kay's part, speedy investigations, indictment, and trial. Kathleen related something that would never have happened with the family of an Israeli victim. After the trial, when Kay's parents and brother were asked to make a victim impact statement, there was no official court representative to translate their pained words into Hebrew for the court record, much less so the terrorists sitting meters away, would understand in Arabic.

Kathleen referred to the terrorists as "animals" and is horrified that people could behave that way. She's also horrified that terrorism is celebrated in the Palestinian Authority, as well as the notion that her sister's murderers receive a monthly stipend as part of the PA's "pay to slay" law. She fears that one day, Kristine's murderers will walk free as part of some exchange of prisoners. While she forgives them as a Christian, an uneasy thought for Israeli Jews and other terror victims, she nonetheless feels that they should remain locked up for life.

In the past, the idea of coming to Israel would create trauma. We didn't discuss if she'd ever go to the site of where Kristine took her last breaths. However, Kathleen indicated for the first time that she might come to Israel one day, to have closure, and maybe even confront the terrorists. However, taking the first steps on the tarmac or jetway upon arrival is a distant step from this point.

Knowing from past conversations that there are any number of topics that can trigger Kathleen's grief, when it came to discussing Kristine's murder, I approached it gingerly. Her murder was horrific, but I felt no need to go into details. Partly to avoid triggering something that would make her uncomfortable, I asked if she'd walk through details. As we started, it clearly became too emotional. I asked Kathleen if she'd like me to tell what happened, to which she replied, nodding while holding back tears.

The point was not to recount how gruesome and personal Kristine's murder was, and it was. Rather, on the anniversary of her murder, the objective was remembering her. As much as I feel I knew Kristine, the best one to talk about her and her life was her twin, her "womb-mate." On the anniversaries of terror attacks and wars, as well as our national Memorial Day, Israelis come together to remember. Our national media honors the memory of the victims. So if nothing else, this was an opportunity to share a about Kristine, her life, her faith as a Christian, and how through that she developed a great love for Israel and the Jewish people, where she died among us.

May Kristine's family continue to be comforted as we remember her and her life.

— Jonathan Feldstein, President,  
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# Spiritual Goal For The Month

**Numbers: 13**

**FACE TODAY...with trust not fear.**

Granted...these are disturbing times. We have God. He is powerful...greater than any foe that may confront us.

Our Scripture reading this month features Moses sending 12 spies into the land of Canaan...the Promised Land. They walked, explored, observed and gathered results of what God had promised. Caleb and Joshua said, "Let's go and take what God promised and has shown us." Ten men were negative...afraid of what might be their fate...an example of not trusting THE ONE WHO made the promise.

We know what happened because of their lack of faith. We can never be a winner by complaining. For every challenge...there is an opportunity. Follow God...not the crowd.

**Prayer:** *Lord, You know who we are. You made us. You know our fears, frustrations and challenges. You want us to step forward each day with the confidence You will guide us...and stretch us...but help us to achieve our desires if aligned with Your purpose. You are our Purpose. We are Your purpose. Lord Jesus, thank You for being our strength, understanding and The Architect of ALL that is good. Thank You. 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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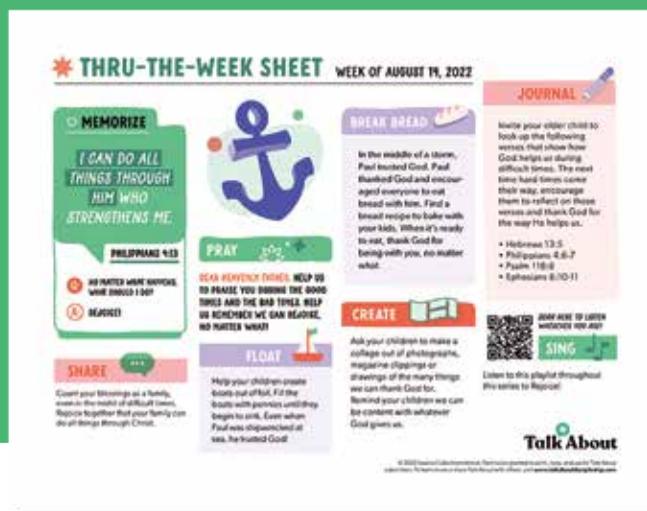
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