

January 2024

COMPLIMENTARY

# NASHVILLE

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***Mission  
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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 2024 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 2024!

As we bid farewell to the festive cheer of Christmas, let us embrace the promise of a wondrous new year!

Inherent in our nature is the tendency to segment our existence into days, weeks, months, and the seasons they compose. Indeed, with each passing year, time seems to accelerate—a sentiment echoed by the age-old adage, “The older you get, the faster time flies.”

Reflecting upon the year that has concluded, each of us, irrespective of the nature of our experiences—joyous or challenging—shares a common bond as we step into 2024. It is with hearts full of hope, buoyant expectations, and aspirations that we envisage blessings not just for ourselves but also for our cherished ones and companions in the year to unfold.

The Scriptures are replete with verses that shepherd us through the temporal and the eternal. Specifically, Philippians Chapter 3 offers profound insights on how to navigate the advent of a New Year. Verses 13 and 14 resonate with a divine charge communicated through Apostle Paul to the faithful in Philippi: “*Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*” (New American Standard Bible).

Emulating Paul's resolve, let us internalize this exhortation as our most important New Year's resolution. By casting aside bygone tribulations and aspiring toward future triumphs, we commit to a life that embodies the grace and virtue of our faith, daily nurturing our walk with the Lord.

May the Almighty's blessings be upon you in the New Year!



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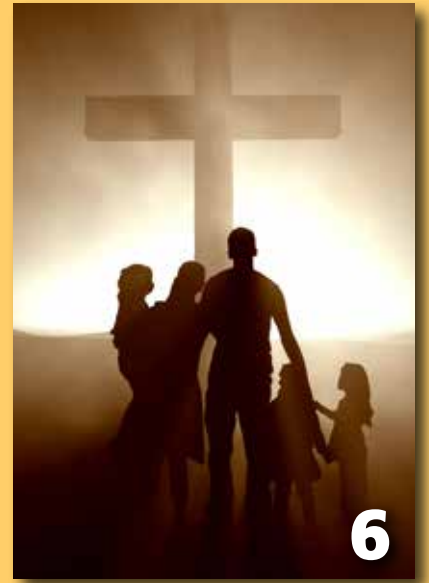
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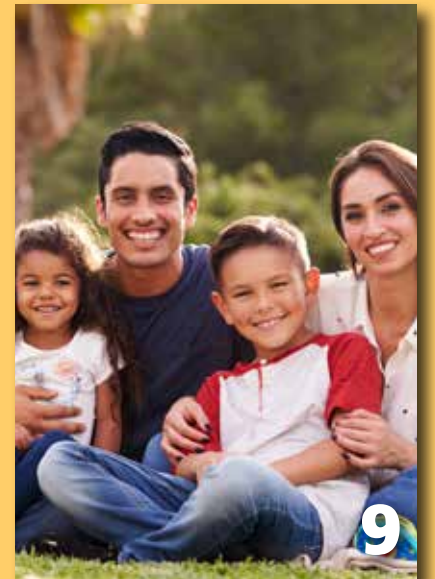
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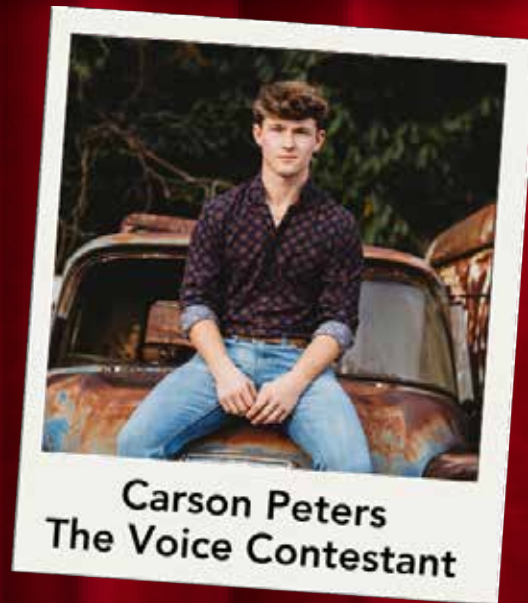
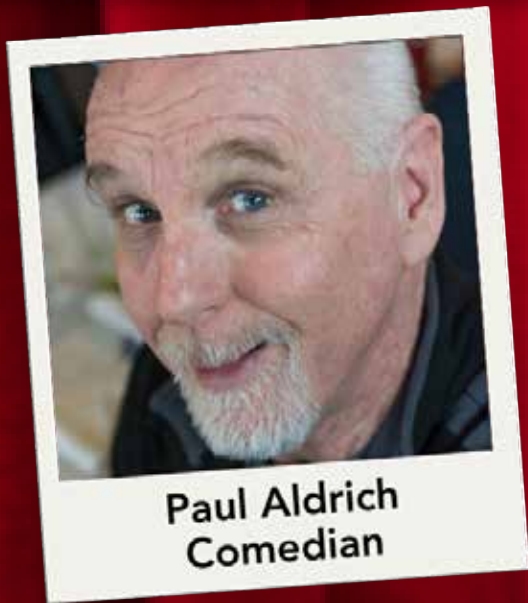
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# RISE TO FREEDOM

## MUSIC & COMEDY NIGHT



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DOORS OPEN AT 5:30 PM

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SCAN ME 



### NRB Christian Media Convention Coming to Nashville

Join thousands of Christian Leaders, Pastors, Ministries, and Organizations in Nashville this February for the NRB Christian Media Convention, the premier venue for networking, learning, broadcasting, interviewing, and forging partnerships among 4,000+ Christian communicators from around the globe. Operating within the expansive network of the National Religious Broadcasters (NRB), the unified mission of advancing the Gospel fuels creative, effective, and groundbreaking collaboration in media ministry and the broadcasting industry.



From radio, television, and film to church media, publishing, and digital marketing, the NRB International Christian Media Convention is the quintessential hub for Christian leaders and professionals to convene and strategically plan for the future of Christian media and ministry. In a world where the communication landscape undergoes rapid transformations, keeping a finger on the pulse of emerging trends and mastering essential tools becomes imperative for Christian organizations, networks, and ministries alike.

The NRB Convention offers a wealth of knowledge and expertise to attendees on the industry's latest trends and insights. This is achieved through a meticulously curated program featuring keynote addresses, panel discussions, and workshops, all of which are led by media moguls, newsmakers, decision makers and prominent Christian leaders. These sessions provide attendees with pragmatic counsel on expanding their ministry or organization, amplifying the reach of their message, and engaging their audience with utmost effectiveness.

On the NRB award-winning exposition, the largest marketplace dedicated to Christian media professionals, a multitude of industries converge, presenting conventiongoers with solutions and tools to take their projects to new levels. At NRB 2024, you'll rub shoulders with broadcasters, producers, marketers, podcasters, and countless other media pros, fostering relationships that can be transformative for careers and missions. It's the largest gathering of Christian communicators under one roof—it just might be your next great ministry or media partnership waiting to happen.

Register now for the 2024 NRB International Christian Media Convention held at the Gaylord Opryland Resort & Convention Center February 20-23, 2024. Learn more and register at [www.nrbconvention.org](http://www.nrbconvention.org).

#### About NRB

NRB is a nonpartisan, international association of Christian communicators whose member organizations represent millions of listeners, viewers, and readers. NRB's mission is two-fold: To protect the free speech rights of our members to speak Biblical truth by advocating those rights in governmental, corporate, and media sectors; and to foster excellence, integrity, and accountability in our membership by providing networking, educational, ministry, and relational opportunities. Learn more at [www.nrb.org](http://www.nrb.org).

#### About the NRB Convention

The annual NRB International Christian Media Convention is the largest nationally and internationally recognized event dedicated solely to assisting those in the field of Christian communications. The dynamic and award-winning Exposition consists of hundreds of organizations and is an active marketplace for those seeking products and services to enhance their organization. The next Convention will be held February 20-23, 2024, at the Gaylord Opryland Resort & Convention Center, Nashville, Tenn. For more information, go to [www.nrbconvention.org](http://www.nrbconvention.org).

— Bethany Miller, Communications Content Specialist, NRB

## PARENT WITH PURPOSE

### How to Pray for Your Child's Salvation

The start of the New Year causes us to stop and recalibrate what's important. As a parent, prayer for our kids is a top priority. We know we should pray, but we're not always sure what to pray. We may say rote prayers that honestly get tiring after repeating the same thing year after year. Our words may sound weak and ineffective, but God's Word offers us powerful and effective prayers for our children.



This year, let's put prayers for salvation at the top of the list. Stormie Omatian said in her book, *The Power of a Praying Parent*: "Our children's lives don't ever have to be left to chance." We can't leave this decision of eternal magnitude to happenstance. But as praying parents, we can ask God to move in our kids' lives. We can surrender our worries and concerns for salvation for our kids to Him.

Insert your child's name as you pray these scriptures for your child in 2024:

*"As for what was sown on good soil, this is the one who hears the word and understands it. He indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty."* Matthew 13:23 ESV

*"No one can come to me unless the Father who sent me draws him, and I will raise him up on the last day."* John 6:44 CSB

*"Open their eyes so that they may turn from darkness to light and from the power of Satan to God, that they may receive forgiveness of sins and a share among those who are sanctified by faith in me."* Acts 26:18 CSB

*"For God loved the world in this way: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life."* John 3:16 CSB

*"If you confess with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved. Romans 10:9 CSB  
I will give you a new heart and put a new spirit within you; I will remove your heart of stone and give you a heart of flesh."* Ezekiel 36:26 CSB

*"And he said to him, 'You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment.'" Matthew 22:37-39 CSB*

Remember, our prayers are deposited in the heavenly banks and are deathless. So be patient. If God doesn't answer your prayers immediately, it doesn't mean He isn't listening or never will answer them. Keep praying. Keep persevering. Keep expecting. God is not done with your child.

— Sally Cressman's debut picture book, *"The Dance of Easter,"* will be released on March 5. She writes about faith, family, and home on her website, [www.sallycressman.com](http://www.sallycressman.com). Connect with her on Instagram @sacressman.



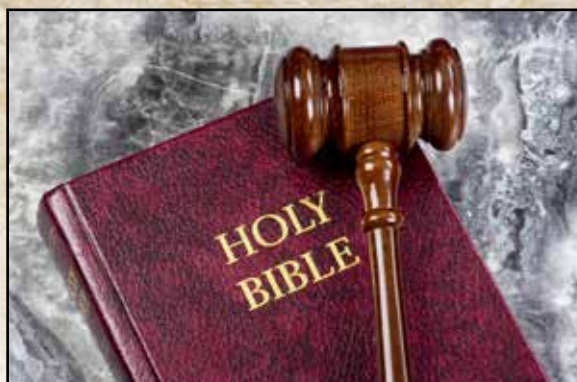


## Churches Need Biblically-Informed Legal Guidance

At Crain Law Group, we seek to provide legal guidance from a Biblically-informed perspective. We are lawyers and do not purport to be theologians, but we do take seriously the obligation of all believers to “rightly handl[e] the word of truth.” Our Statement on Church Governance describes of 1) how we serve churches, 2) a statement of our views on what the Bible says about how the New Testament church is to be governed, and 3) an explanation of the models of governance we recommend. See a copy of this resource at [www.crainlaw.legal/church-ministry-cases](http://www.crainlaw.legal/church-ministry-cases).

At CLG, we regard our commitment to what we term our “Healthy Church Initiative” to be among the most critical of all the services we provide. The Healthy Church Initiative is born out of the lessons we have learned as attorneys representing churches across the country that have experienced both internal and external conflict. Regrettably, we have witnessed firsthand the devastating effects of inadequate legal safeguards in place before internal church issues arise.

Without careful and proactive planning, congregational church governance can lead to deadlock between rival factions vying for authority. Strong organizational structures that reflect the Biblical principles for church governance allocate authority so as to reduce the likelihood that a dispute will cripple or destroy a ministry. Hence, autonomous, congregational churches stand to benefit the most from Biblically-informed legal guidance in this vital area. The lessons to be learned from a lack of legal guidance can be very costly



to a church ministry. As this article goes to publication, I am representing a large church in a legal battle over a church split. The case has been pending in the Chancery Court of Robertson County for seven years! A jury trial is set in the next few weeks, and the jury will be asked to decide important questions that will determine the future

of this church and who is entitled to govern this congregation. The trial and the hundreds of thousands of dollars in litigation expense this church has incurred could all have been prevented had the church sought legal counsel years ago in drafting a set of church governing documents.

We take great honor in our legal work with churches and ministries. The greatest reward from this work is seeing churches whom we have served of all denominations flourish in their ministries and the fulfillment of their biblical purpose and calling.

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



**HAPPY  
NEW YEAR  
2024**

“For I am about to do something new.  
See, I have already begun! Do you not see it?  
I will make a pathway through the wilderness.  
I will create rivers in the dry wasteland”  
- Isaiah 43:19 NLT

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## Local Ministry, Rescue 1 Global, Fights for Freedom

Pop quiz time: What happens in every Tennessee county, every U.S. state, and happens every two minutes?

Human trafficking: a modern-day version of slavery and the second-fastest growing criminal industry in the United States.

The United States is the #1 consumer of commercial sex in the world. We drive the demand for this global business, and when more supply is required traffickers rise to the occasion. Sex trafficking is the use of force, fraud, or coercion to exploit and compel someone to provide a sexual act as part of a transaction. Tragically, the sex industry is a 22-billion-dollar business in the U.S.

These traffickers and sex-buyers are right next to you—your neighbor, your co-worker, your pastor. The Tennessee Bureau of Investigation reports that, in 2022, every county in Tennessee had cases involving human trafficking, most involving sex trafficking and many of them involving children.

### What fuels this crime?

The same thing that is behind every desire that draws us away from God and into destruction—sin. We take the gifts of our life-giving God and turn them into poison that will kill us and those around us. The gift of sex to humanity is beautiful and holy. God has called us to enjoy this gift inside a lifelong marriage commitment. This gift is enjoyed not by taking from our spouse, using them to please ourselves, but by mutually and joyfully seeking to please one another.

But what happens when our definition and expectations of sex are distorted? What happens when a person's view of sex was formed during early childhood abuse? What happens when someone was introduced to pornography and became addicted before even entering puberty? What happens when a teenager reaches out to his or her church for help with a sexual struggle and is ostracized?

The church needs to boldly preach the truth about God's gift to humanity that we call sex, and the church needs to be a place where people who struggle with broken sexuality can find healing. The church has to be the place for those who have turned sex into an idol and an addiction to repent



and experience life-changing forgiveness as well as the place of healing for trafficking victims.

### Where does Rescue 1 Global fit in?

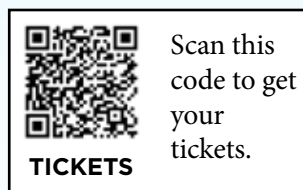
Rescue 1 Global (R1G), [rescue1global.org](http://rescue1global.org), is a Christian nonprofit based in Nashville that fights human trafficking. The first step in this fight is raising awareness. R1G offers training for businesses and congregations in how to identify trafficking and what to do when they see it. In order to prevent trafficking, R1G also has a weekly outreach to those who are vulnerable, providing friendship, meals, and resources to keep them from falling prey.

The second step is rescue. The R1G rescue team provides investigative services, on-scene advocacy, and exit strategies to help victims escape. They run a 24/7 trafficking hotline, assist law enforcement, respond on-scene to the needs of victims, and maintain an urgent safe house for stabilization.

Step three—Rescue 1 Global uses a holistic approach to aftercare and recovery by providing safety, healing, unity, and empowerment to survivors through trained counselors and caregivers in two transitional safe houses in Middle TN.

### Where do you fit in?

Rescue 1 Global is hosting a fundraiser on Feb 29 at Thompsons Station Church in Thompsons Station. Carson Peters (The Voice) and comedian Paul Aldrich will lead and entertain for a fun and family-friendly evening.



### What will you do?

A child is bought or sold for sex every two minutes, according to estimates. The average age of minors sold for sex is 13. Imagine yourself at 13—insecure, beginning the transition from childhood into adulthood, shaping your view of yourself and

the world. Can you imagine your body being sold for sex during this formative time?

And now you, reading this article: Do you feel overwhelmed? Defensive? Ashamed? Triggered by past trauma? There is a next step of obedience to which God is calling you. It could be to rest in his arms and let him heal you from past abuses. It could be to join Rescue 1 in their fight against trafficking. It could be to reach out for help with an addiction or temptation. It could be to finally surrender your life and receive Jesus Christ as your Savior and Lord. Be quiet, shut off the distractions, and listen to God. Then, obey.

### Survivor story:

Brianna\* was raised by her grandparents in an upper-class Christian home. She made good grades and on the outside everything looked great. But her parents were drug addicts, and their abandonment broke something inside Brianna. She felt depressed and alone. She looked for love and acceptance in the wrong places. She started using drugs to numb her pain and boys to fill the void. Then her boyfriend invited her on a road trip to meet some friends. Eventually those friends made her “earn her keep,” and the trauma of sexual exploitation began. Ads were posted, tricks were turned. She tried to run many times, but they caught her and hurt her, even threatening to kill her. Thankfully, Brianna's grandparents had filed a missing person's report. Police and Rescue 1 advocates found her, and she began her journey in their restoration program. Brianna still struggles with past demons, but she uses the tools she has learned in recovery to help her move forward. She is thankful for her Rescue 1 family and that they're just a phone call away as she continues her journey to a full recovery.

\* The name has been changed to honor and protect the survivor.

Support a Survivor - [www.rescue1global.org](http://www.rescue1global.org)

— Megan Wilson and Michael Carnes



## MISSION MAKERS

Brought to you by: **The Salvation Army, Nashville**  
[www.salvationarmynashville.org](http://www.salvationarmynashville.org)



### Lives Changed Through the Programs of The Salvation Army: Meet Larry and Angie

Before the Jones family came to us, they had been living in extended stay hotels for over 2 years. For several years, Larry had a good stable employment, but because of the high cost of the extended stay hotel, he



and his wife Angie, could never save up enough money to cover apartment application fees, move in costs and deposits.

As a mother, Angie felt she was not providing a good environment for her children with only a hotel to call home, which only added to her existing anxiety challenges. And, while she worked hard to contribute by cleaning houses through a temp agency, she could not seek more permanent employment as someone needed to be available when their children were sick or out of school, as they had no support system. By the time the family got to The Salvation Army, Angie and Larry both felt hopeless.

However, the day they walked through the doors at The Salvation Army is the day that the future began to look brighter. First, Angie was able to receive treatment for her anxiety through a partnership with neighborhood mental health agency. Then, she and Larry signed up for a money management course that was offered as a part of The Salvation Army Life Skills programming.

Then, just in time to celebrate Christmas, came the best news of all. Larry, Angie and their two children moved into a 3-bedroom home in a quiet neighborhood with a big backyard for the children to play in. Christmas miracles truly happen, and lives are changed through The Salvation Army.

— *Misty Ratcliff, Development and Communications Manager – The Salvation Army Nashville Area Command, [uss.salvationarmy.org](http://uss.salvationarmy.org).*

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### British Swim School Is Coming to Nashville!

Swimming has many benefits and Amy Maloney, British Swim School of Nashville owner, believes that everyone should have the opportunity to learn to swim. Being in the open water gives you a sense of peace and freedom. It's not overly hard on the body, provides many health benefits, and can be done at any age.

Although her mother was an avid swimmer and saved a young child from drowning in a neighbor's pool, Amy's own father never learned to swim and was uncomfortable around the water his entire life.

After a long career leading software technology companies, Amy's passion for swimming and drowning prevention led her to British Swim School, the premiere learn-to-swim provider for more than 40 years. What resonated deeply with her was the commitment to teaching water safety and survival skills to children as young as three months old to adults.

Unfortunately, families don't have a lot of options for swimming lessons in the Nashville area. Amy is on a mission to make swim lessons available to as many people as possible.

Beginning in mid-February, British Swim School of Nashville will be offering swim lessons in MetroCenter and Donelson with plans to expand into surrounding areas in the coming months.

Lessons are available for children as young as 3 months old up to adults and are based on skill level. What sets British Swim School apart from other swim schools is its emphasis on building water survival techniques and creating a fun and playful environment. Most swim schools teach students to swim to the wall and get themselves out of the pool. At British Swim School, our students learn what to do if they fall into any body of water that may or may not have a wall.

We use gentle teaching methods and a survival-first approach. Children start with learning how to roll over and float in order to stay safe in the water. Repetition in infants as young as 3 months old builds muscle memory and will allow them to save their own lives. British Swim School's



**Franchise Owner, Amy Maloney, is bringing British Swim School to the Nashville area beginning in mid-February. For more information, visit [www.britishswimschool.com/nashville](http://www.britishswimschool.com/nashville).**



safe, fun, and effective instructional program has made it the preferred choice for parents and students for over 40 years.

British Swim School believes in creating a positive and secure learning environment, ensuring that our students not only acquire essential swimming skills but also develop a lifelong love

for the water.

Teaching children to swim is an important step toward water safety, but swimming lessons alone will not ensure that they are safe in the water.



#### Here are some tips to keep you and your family safe in the water:

- Designate a water watcher – Always have someone watching your children near any body of water. Ensure that they maintain visual contact with the children the entire time as responsibility is vital around the water.
- Don't rely on toys – Floatation devices are not a substitute for supervising your children. **DO NOT** rely on water wings or any other inflatable floatation device to save a child in a water emergency.
- Be ready for anything – Ensure that there is rescue equipment nearby because accidents can happen in seconds and every second matters when saving a life. Learning CPR or updating your skills is always a great idea!
- Start lessons young – The earlier your child learns water survival and safety skills, the earlier they will be able to survive an accident in the water. With our proven teaching methods, even babies can learn to flip onto their back!

- Make your pool safe – Install a safety fence completely separating the pool area from the house and yard. This has been shown to reduce a child's risk of drowning by 83%.

British Swim School brings the fun and the expertise like no other swim schools. Our instructors are second to none. They are energetic, experienced, and passionate about water safety education. With British Swim School's unique teaching approach, every family member receives personalized attention and guidance.

For years, industry experts have emphasized the importance of swimming year-round, not just in the summer months. Staying "swim-ready" throughout the year helps to strengthen muscle memory and survival swim basics and stroke techniques. This is especially critical for children, who typically take longer to remember skills they haven't practiced for a while.

#### Benefits of staying "swim-ready" year round:

- Reduces the risk of drowning by 88%.
- Teaches students to overcome any fear of the water, building confidence as they go.
- Strengthens muscle memory of survival swim basics and stroke techniques, preparing students for major swim seasons.
- Provides a balanced form of exercise during cooler months, building muscular, strength, cardiovascular health, endurance, flexibility, and coordination.
- Teaches collaboration between instructor and student, developing trust and respect for adults.
- Builds self-confidence for encountering unfamiliar environments, interactions, and activities.
- Reduces anxiety, improves mental toughness, and releases endorphins into the body.

British Swim School's unique water safety program uses teaching methods that are the trademark of our company. Our instructors are dedicated to teaching water safety techniques in a gentle, fun, but most importantly, highly successful approach. We do not run our lessons according to set courses, but rather to match our students' abilities and comfort level.

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## Prioritizing Meaningful Connections in a Digital Age

For many years, I was living the so-called American dream, although not much about it was dreamy. Most of my time was spent commuting through Nashville traffic, working hard in a tiny office filled with files, and thinking about the quality time I was missing with my kids.

About a year before COVID arrived, I stumbled upon a blog post about "flexplace," a concept where individuals used technology to work remotely. The digital age ushered in a new era of remote work opportunities, and many companies were starting to embrace remote work arrangements. I knew with the right approach, a remote program at my work would be a great fit. After creating a proposal in one of my Ed.D. courses at Trevecca, I took my plan to the decision-makers in my office, and they agreed to try it for a probationary period. Their decision changed the course of my entire life.

I finished my doctorate and sought a remote position at Trevecca. I was no longer confined to a physical office, a daily commute, or a rigid schedule. Instead, I had the flexibility to show up for my kids and be more productive in my life. My career took a new direction thanks to technology, and as a result, I was able to maximize my priorities. My journey is a testament to the transformative power of the digital age for career reinvention and personal fulfillment.

While my story highlights the benefits of technology, we all know technology also has its pitfalls. If we aren't careful, technology can mask itself as the greatest companion, almost as good as any in-person relationship. Below are some reminders I use to ensure technology remains in its respective place in my life while allowing me to prioritize authentic, personal connections.

### 1. Benefits of Technology

When you think about the benefits of technology, what comes to mind? One of my favorite things about technology, in addition to the ability to work remotely, is the personal connection aspect. FaceTime, Marco Polo, texting, video conferencing, Loom—these platforms link us to one another and build relationships. We can see people's faces, stay connected amidst our busy schedules and long distances, and have built-in flexibility to communicate on our own time.

I also appreciate how technology provides accountability and community. Countless apps exist to help us stay accountable, whether it's exercise, healthy eating, mindfulness, daily Bible readings, or monitoring screen time. You can also find online communities for just about any hobby or interest imaginable, providing a place where we can check in with people, learn, and encourage one another. Technology has made the world more comfortable, faster, and smaller, and the benefits are numerous.

### 2. Effects of Technology on In-Person Interactions

Despite all its benefits, we know technology has less-than-appealing side effects. The digital age is hurting our focus and attention span—even students are having a hard time focusing these days. Basic writing skills and handwriting aren't a priority anymore because of the early introduction of texting, emailing, and word processing. Critical thinking and problem-solving aren't developed as they used to be, and we often don't need to think through problems because we can immediately find answers online. People of all ages are spending too much time on social media, causing us to lose all concept of reality.

But if I had a least favorite part of technology, it would be the divide between online behavior and in-person life. Often the persona, skills, and communication we use online are different from what is needed for everyday life,

creating a dichotomy that can be hard to overcome. Technology has a way of mimicking real life, tricking us into believing that it's a substitute for in-person community. How do we fill in the gap and combat the negative effects of technology, while still enjoying the benefits?

### 3. Healthy Boundaries

When technology causes conflict in my life, I come back to these questions: what's the bigger story, and what are my goals? Am I prioritizing technology instead of personal connections, or am I using it as a tool? What kind of example am I modeling for those around me?

If you desire to have a healthy relationship with technology while still prioritizing personal connections, I suggest taking time to ponder the above questions. Your answers will be unique to you, your goals, and your path in life. Reflecting on these questions should allow you to remember your goals and be able to set healthy boundaries.

If you need ideas on how to set boundaries, consider these suggestions: turn off notifications, create no-screen zones at home, find other things to do when you're bored or tired, and schedule time away from the computer. Call a friend, schedule in-person meetings and lunches, and make time for your family. Taking small steps will create lasting habits that could improve the quality of your life.

### 4. Striking a Balance

I've found that if I set boundaries for myself, I can find a healthy balance between technology and my priorities. I often come back to what's important in my life—family, friends, work, and hobbies. In-person community will always be a priority over technology. While much of my work involves using technology, I am a huge proponent of prioritizing in-person relationships. My best friend, Julie, and I have been best friends for 30 years. We met in middle school and have made our friendship a priority ever since. Sure, technology has helped keep us close, but that's not the main reason we are still friends—we are still close because we take the time to reach out, connect in person, and share our lives.

Life is better when you have good friends in your life. Make it a point to create memories with those around you—do exciting things together. Be your true self. Listen and communicate. Be intentional. Think of others before yourself. Respect boundaries. Sure, technology can help with these things, but it's a means to an end. Use technology as a springboard to reach your ultimate goals.

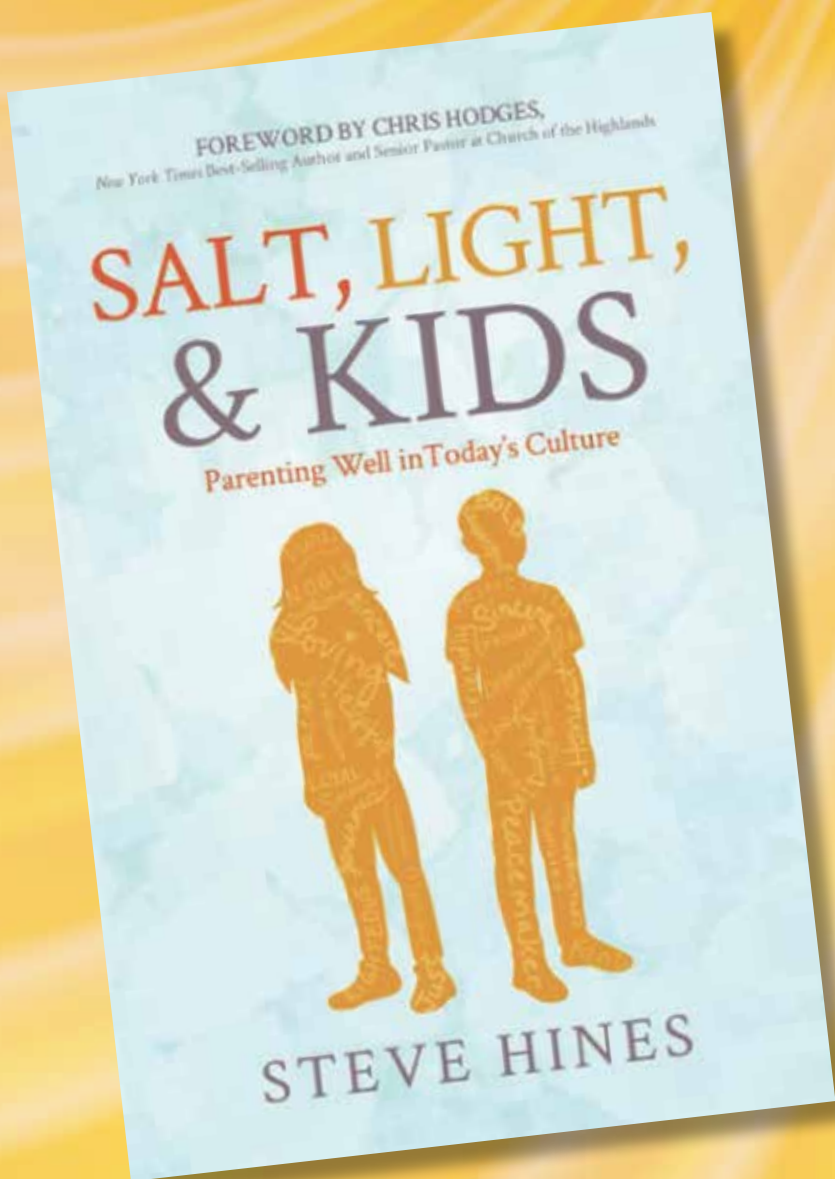
Inspirational stories and meaningful relationships don't happen by sitting on the couch and scrolling on our phones, or by spending too much time working behind a computer screen. What story are you writing for your life? As technology continues to evolve and provide solutions for our busy lives, let's resolve to set healthy boundaries to keep technology in its respective place, so we can get into the world and connect with those around us.

— Dr. Kristin Bledsoe is a leadership educator who serves as an academic dean for the School of Leadership and Interdisciplinary Studies at Trevecca Nazarene University in Nashville, Tenn.

She is also an associate professor, teaching in multiple programs from associate to doctorate level, with a strong understanding of online learning, teaching and engagement. She is also a graduate of the Tennessee Independent Colleges and Universities Association's (TICUA)

Executive Leadership Institute.





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## Ring the Doorbell and Leave the Gifts on the Porch

I have some great childhood memories of Christmas. I remember helping decorate the Christmas tree and wondering what Santa would bring. Then there were the family gatherings and lots of Christmas

cookies. One of my favorite memories was a birthday cake for Jesus on Christmas day. I have carried that tradition into my adult years, and it is one of my most cherished Christmas moments. I also remember hearing the words “ring the doorbell and leave the gifts on the porch.” That sentence inspired delight, anticipation, and adventure. During the Christmas season my parents would find a family in need and load them up with presents.

### The Family Never Knew

The family never knew who gave them the presents. Here is how we did our best to stay anonymous. We waited until it was dark outside. Then, we would put all the Christmas gifts in our car and drive to the family’s house. When we got near their house my dad would turn his headlights off. This part of the juncture was the anticipation and adventure part. With headlights off and snow on the ground, we would run the presents up the porch as fast as we could. Then we rang the doorbell and hurried back to the car as fast as we could. I can remember my dad pulling out of the driveway and wondering how happy the family would be when they saw all those presents on their porch.

### We Did Our Best to Keep it a Secret

Of course, I never knew that part of the story because we did our best to do that in secret. When I think about this childhood Christmas adventure the scripture that comes to mind is – it is more blessed to give than receive. I knew the reality of that scripture as a young person even before I became a Chris-

tian. I saw that scripture come to life during many Christmas seasons. Over the years on the Bridges set I have heard many families’ Christmas stories and traditions. While I have enjoyed all of them my favorite has always been “ring the doorbell and leave the gifts on the porch.”

### We Are Never Alone

The Christmas season evokes many different responses depending on the season of a person’s life. For some this Christmas holiday may be the first without a loved one. For another it may be the first Christmas as a single parent. For another it may be someone’s first “married Christmas.” Whatever season you are in I pray for His peace and comfort in your life. Immanuel – God with us is a strong reminder that we are never alone – He is with us. He gave us the best gift – His Son Jesus Christ who is the friend that sticks closer than a brother. My memory of ringing the doorbell and leaving the gifts on the porch will always be one of my favorites. It taught me the value of giving with no expectation of receiving something in return. It was just giving for the pure joy of doing something nice for someone else. This holiday season you might plan your own surprise for someone else. It doesn’t have to be ringing the doorbell and leaving the gifts on the porch. It could be a giving adding a little to your usual tip for the server who seems worn out. Maybe it’s a smile, a note, or a Secret Santa type gift. There is some rewarding – even healing about considering others. It really is more blessed to give than receive.

Today’s Secret from the Studio: It is More Blessed to Give Than Receive

— *Monica Schmelter is the host of Bridges on Christian Television Network. She says she learns something interesting from every guest and enjoys sharing Secrets from the Studio. To Watch Bridges on Demand, go to [monicaschmelter.com](http://monicaschmelter.com).*

## THE HOME FRONT

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### How To Protect Your Home From Cold Weather

Winter is a magical season filled with snowy landscapes and cozy moments by the fire. However, it can also be tough on your home, with colder temperatures and potential risks. The good news is that you can protect your home from winter’s chill without needing to hire a professional. In this article, we’ll explore some effective and budget-friendly ways to winter-proof your home.

#### Insulate Exposed Pipes:

Much like you bundle up your kids in winter clothing, your pipes need protection from the cold. Insulating any exposed pipes, especially those in unheated areas like the basement, crawlspace, attic, or garage, can prevent water from freezing and pipes from bursting. This insulation is readily available at your local hardware store and is easy to install yourself.



#### Spigot Covers:

Take a stroll around your home’s exterior and inspect outdoor faucets, also known as spigots. Investing in foam or plastic spigot covers is a wise move. These covers prevent icy drafts from entering through the spigots. Without them, frozen

water left in the pipes can damage both the spigot and connected piping. Spigot covers are cost-effective and serve as a crucial defense against winter plumbing damage.

#### Keep a Water Drip:

While a leaky faucet may not be good news under normal circumstances, it can be your ally when temperatures plummet. Keeping a small, steady drip of water running from an interior faucet is an excellent way to prevent frozen pipes. Moving water is less prone to freezing than standing water. Worried about wasting water? Catch it in a bucket for other household tasks like watering plants.

#### Inspect Windows and Doors:

To keep your home warm and energy-efficient, examine windows and doors for air leaks. Fill any gaps with caulk or apply weatherstripping as needed to prevent cold drafts and retain warm air inside. Additionally, consider investing in window insulation kits, which are plastic coverings that enhance insulation during the winter months.

#### When in Doubt, Call a Professional:

If you encounter issues beyond your DIY capabilities or require professional assistance, don’t hesitate to contact a trusted service provider. Lee Company can handle various winter-related tasks, including frozen pipe repair and HVAC system tune-ups, ensuring your home remains cozy and well-maintained during the season.

If you need help winter-proofing your home, visit us online at [leecompany.com](http://leecompany.com). Stay warm, safe, and worry-free!

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## The Truth about Inflammation: How an Anti-Inflammatory Diet Can Transform Your Health

In recent years, the term "inflammation" has gained significant attention in the realm of health-care. Today we will delve into the intricacies of inflammation, exploring its impact on our bodies and how an anti-inflammatory diet can play a pivotal role in managing this phenomenon. Join us as we uncover the truths behind chronic and temporary inflammation and discover how simple dietary changes can lead to transformative health outcomes.

### Understanding Inflammation

The buzz surrounding inflammation is undeniable, with media outlets often portraying it as a health menace. However, our exploratory panel, backed by extensive testing of inflammation markers CRP and ESR, has revealed a more nuanced perspective. Contrary to popular belief, chronic inflammation might not be the lurking boogeyman it's made out to be. Our data suggests that many individuals possess the remarkable ability to naturally alleviate chronic inflammation.

### Temporary Inflammation and Lifestyle

While chronic inflammation might not be as widespread as we think, temporary inflammation

resulting from certain lifestyle choices is a reality many of us face. A prime example of this is the aftermath of consuming a super-sized fast food meal. The discomfort of bloating is a telltale sign of inflammation in action. Moreover, our joints are particularly sensitive to inflammation, with noticeable improvements in their functionality when inflammation is reduced.

### The Power of an Anti-Inflammatory Diet

Enter the anti-inflammatory diet – a nutritional approach that can counteract the effects of temporary inflammation and promote overall well-being. This diet primarily centers on steering clear of sugar-laden foods and embracing whole, unprocessed alternatives. The principle is simple: if a food item consists of just one ingredient, it's likely to be better for you. Think of basics like chicken, broccoli, and bananas – each a single-ingredient powerhouse that won't lead to insulin spikes.

**Embracing Whole Foods:** At the heart of the anti-inflammatory diet lies a focus on whole foods. By prioritizing these nutrient-rich options, you're not only aiding in inflammation reduction but also providing your body with the sustenance it

craves. Whole foods are unadulterated by excessive processing and additives, making them ideal allies in your journey towards better health.

Inflammation, once portrayed as an enigmatic threat, is now unveiling its true nature through scientific exploration. While chronic inflammation might not be as widespread as presumed, temporary inflammation resulting from poor dietary choices is a reality to reckon with. Fortunately, an anti-inflammatory diet offers a beacon of hope, demonstrating that what you eat can significantly influence your body's inflammatory responses. By opting for whole foods and steering clear of sugars, you can take proactive steps towards embracing a healthier, inflammation-free lifestyle. Your journey towards vitality and wellness starts with these dietary choices – a simple yet impactful way to transform your health from the inside out.

— *Dr. Jae Hitson, Clinical Director of Blue Umbrella Medical Center, Murfreesboro TN, [www.blueumbrellamedical.com](http://www.blueumbrellamedical.com)*



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## Pursuing Happiness or Cultivating Joy in the New Year?

As we usher in the new year, many of us have written a list of resolutions for 2024. These resolutions are often about self-improvement: exercising more, improving our diet, optimizing sleep patterns, balancing work and relaxation, and dedicating more time to family. These aspirations, while commendable and certainly beneficial, tend to skirt around an underlying pursuit common to us all: the quest for happiness. But let's pause and consider: are we truly seeking happiness, or is it the deeper, more enduring state of joy that we crave?

Happiness and joy, while frequently used interchangeably, harbor distinct meanings and implications in our lives. Understanding and acknowledging this difference could be the most transformative resolution we make this year.

Happiness is a universal pursuit. Our society relentlessly quests for it, as evidenced by countless self-help articles promising paths to happiness and the American Declaration of Independence, which enshrines the right to its pursuit.

Yet happiness, often triggered by external events

like acquiring a new car or receiving a promotion, is fleeting. It ebbs and flows with life's inevitable ups and downs. Joy, in contrast, is an enduring state, unfazed by external circumstances. It is an "internal" constant, not a transient emotion.

What differentiates joy from happiness? Its divine origin. Joy is a fruit of the Spirit, as outlined in Galatians 5:22, and is a result of God's transformative work within us, guiding us to fulfill His noble purposes (Philippians 2:13).

The genesis of our joy is grace — the unmerited favor granted to us through Jesus Christ. Without God's grace, we are all subject to divine judgment, having transgressed His laws. Despite our flaws and failings, God's love was so profound that He offered Jesus to bear the penalty we deserve, bestowing upon us not judgment, but forgiveness — the essence of grace.

The sacrifice of Jesus on our behalf is pivotal. It



signifies our redemption, the gift of a new life, and the establishment of a personal relationship with our Creator. This is the core of the Gospel, and as Apostle Paul proclaims, if God is for us, no one can stand against

us (Romans 8:31). The unwavering truth of Jesus' sacrifice and resurrection is the bedrock of our inexhaustible joy.

Thus, the question arises: Are we pursuing fleeting happiness or are we resting in the enduring joy provided by our faith? Our answer to this question can profoundly shape our perspective on life's journey.

— Mark W. Koch is an Author, inspirational speaker and Hollywood Film Producer. To order a Free Copy of, "The First Hour" for Men 30-Day Journey, Visit [www.thefirsthour.com](http://www.thefirsthour.com) and use promo code NCF.



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# Pete Hegseth:

## Faith, Family, Freedom, and the American Mind



**Hegseth has a Bachelor of Arts degree in politics from Princeton University (2003) and Master of Arts degree in Public Policy from Harvard University's John F. Kennedy School of Government (2013, although he mailed this degree back to Harvard).**

“Being in Tennessee is amazing. We knew we wanted its all-around general values but also knew we would need a smaller community, and that has come through our kids’ school and through church,” conveys Pete Hegseth. “While we are grateful to be in Tennessee, we know it isn’t perfect—no place is—but we love being among like-minded people who are friendly and kind and say ‘yes, sir’ and ‘yes, ma’am.’ I want these things for my kids. I love Nashville’s faith-family-freedom-food-weather-taxes-music—all upgrades from some places we’ve been. Our hope is to create a generational investment in this area. I’ve only been called a Yankee a couple of times, and I deserve that. We weren’t born here, but we got here as fast as we could!”

### Education: Faith and Family

Education stirs images of schools, classrooms, students, and teachers. For Peter Brian Hegseth, education tilts in other directions. As a matter of fact, whether it’s in his speaking engagements, television appearances, military service, or his career in general, Hegseth’s being revolves around three foundations he deems vital: faith, family, and freedom.

Pete and Jenny Hegseth live in Middle Tennessee and have seven children—all of whom they pray grow up to love God and country and to value freedom. Hegseth is the biological father of four of the children and stepfather to three; however, he rejects that title—saying they “are a family brought together by the grace of God. There are no ‘steps’ or ‘halves’ in the Hegseth clan.” He believes the lack of fathers—of men—in too many modern American families is a catastrophe. “Fathers chart the course and lead the path for their families and kids; a path that should lead to Jesus Christ.”



**The Hegseth family of 9.**

Brought up by Christian parents whose beliefs paralleled the Baptist church, Pete’s home life was not political but was very faith and family based. Teen-aged Pete gave his life to Christ, the formative part of his upbringing. In retrospect—partly because of work he has done in education—he recognizes the separation of his church life from school life. He got a secular education with all its influences and concludes, “It’s fair to say I had a Christian veneer but a secular core and thought I was ready to go out into world and profess Christ. I wasn’t.”

“My compartmentalized faith went with me to Princeton where I got involved in policies and took a class on Christianity that I presumed would explain the gospels. Taught by an atheist famous for studying the gnostic gospels, the prof believed Jesus died, was buried in a shallow grave, and was eaten by dogs. I realized I was not prepared to combat such thinking and went to the library to read dusty books that pointed to and explained the veracity of the gospels. Defending my faith became an academic endeavor because I sensed faith and Bible were good. As my pastor pointed out ‘many people miss Jesus by 12 inches—the distance from their head to their heart.’ I fell squarely into that category.”

“About 2018 I entered the Colts Neck Community Church with my wife (who was wary of what evangelical Baptists were like), and faith became real. Within 20 minutes we felt at home. The pastor spoke about his broken family past—I’m broken, you’re broken, we’re all broken and careening around not living our faith and not being deeply rooted. I thought

I had to be perfect. Let’s be candid about it: Seek Christ, fully submit to Him, and allow Him Kingship in life! God’s perfect law of liberty that sets me free is Jesus—not perfection, legalism, or anything else.”

“Truly inviting [Jesus] into my heart—to command my life—has been edifying and liberating. I’m trying to reverse engineer that into my kids—waking up every day and knowing Who’s in charge, and it’s not me. Nurturing young kids and learning how to prepare them, and educating myself further through traveling to the Holy Land—where Jesus ministered—are vital parts of my life. During those days, the message of Christ really went the 12 inches from head to heart.”

“Experiences in academia helped reorder my heart and mind. I lived in a world of politics, culture, and fast-paced media that can become a person’s identity. I didn’t want my kids to think of all that first; faith, family, and freedom became three strands of the cord for my devotion—faith in Jesus Christ, kids in their schools, adults in their country and freedoms. I am devoted to preserving the posterity our country has had. I’m grateful to have a voice on Fox, but the question is still ‘What can I [we] do?’ Begin with faith and family. If we aren’t contributing, then we’re a part of the downfall of our tradition. Our individual family stories are the stories of our nation. If in three generations we can go from faithful Christian households to anti-American households, we are toast. We stand in the wreckage wondering if we can rebuild.”

Part of preserving that posterity comes through the Hegseth family's interest in Classical Christian education. After considerable research and numerous visits to several accredited schools in Florida, North Carolina, and Tennessee, the family found and love Jonathan Edwards Classical Academy in Whites Creek, Tennessee—a small, country, blue-collar classical Christian school. “We drew a 20-mile radius around the school convinced that's what we wanted for our kids, and we moved. We thought we were moving to a school but were also moving to a church that has incredible intentionality about covenant Christianity and living out faith in generational homes. We are a young family trying to draw near to God as He draws near to us (James 1:8).”

“In a Bible and book study (Doug Wilson's *My Life for Yours*), accountability in meeting with other men who can share openly—not some giant confessional—is a treasure. It's a fortification of brotherhood. We wrestle with ‘Yes, the Bible is always the answer, but how do you apply it?’ Surrender and honesty—a brotherhood in Christ—something I miss a lot away from the military.”

A commentator on every major FOX News daytime and primetime show, Hegseth, along with Rachel Campos-Duffy and Will Cain, co-hosts *FOX & Friends Weekend* (6-10 AM/ET, weekends), a spot he has held since 2017. Pete also regularly guest-hosts for *FOX & Friends*, *The Five*, *Hannity*, *Ingraham Angle*, *Jesse Watters Primetime*, and other shows, including the 2023 New Year's coverage from the Wildhorse Saloon in Nashville, Tenn.

Known for boldly sharing his perspective on myriad cultural and political issues, 43-year-old Pete Hegseth says, “using my platform to share my Christian faith is the most valuable use of my time and resources,” a realization sparked, in large part, by his role as a father. “I've got a bunch of kids and realize the only thing that matters is introducing them to Jesus Christ. I spend time teaching them how to dribble a basketball or to love America—and those are all great—but they're utterly insufficient.”

It's that perspective that inspired Hegseth's latest special, *The Life of Jesus*, streaming on FOX Nation. Knowing he was utterly inadequate to tell the story, the anchor co-hosted the series with his hometown pastor from New Jersey, Chris Durkin, of Colts Neck Community Church. First and foremost, “this passion of mine reminds me, my family, and our culture . . . that underneath holiday pageantry is the truth and the birth of a baby in Bethlehem 2,000 years ago and the life that Jesus—fully God and fully man—lived.”

In the series, Durkin and Hegseth chronicle some of the most significant stories from Scripture—the inspired Word of God—retracing the steps of Jesus in the Holy Land as accurately as they can. Hegseth clarifies: “To make it a little different, the goal of

The Life of Jesus film is not to prove the Scripture since we know they're true but instead to take people to the places recorded in the Scriptures—we know more now than we did 10 or 20 years ago about where the events unfolded in the Gospels. People saw Jesus's miracles, and they still said, ‘I don't buy it.’ Or they saw the miracles and said, ‘This is the Man, this is the Savior, our Messiah.’ As we were telling the story, I almost got heart palpitations.”

### **Education: Country and Freedom**

More than a FOX Nation host, Hegseth is an Army combat veteran, who served 12 years as an Infantry Officer in the Army National Guard in Afghanistan, Iraq, and Guantanamo Bay. He holds two Bronze Stars and a Combat Infantryman Badge for his time in Iraq and Afghanistan. Hegseth also held the position of CEO for Concerned Veterans for America—a veterans' advocacy organization.



**Hegseth (left) is an Army combat veteran having served 12 years in Afghanistan, Iraq and Guantanamo Bay.**

On a side note, Hegseth reminisces about being a young platoon leader: “On our first night-time air assault mission in enemy territory, we soon realized our helicopter had dropped us off in the wrong spot. We didn't really know where we were, and it was my job to get us to the objective. I remember feeling a sense of peace and calm that I had no business having in that moment. I didn't think much about it until weeks later when my mom said she had felt a strong urge to fall on her knees and pray for me. We realized she was praying at the exact time I was on that raid with my platoon. The power of prayer is real. Parents plant seeds that may take a while to sprout and grow, but God uses it all to make us into who we are. I'm so grateful to belong to God and be His servant.” Hegseth explains, “Cultures are defined by what they celebrate and honor. Too often, our culture celebrates actors and professional athletes and influencers who have no grasp of history or how special and exceptional this country is.”

His flagship annual, “*The Patriot Awards*,” held in Nashville, Tenn., November 2023, is meant to shine the spotlight on those who really are the best and brightest of our country—everyday heroes. Personal for Hegseth, “The opportunity to host the Patriot Awards is my favorite assignment. I'm always humbled and honored. It's unique, and it's unifying.”

### **Education: Author**

In addition to his accomplishments as veteran, compelling speaker, and news personality, Hegseth is a #1 *New York Times* bestselling author. His most recent book—*Battle for the American Mind* (June, 2022)—spent over 12 weeks on the *New York Times* best-sellers list, including four straight weeks at #1. *Battle for the American Mind* is a field guide for remaking school in the United States. Two of his previous books—*American Crusade* and *Modern Warriors*—were also best-sellers.

Hegseth and David Goodwin explain: “We need to recover a lost philosophy of education grounded in virtue and excellence, equipping future generations to fight for freedom. Today, after 16,000 hours of K-12 programming, our kids come out of government schools hating America. They roll their eyes at religion and disdain history. We spend more money on education than ever, but kids can barely read and write—much less reason with discernment. Western culture is on the ropes. Kids are bored and aimless flailing for purpose in a system that says racial and gender identities are everything. *Battle for the American Mind* is the untold story of the plan to neutralize the basis of our Republic by removing that which has sustained Western Civilization for thousands of years.”

Pete Hegseth is the host of multiple ongoing series including *Modern Warriors* (military), *Battle in the Holy Land* (Israel), *Untold: Patriots Revealed* (history), *The Life of Jesus* (Christianity), and *The MisEducation of America* (education: the five-part series examines how the American education system has evolved over the last hundred years and the current state of progressive content in the classroom).

Sharing his heart, Hegseth says, “To me, patriotism is not about love of government. It's about love of our founding ideals that have pursued a more perfect union from the very beginning. It goes back to basics for me as a Christian: love of God and an understanding that my freedoms come from God—not from government—and that this nation was created as an experiment in self-governance and human freedom that every generation must perpetuate. Being patriotic doesn't just mean waving the flag or cheering for Team USA. It requires teaching, instructing, and celebrating. In the most difficult times, the best thing we can do is go back to basics: faith, family, freedom—shining a light on those values—what this nation was founded on. If not America, then who? then where? Godlessness ends great nations. The one thing we can all do is get on our knees and pray.”

— Sheila E. Moss: author of *Living to Matter: Mothers, Singles, and the Weary and Broken; Interrupting Women: Ten Conversations with Jesus; and international publications derived from teaching Bible and Christian ethics in Africa, Ukraine, Venezuela, and England.*



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**A Sight National Tour**

The film “Sight” (based on Dr. Ming Wang’s autobiography “From Darkness to Sight”) has won the top prize (best picture) at the 50th ICVM International Christian Film Award, and a top prize (Best Narrative Feature Premiere) at Heartland International Film Festival.



Dr. Wang has embarked on an ambitious Sight national tour, bringing the film to every major state in the U.S. showing the film free of charge on weekends. Since May 2023, he has been to 22 states, and by 6/30/24, he will go to another 10 states, making a grand total of 42 states. “I am like running a presidential campaign without running or president”, he joked, but adds: “But I am campaigning for freedom and faith, and for the need for us to get together as a nation to find common ground!”

If you know a church in middle Tennessee, or a host outside Middle Tenn. who is interested in bringing the free “Sight” film show to his/her city, please contact Dr. Ming Wang, 615-525-3314, drwang@wangvisioninstitute.com, www.drmingwang.com

*Sight*, starring Oscar-nominated and Emmy-winning Greg Kinnear and Terry Chen (Almost Famous, Falling), is based on the true story of Dr. Ming Wang, a poor Chinese immigrant, who defies all odds to become a world-renowned eye surgeon in the United States. Set in 1970’s rural China, a young Ming faces persecution and despair at every turn, but through the support of his dedicated family and his own unwavering determination, he finds his way to America, attends Harvard and MIT and helps develop an innovative technology that restores sight in millions. Taking on the seemingly impossible challenge of helping a blind orphan, the resilient Dr. Wang must reconcile with his own traumatic past and face the harsh reality that the strength of his own will can only go so far.

**About Dr. Ming Wang, MD, PhD**

Dr. Ming Wang, Harvard & MIT (MD, magna cum laude); PhD (laser physics), is a world-renowned laser eye surgeon, philanthropist, and a co-founder of the non-profit Common Ground Network.

As a teenager, Ming fought valiantly to escape China’s Cultural Revolution – during which millions of innocent youth were deported to remote areas to face a life sentence of hard labor and poverty. He came to America with only \$50 and earned two doctorate degrees, one in laser physics and one in medicine, and graduated with the highest honors from Harvard Medical School and MIT.

The amniotic membrane contact lens, which Dr. Wang has invented (and holds two U.S. patents), has been used by tens of thousands of eye doctors throughout the world in nearly every nation, and millions have had their eyesight restored. Wang Foundation for Sight Restoration has helped patients from over 40 states in the U.S. and 55 countries, with all sight restoration surgeries performed free-of-charge. Dr. Wang was named the Kiwanis Nashvillian of the Year for his lifelong dedication to help blind orphaned children from around the world. To reach Dr. Ming Wang: drwang@wangvisioninstitute.com, www.drmingwang.com, 651-525-3314

— Leona Walthorn

**BODY & SOUL**

**Our Body Doesn’t Lie**

“It is as old as the truth and if you use it you believe you came out on top when, in essence, just the opposite has occurred. What am I?” The lie is as old as the truth, at least as it pertains to our communication. Each time that we are asked a question, we select a choice of one of three ways we will answer it. We can reply by telling the truth, telling a lie, or ignoring the question all together. Isn’t it interesting that we have only three replies: one right, one wrong, and the third an acceptable concession. These are the exact same choices we have for every problem we face.



Studies have shown that people lie more in their younger ages and less after they reach sixty years of age. It seems that as we mature, we do get wiser. We tell lies about many things, but we do so for only three reasons; to satisfy our selfish reasons, to protect someone from perceived pain, or embellish reality. No matter the reason, lies, when discovered, always deteriorates established levels of trust. It is trust that builds unity in our relationships.

Trust is so important to our society; science has developed ways to determine when someone is lying. One of these ways is the use of a polygraph machine. By quizzing the subject, a polygraph examiner can look at the graphs and can see whether their vital signs changed significantly on any of the questions. If a lie is told there will be a significant change in three involuntary bodily functions, a faster heart rate, higher blood pressure, and an increase in perspiration. What science has proven is that when the body is in conflict, even with its own mind, the body will fight against the lie. It acts differently in a state of conflict. Our body wants to live in the peace provided by the truth. “A man is never more truthful than when he acknowledges himself a liar.” - Mark Twain

Thanks to the Power of the Wisdom of Three we can solve our man-made problems pretty easily as long as we also stay selfless in nature. We try so hard to uncover truths by creating “top ten lists of ways to be truthful” or “the top seven ways of being honest”, but these will have redundancies that can be eliminated without harm or impact to the delivering consistent truths. You will find that three concepts are much simpler, will have a much greater retention over time, and they stay true to the natural laws. This might just be this year’s New Years resolution!

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

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

As the founder and senior partner of Crain Law Group, PLLC, I am proud to be a Community Partner of Nashville Christian Family. It is a beacon of Christian values shared through the testimonies of Christian business men and women who have dedicated their lives to being salt and light. Robert Stringfellow has done a magnificent job of creating a forum for people from all walks of life to share how their relationship with Christ has both impacted their spiritual journey, and given meaning to their chosen profession. Each month, the articles in NCF focus on real life stories of fellowship, hope and encouragement. I highly recommend this publication to all who share a commitment to Christian values, but even more to those who may be seeking answers to questions regarding the Christian faith.

—Larry Crain, Crain Law Group, PLLC

# MOMENTS FOR MOMS

## New Year, New You

I am pretty sure almost every year on January 1st, I come up with a plan to somehow better myself. Whether that is to get in better shape, workout 3 days a week, read a book every week, eat only meat and veggies or whatever crazy idea it may be that I come up with. Well, by February that plan has already flown out the window. I will say the past three years since becoming a mom, I haven't thought so much about my new year's resolution or goals or plan to better myself. There just hasn't been time.

Most of my thoughts right now are consumed by making sure our toddler snack selection is stocked with all the current months favorite selections, potty training, cooking, laundry, cleaning (I had no idea how messy potty training would really be), trying my best to be a good wife and mom and working full time. Anything after that is just really an afterthought or bonus at this point! It is a busy season, but a wonderful season and I wouldn't trade it for the world.

I don't know where you find yourself this New Years season, but I am going to decide this year to do a couple of things. First off, I am going to take the pressure of a "New Years Resolution" off my mind. There isn't time for a big, long, drawn out plan right now, there just isn't. Second, I am going to do what I know. I know that I need to prioritize spending time in the Word and prayer. I know I need to prioritize my marriage and dating my husband. I know that I need to spend quality, intentional time with my three-year-old son. I know



that I need to show up as my best self at work every day.

It is so easy to get caught up in the business of motherhood that we just let moments pass us by. This year, I want to savor each moment that I can. At the end of 2024, I want to look back and reflect over all the wonderful memories made, I want to look back and see how much I have grown in my faith and relationship with Jesus. I don't want to look back and be filled with guilt and regret for everything I didn't do or for another year of a New Years resolution that I didn't finish.

My word for 2024 is intentional. I encourage you to take some time and pray and ask the Lord to show you what your one word for the New Year might be.

Let's take some pressure off our shoulders mama's, let's do what we know to do and let God give us the strength, grace, patience and perseverance to do the rest. He will do it. It is just who HE is!

— Ashley McClain is a Wife to Bobby, Mom to Charlie, General Manager of CTN-WHTN Nashville and Host of - What If? Moments for Moms aired nationally on the Christian Television Network. Currently surviving on Grace and Coffee... lots and lots of Coffee.



# FORM CURRICULUM



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# AN ENCOURAGING WORD

## Light

It has been said that darkness is the absence of light. It is easy to hear the news or read social media feeds and conclude that we are living in a dark time. Crime is at an all-time high, sin is rampant, and godly living seems hard to find.



We know that bad news sells and therefore, we may miss the stories of “light” showing up, however, there are so many exciting stories of breakthroughs and revivals.

The truth of the matter is that even when our surroundings seem dark and bleak, it only takes a little light to break through the darkness. Even the smallest amount of light will go a long way in darkness to create a breakthrough.

The move of God is on the horizon and revivals are happening consistently. Many heard of the revival that took place earlier this year in February at Asbury College, where students and thousands

of visitors flooded the campus in Wilmore, Kentucky, to seek God for days. The college shut down and the students’ hunger for God overshadowed everything else. In addition to Asbury, Lee College in Cleveland, Tennessee, also experienced a spontaneous spiritual movement. There are other places around the world that may not be publicized but are just as hungry for God and experiencing revival. For example, there is a Christian movement and hunger for God in Iran that is growing faster than any other country. Additionally, an explosive growth in Thailand through the FJCCA (Free in Jesus Christ Association) and other places like India, Algeria, and Myanmar which are also experiencing godly gains.

Thus, despite the negativity that seems to be prevalently highlighted in the media, there are plenty of people hungry for God and light is, in fact, expelling the darkness. Ultimately, God is the

answer to the questions that the world is seeking.

When you search for the good, you will find the good. Do not allow yourself to get distracted when darkness seems to be winning. Our light will far outshine the darkness.

*“Let your light shine before men that they may see your good works and glorify your Father which is in heaven”.* (Matthew 5:16)

I hope this year will be a year filled with light! God has already won! We can walk in the light because He is light!

*“Again, Jesus spoke to them, saying, “I am the light of the world. Whoever follows me will not walk in darkness but will have the light of life”.* (John 8:12)

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

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## Crawl Space Winterization



### The Importance of Winterization

Winter is practically here, and that means chilly weather and even ice and snow. However, winterizing your home's crawl space can help save you on the costs associated with winter weather, such as the high heating bills. Encapsulating and insulating your crawl space is one of the best ways to combat the ill effects of cold temperatures, and we – at Frontier Foundation & Crawl Space Repair – can help!

### Our repairs solve your cold weather problems.

Do you have cold floors above your crawl space? Are cold drafts coming up from the crawl space? Have you noticed an increase in your heating bills? What about frozen pipes? You can avoid these problems with the proper protection.

We can winterize your crawl space to help you avoid expensive damage from frozen and burst pipes. Our proven winterization repairs will also keep your home warmer, unlike the fiberglass insulation installed in the crawl space ceiling which will not protect you from frozen pipes, cold floors, and high heating bills. The ductwork in a vented crawl space is another problem. Outside air and temperatures make your ducts cold in the winter and hot during the summer. This forces your HVAC system to work overtime to deliver air at the proper temperature, cutting system efficiency by as much as 25-40 percent.

### How we seal out the cold in your crawl space.

Instead of worrying about your crawl space and making temporary repairs, let us permanently solve your wintry weather problems. We don't just winterize crawl space pipes or vents. Instead, we seal and winterize your entire crawl space foundation to bring your plumbing and heating system inside your home's conditioned space. Here's how our process works.



Our patented CleanSpace® crawl space products are designed to work together, providing complete sealing, insulating, and moisture control. By having the following services performed on your home's crawl space, you can save

money on high heating bills and rest easy in your comfortable home. A tremendous amount of heat is lost through the rim joist that rests on your crawl space foundation. We prevent frigid air from leaking in by sealing gaps around the perimeter of your foundation. Then, we reduce conductive heat loss by insulating the rim joist with foam insulation.

We also install high-performance SilverGlo™ rigid foam insulation against the crawl space walls. SilverGlo™ does what fiberglass cannot. It stops air leaks, never loses R-value, and cannot absorb or be damaged by moisture. This insulation can also be customized depending on your specific needs, and it can prevent mold growth and rot.

In colder climates, we recommend installing TerraBlock™ foam insulation on the crawl space floor. This specialized flexible insulation is then covered with our strong poly CleanSpace® moisture barrier that completes the sealing process. This foam insulation is extremely durable, padded, and resistant to punctures. The crawl space is now isolated from outside conditions, and the heating equipment inside will continue to keep your home warm without struggle.

For openings in the crawl space, such as crawl space vents, it's important that they are properly sealed. At Frontier, we seal off any crawl space vents with flexible, multipurpose foam. This inorganic foam ensures the seal on the vent is durable and long-lasting. This foam not only creates a tight seal, it is also resistant to mold growth.

If you have a sump pump system inside your crawl space, then it is extremely wise to keep the discharged water from freezing and creating a block. We utilize an IceGuard® discharge line protection system. This slightly sloped line prevents water from flowing back into the sump pump. Our unique IceGuard® system is equipped with an anti-freezing fitting that moves water away from the home's foundation, stopping water from freezing inside the drainage system.

In addition to applying insulation and sealing off openings in the crawl space, it's important that any cracks in your home's foundation are addressed. Cracks in your foundation are one of the easiest ways for melted ice and snow to make their way into your crawl space. While there are temporary DIY solutions, such as short-term crack injections, you should still have any cracks in your foundation inspected and repaired by a professional.

— Ashley Beall and Hannah Moulton, Marketing Specialists,  
Frontier Foundation and Crawl Space Repair, [www.TrustFrontier.com](http://www.TrustFrontier.com)



# COLD FLOORS?

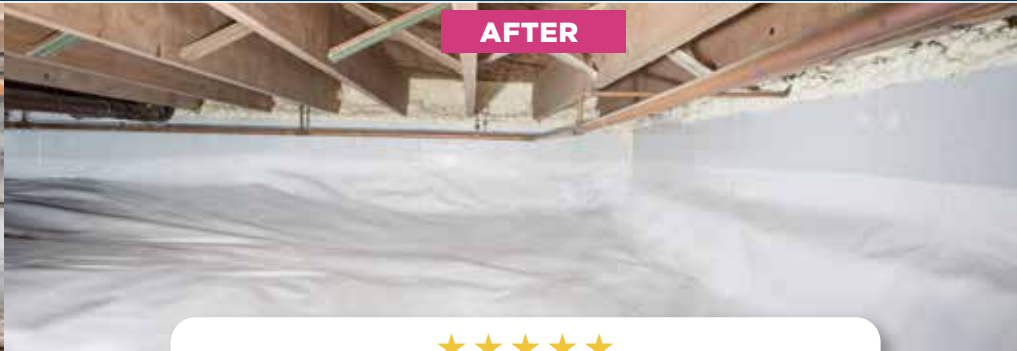
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# HASSLE FREE ZONE

## 8 Cold Weather Pests To Watch Out For

Winter preparations aren't just for us – pests are getting ready too. When the cold weather hits, some pests, like mosquitoes, flies, and bees, seem to disappear, bringing relief from their irritating stings and bites. Others go into hibernation, but that doesn't mean you're in the clear. Despite the outdoors seeming nearly pest-free in the colder months, certain winter invaders find their way into your warm home to wait out the cold. Here are 8 of these cold weather pests to keep an eye on this winter:

### Stink Bugs:

If you spot small, grayish-brown specks on your home's exterior, stink bugs might be the culprits. These smelly critters huddle on home walls, seeking warmth, and if given the chance, they'll happily move inside for the winter.

### Cockroaches:

Roaches, especially German cockroaches are survivors, and if they find a cozy spot in your home during the cooler months, getting rid of them becomes an even bigger challenge. Eliminate clutter and food waste to manage them and call Waynes in case of an infestation.

### Rats & Mice:

With a knack for sensing subtle weather changes, mice seek shelter and warmth during winter. They

often slip into homes, making nests in basements and dark corners. Seal entry points, watch for droppings, and maintain bait stations if you've had mouse problems before.

### Ticks:

While many ticks go dormant in winter, deer ticks might still find a way into your home, hitchhiking on pets. Regular checks and professional pest control can help eliminate them.

### Spiders:

The typical house spider will invade your home during any time of year. During the winter, the brown recluse, a potentially dangerous spider, tends to hide in undisturbed places that are warm. Storage rooms, attics, and basements are prime spots. Bagging unused clothing and keeping trees and bushes trimmed around your home can help manage them.

### Bedbugs:

If planning a winter getaway, inspect hotel rooms for bedbugs, and check luggage and clothes before returning home. These crafty bugs can hitchhike at any point.

### Ants:

While some ants perish in winter, others, like winged carpenter ants, may have established nests

before winter and can seek warmth in your home. The temperature drop below 15°F usually does them in, but some ant species prove to be resilient.

### Termites:

These wood-munchers seek food, warmth, and moisture, posing a threat to both the ground beneath your home and the structure itself. If you spot termite activity during winter, act quickly to prevent damage to your home's foundation.

Preventive measures are crucial to keep winter pests at bay. Sealing cracks and gaps in the home's exterior, especially around doors and windows, can help prevent entry. Properly storing food in airtight containers and maintaining cleanliness are essential steps to deter pests. Regular inspections and professional pest control services can further safeguard homes against the challenges posed by winter pests, ensuring a comfortable and pest-free living environment during the colder months.

Keep your home pest-free this winter by plotting against these sneaky invaders. Don't wait, protect your home. Visit our website or call us today at 866.WAYNES1!

— Meredith Boyd, Social Media & Marketing Coordinator, [callwaynes.com](http://callwaynes.com)

## HEALTHY LIVING

### How To Stay Consistent In Your Health

You can't count on emotion. Emotions are real, no doubt. They can feel absolute. Emotions can make us do things we shouldn't or not do things that we know we need to do. Many times, if we go by how we feel, we look back and see the choice that needed to be made, regardless of how we felt. You may be asking the question today, "Why can't I be consistent in my health?". It could be because you are going by how you feel in every situation instead of making the choices that need to be made. If this is you, there is hope!

Firstly, we must count the cost of living a healthy lifestyle. Is it worth it? Yes! Is it easy? Nope. But nothing worth doing is ever easy. If that were the case, then everyone would be living a healthy lifestyle. Counting the cost is key because it wraps our minds around what it will take to make a change and sustain that change over the long run. If we don't count that cost and pay the cost every single day, we will fall back into the same old cycles.

Overcome living by how you feel by making the right small choices over and over again. Don't try

to make one huge change all at once, you may get good results at first, but usually, they don't last. You must build a foundation first that will last. This is done by making small decisions over and over again until those right decisions become habits. The way I know someone is living a healthy lifestyle is when they are making all of the right choices, but they don't even have to think about it. It's just what they do. They have created the habits, and it has paid off!

Making a change is not just about behavior modification; it's about changing the way we think. If we are thinking the right way, then our actions will reflect our thinking. We must rewire our minds from an old way of thinking to a new way of thinking. If we make the small choices over and over again, no matter how we feel in the moment, we will create habits that will last decades.



Here is a practical step for you today. Ask yourself the question, "How will I feel after...". How will you feel after you do whatever it is you are feeling like doing in the moment? If it is a good decision, you will feel great later; if it is bad, you won't feel so great about the decision. We must have control over what we feel like doing rather than it having power over us. Take how you know you will feel later about the choice you are making and bring it into the present. This allows us to make decisions without focusing solely on immediate gratification. Be encouraged! You don't have to live confused and discouraged in your health. You were created to be healthy!

— Ashton Tate, Founder, *Glory to Glory Fitness*  
615-636-3370, [glorytogloryfitness.com](http://glorytogloryfitness.com)  
[atate@glorytogloryfitness.com](mailto:atate@glorytogloryfitness.com)

### The Awakening of Jewish Christian Mutual Support

Like many Israelis, I have had the privilege over the last few weeks of stepping up and doing things on behalf of others in a way that has been particularly uplifting, especially in these challenging times. Making things even more uplifting is the fact that I represent the Genesis 123 Foundation which builds bridges between Jews and Christians and Christians with Israel. Arguably, this has never been a more significant time to do so, nor have we ever seen the outpouring of Christian support for Israel at this level.

It's not just a comfort for me, but for many Israelis to see the support of Christians all around the world as solid as it is. Israeli Jews, across the spectrum who never had anything to do with Christians, and may have never even met a Christian, are having the opportunity to see and experience the genuine warmth and support from Christians, in many cases for the first time.

While Christian support for Israel is certainly not new, following the inhuman massacre that was inflicted on us on October 7 by the Islamic terror group Hamas, I have had the occasion to speak with many Jewish and Christian friends about how this is a game changer. In the weeks following the horrors of 10/7, this is the first time since the Holocaust, that we see Christians unequivocally standing up for Israel and the Jewish people in the face of such atrocities at this level. Sadly, while there are a number of notable exceptions of Christians acting morally as Christians, defending and saving Jews during the Holocaust did not happen on any widespread basis. Sadly, in most cases, the "church" and Christians then did more to persecute Jews and abet the Nazi genocide than to prevent it.

Over years of working closely and developing meaningful personal relationships with many Christians, I have lost count of how many times people have expressed their grief and horror that Christians did not do more then, that they did not act to save God's chosen people, Jesus' own brethren. Jews should know that nearing a century later, long before any of us were ever born, Christians around the world are still repenting for the crimes of those who share the same faith but not the same love for Jews.

All of this came together in one unique experience when, on behalf of the Genesis 123 Foundation, we were able to support dozens of evacuees from Gaza border communities, raising money to provide housing in Jerusalem, meals, and activities through a network of Jewish and Christian do-

nors. And through this, we had the privilege of making a barbecue for the evacuees last week. In this video, some of the Israelis we have been helping express their effusive gratitude for Christian support. What's also remarkable is not just the expression of gratitude, but that most of these people had never even met a Christian person before they were evacuated from their homes.

On top of the initiative of the Issaiah Projects to bring the evacuees to Jerusalem, and many general donations that enabled for us to pay for their hotel, largely from clients and friends of Jerusalem's interior design and architecture firm, J. Mark Interiors, and a network of Jews and Christians, who came together to volunteer and pay for this beautiful event including Cry for Zion, Christian Friends of Israel, and many individuals, we saw Israelis coming together in the best way that we do, especially at the most troubling times.

Through the father of one of my son's friends who owns a kosher meat distribution company, we were able to purchase dozens of kilos of chicken, kebabs, and chorizo at a price that was so ridiculously low that I don't know how he made any money. Maybe he didn't.

He shared how almost every day since the beginning of the war, he has been providing meat and going all over the country wherever he could to BBQ for soldiers and others. When I explained that most of the money was coming from Christians around the world to support this, he was overwhelmed. As the grandson of Holocaust survivors, the idea of Christians helping Jews was foreign and unimaginable.

Coming together to organize the BBQ, my wife and daughters and a close family friend took the bull by the horns, pun intended, and rallied numerous volunteers to prepare salads, buy drinks, and provide everything that was needed for a beautiful meal to show our love and support and contribute in some way personally to these people whose lives have been uprooted. Kevin and Clint manned the grills. A Jew and a Christian. Many others volunteered from the set up to clean up.

Perhaps most meaningful to me in all of this is one person who has been critical of my work with Christians, volunteered to help prepare the food. This person did so out of love and nationalism for our brothers and sisters here, not because it was me or the Genesis 123 Foundation involved spe-

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123

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cifically. But this person also got to experience the unconditional love and support from Christians all over the world. This person complimented me at the end of the evening and expressed gratitude for having the privilege to participate. Another woman, the daughter of Holocaust survivors, told me how she was raised to distrust Christians. Participating in the evening changed her perspective.

Perhaps, hopefully, an unintended consequence of all of this will be the realization among Israeli Jews that even with theological differences with our Christian friends, they are our friends, and we should engage in any opportunity to strengthen and reciprocate it.

Generally, Jews did not have Christian support in any significant way during the Holocaust, and mostly suffered because of the "church." Now, with the greatest number of Jews massacred on any one day since the Holocaust, the unwavering Christian support and prayers for Israel and the Jewish people is at a level never known before in history. Ever.

This does not diminish the suffering that we as Israeli Jews have endured and are enduring, but is helpful, encouraging, and redemptive. It is something we must reciprocate and build upon, together.

You can join the coming together of Jews and Christians in support of Israel and one another, and support humanitarian projects of the Genesis 123 Foundation Israel Emergency Campaign at [www.love.genesis.123.co](http://www.love.genesis.123.co).

— Jonathan Feldstein,  
Founder and President,  
Genesis 123 Foundation  
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## The Ultimate Cleaning Products List for Every Room in Your House

### Kitchen

The kitchen requires more cleaning products than any other, as you face a variety of messes: from tracked-in mud on the floor to grease stains on the backsplash. Pick up these items:

**All-purpose cleaner**— You need a product like Mr. Clean cuts grease and remove grime from just about any surface. It also can tackle tough jobs such as the inside of your garbage can. The line of Mr. Clean products comes in a variety of scents, allowing you to choose your favorite one. Antibacterial products also are available.

**Glass cleaner**—Windex and the like will make windows, whether on your oven or in the wall, sparkle. It also works on multiple surfaces, including sealed marble and granite countertops, and comes original and Fresh Rain scents.

To apply these products, choose eco-friendly terry cloth or microfiber that you can wash when done. The texture makes cleaning easier, and by spraying the product directly to the cloth as opposed to the glass surface will prevent waste — as people tend to use too much of the product when sprayed directly to the surface. Also pick up an extendible duster to reach the top of appliances and cabinets.

### Bathroom

In addition to the all-purpose cleaner for use on toilets, bathtubs and floors, and the glass cleaner for windows and mirrors, you'll need the following products for the bathroom:

**Tile and grout cleaner**—Scrub Free and Scrubbing Bubbles are excellent acid-based cleaners that remove soap buildup in the bathtub, shower and sink. When cleaning grout, use a grout brush to really get in there.

Quick Tip: Vacuuming, yes vacuuming the bathroom floor before you start spraying cleaning products can help better pick-up hair and lint before you clean the floors, which should be the last thing you do in the bathroom.

### Bedroom

Once you strip the bed and take linens to the laundry room, use these products as part of your cleaning process:

**Water**—Yes, believe it or not the best way to clean most wood furniture is with a water-dampened soft cloth. Simply wipe the furniture down, unfolding and refolding to keep the cleaning surface clear of dust. Furniture polish can sometimes attract dust! If you do use a wood polish, we recommend spraying the product directly on your soft



cloth as opposed to directly on the wood. Again, this will avoid wasting the product.

**Powdered carpet deodorizer**—In a bedroom with carpet, shaking a product such as Glade Carpet & Room Deodorizer can eliminate many odors. Baking soda also gets the job done if you do not like any of the scents these powders come in, and it also works on mattresses in need of freshening.

### Living Room

Glass cleaner, water-dampened cloths and powdered carpet deodorizer also get used in this room, along with:

Products such as Febreze work well on upholstered furniture and on any pet beds in the room, allowing you to extend the amount of time between professional cleaning.

**Large lint roller**—Pet owners who let their furry family members on the furniture swear by this tool, essentially a lint roller the size of a paint roller. Evercare makes one specifically for pet hair and makes quick cleaning of sofas and chairs.

### Laundry Room

You will, of course, need products to launder your clothes in this room, but also keep the appliances themselves clean by picking up:

**Washing machine cleaner**—Tide and Clorox both make products that remove buildup from laundry detergent and any odors. Simply pour into the machine and run a load. A water-dampened cloth works to wipe down the dryer interior and the exterior of both appliances. And be sure to vacuum dryer vents, either yourself or by hiring a pro, at least once a year to avoid lint fires.

By keeping a home fully stocked with cleaning supplies, you are ready to tackle any mess at any time in the most efficient way possible. After all, no one likes to clean again because they ran out of the right product.

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— Ashley Farrar



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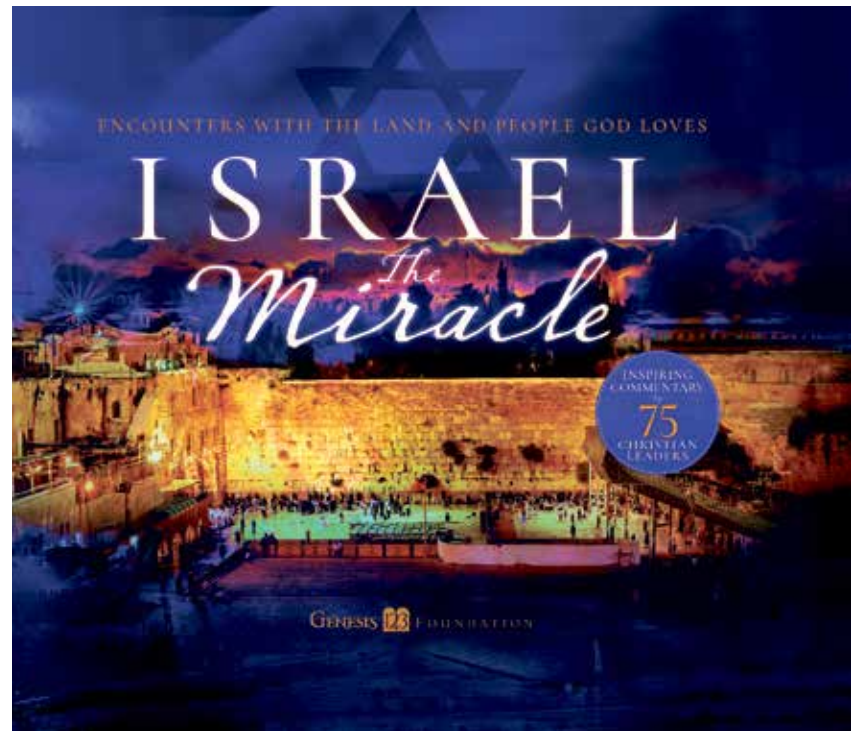
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# PARENTING POINTS

## The Wave Goodbye

When I was a kid and was traveling back and forth between my divorced parents' homes, it was always a bit of a challenge to wave goodbye. I often felt guilty for leaving one parent and going to the other and then felt that in reverse, waving goodbye and back to the other parent a few days or weeks later. Kids who live between two homes, sometimes two states or even two countries, experience this wave goodbye hundreds of times in their childhood. It's hard for kids and it's hard for parents, too.

At Christmas, New Years, and big holidays, it is important for parents to remember the children take their emotional cues from you - - if you are sad or mad or stressed, they will feel that. If you can compartmentalize your own feelings until the wave is over and send them off to the other parent with an upbeat tone of voice, a smile on your face and a sense of joy, that will make it much easier for the kids. They need your emotional permission to come and go between the families and they don't know how to ask you for it. It is hard for parents, but one of the THE nicest things you can give your children is your support and emotional permission to go see the "other family" and not make your children feel guilty for leaving you. Sometimes it might feel like you are being fake, but that is much easier on your shared children than having to worry about your emotions.



I encourage you to do some math and approximate how many transitions you will have with your children from now until they go to college... and then try to make them as pleasant as possible for the kids.

Part of what can make it easier is to have a "fun plan" for after they leave. Make plans with a friend or go see a movie or schedule yourself to volunteer at a local organization and serve - especially at the holiday time, shelters and community nonprofits are always needing extra hands and smiles to help the people they serve. I did that a few times when my daughter was away for a long Christmas with her dad - it was a great blessing to serve and I realized that I could make a difference

in someone else's life, even when I was a little blue in my own. I encourage you, as part of your new year's resolutions to be intentional to give a happy wave goodbye and do something meaningful with your alone time. These two ideas will have a direct impact on your children, in a positive way! Happy New Year!

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

# Spiritual Goal For January

JOHN 14

## Have Peace as You Enter the New Year

"Peace I leave with you. My peace I give to you. Let not your heart be troubled...neither let it be afraid."  
The Lord said what He meant...and meant what He said. We need to hear His message again. So, bask in the SonShine of God's love and peace. The Lord created every day for us to have and enjoy. We are His purpose. Believe it. Let that fact be the foundation of the way we think and live...and confidently reflect His promise and His peace. We have what the world is searching for. When we have an opportunity...let's share the Good News.

Prayer: Lord, thank You for rescuing us. We saw Your Light as You were wooing us to look...to accept...to embrace...to live with confidence...to share...to remember that we are nothing without You. Lord Jesus, thank You for giving us peace...peace that is not based on what the world tells us is peace...but peace from You, our Creator...and thankfully our Savior and Lord.

— 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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