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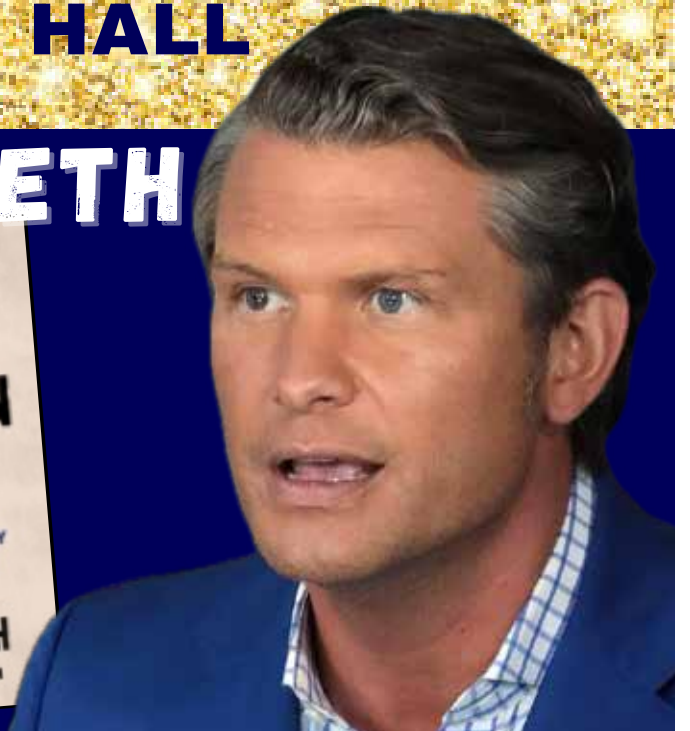
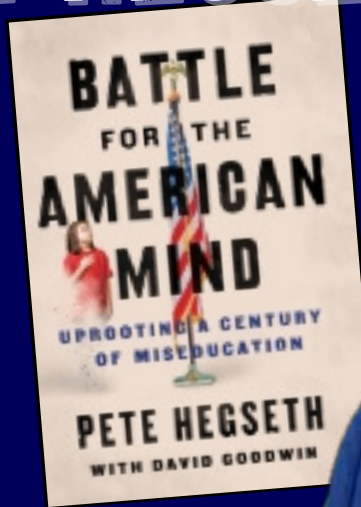
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# NASHVILLE

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**Publisher:** Robert Stringfellow • 615-815-8765

[publisher@nashchristian.com](mailto:publisher@nashchristian.com)

**Editor:** Raymonda Jagers

**Contributing Writers:**

Ashley Beall  
Marsha Blackburn  
Mark Bolt  
Emily Bonomo  
Dan Boone, D Min  
Anthony (Tony) Boquet  
Meredith Boyd  
Larry L. Crain, Esq  
Sally Cressman  
Tammy Daughtry  
H. Ben Davis, III, CSA  
Ashley Farrar  
Jonathan Feldstein  
Doug Griffin  
Kim Hitchcock

Janel Hitson, MD  
Mark Koch  
Amy Maloney  
Ashley McClain  
Hannah Moulton  
Misty Ratcliff  
Monica Schmelter  
Rhonda Smart  
Byron Spradlin, D Min  
Ashton Tate  
Kimberly Vaughn, MBA, WTS  
Ralph E. Vaughn  
Leona Walthorn  
Megan Wilson

**Cover Image:** Bigstock

**Cover Story Images:** Rescue 1 Global

**Production and Art Direction:** Wendy Satterwhite

**Website Development/Maintenance:** A3 Marketing and Communications

**Digital Marketing & SEO Services:** Bowen Digital Marketing

**Social Media:** Dashia Brandon/Administrative Assistant and  
Social Media Manager

**Sales & Marketing:** Robert Stringfellow,  
Brenda Delgado/Marketing Specialist

**Administrative Assistant:** Emma Grace Hicks

**Printer:** Central Missouri Press

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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

### Reflections on Love

Valentine's Day offers a cherished pause in our calendars, a time when we openly celebrate the affections we hold for those nearest to our hearts—our spouses, children, parents, and cherished friends. Such expressions come to us almost reflexively, aligned with the spirit of the season.

Yet, when we delve into the teachings of Jesus, we encounter a paradigm of love that extends beyond the circles of those we hold dear. The Biblical command to love is all-encompassing, urging us to embrace others beyond our immediate affections. This Christ-like love, which was demonstrated so profoundly throughout Jesus' life, is not merely a call to love those who are easy to love but also those who challenge us.

In the Christian walk, this divine love is not a sporadic gesture but a daily pursuit. It is the lens through which every encounter should be viewed, whether it be at work, home, school, or within our communities. Yet, the reality is that living out this agape love can often be contrary to our instincts. Pride, prejudice, and personal interests frequently cloud our judgments, leading us to respond in ways that deviate from the patient, selfless love depicted in scripture. It's in the fabric of our humanity to sometimes react rather than respond, to allow the immediacy of our emotions to lead rather than the steadfastness of divine love. These moments can escalate conflicts, erect barriers, and stray from the path of reconciliation and grace.

Embracing God's model of love involves a continuous self-reflection and recalibration of our hearts and actions. It prompts us to reconsider recent situations through the prism of God's love. Have there been instances where you've reacted rather than responded with love? How might these situations have unfolded differently had you approached them with the patience, kindness, and selflessness that scripture advocates?

This Valentine's month, let it not only be about the love that comes easily but also about the love that requires effort and grace. Let us open our hearts to scripture, to the radical love Jesus exemplified and taught. By doing so, we aim to not merely observe a tradition of love but to cultivate a lifestyle that reflects God's love in every interaction. It's an aspirational journey, one that acknowledges our imperfections but embraces the transformative power of love as a daily guide.

Reflecting on our behaviors and the outcomes they yield is not just about self-improvement but about aligning our lives with the Christian mission of love. This alignment is not static but dynamic, challenging us to grow and extend grace, especially when it's hardest to do so. May this month serve as a reminder and an invitation to embody the love of Christ, not just in words, but in the very essence of our daily lives.

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





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## Simple Ways to Approach Lent With Your Kids

What if this Lenten season, we stopped to be present with our kids and with Jesus versus giving up a meager piece of chocolate? (No shame here; I gave up chocolate for years.) Even King David knew that God wasn't interested in what he gave up so much as what he was becoming. How do we get our kids on board with approaching Easter through the season of Lent with this attitude? This may mean giving up time-stealers—an activity, object, or event that robs you and your family time away from God.

I'm not offering specific things to do or even a list of actions (parents don't need more things to do) but ideas for families to reflect on this final week of Jesus's life on Earth and thinking more about who we are becoming.



Conversation starters around the table, in the car, and on the way are easy ways to engage kids and get them thinking. As you look around your world, invite your kids to see or hear what God might see or hear. Ask your child how Jesus would respond if He walked your neighborhood.

Create a safe place where kids can share what is troubling them. Give them space to ask for help or strength to quit sinning. Offer compassion and grace in your response and prayers. Plead with the Holy Spirit to convict your family of sin and to live and work through you.

Choose a Bible passage or story about the events leading up to Jesus's resurrection, starting with Palm Sunday. Find a time that works for your family, maybe breakfast or bedtime. As you read, stop to hear the clanking of coins as Jesus cleared the temple, smell the aroma of perfume poured over Jesus, or imagine the King of kings riding on the back of a donkey into Jerusalem. Ask questions: What do we learn about Jesus? What do we learn about those He interacted with in the passage? Invite questions from your kids, offer some of your own, and be okay with not always having the answer.

As you read the Bible, identify a verse that speaks to your family and print it on a mirror or the fridge. Let it soak into your very marrow. Chew on it for a week. What if your family practiced the command, believed the promise, or wrestled with a verse? Turn off the buzzing and beeping of screens for one day or one hour and allow scriptures to fill your minds. Take note of any differences.

Find moments within the rhythms of your family to spend these weeks leading up to Easter together with Him. This sojourn with Jesus may spark celebration and wonder at Jesus's resurrection.

— 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).

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## Labels, Lies, and the Truth

Their stories include abuse, addiction, lies and trauma. By the world's standards, their chances of finding freedom were slim to none. Yet, they sat on the Bridges set talking about how truth dispelled the lies, and love purchased their freedom.

### You'll never amount to anything

As I talked with Shakia, I was stunned to hear she was told "you'll never amount to anything" growing up. Listening to her story of being sexually abused as a child and by several family members made me angry. Yet here she was on the Bridges set sharing her dark moments of addiction and other tragedies – yet she was whole, at peace and free. Her freedom in Christ was a process, but she stayed the course at Blue Monarch, a non-profit that serves abused and addicted women and their children. Her time at Blue Monarch helped Shakia learn to recognize and reject the lies she was told growing up. She also had to forgive the very people that stole her innocence and attempted to diminish her value. Today Shakia is a Christian, a wonderful mom, and she has an amazing career as Officer of Development and Community Relations at Blue Monarch. Shakia is free.

### When she was just a teen her parents used drugs with her

Jessie Lane was the first Bridges guest to ever share that they were introduced to drugs by their parents. For Jessie Lane drugs, abuse, and darkness became her normal. She believed the generational lie that life would never change, and for years it didn't. Her story includes being dragged and forced into the woods by an ex-boyfriend. There the ex-boyfriend cut her with a knife and held her hostage for hours. At another point she lost custody of her daughter. This is a story that no one wants or deserves. But Jessie Lane's story takes a turn, and there she found a brand-new life. Today Jessie Lane is free. The drugs are gone, the generation lies exposed, and she was reunited with her daughter. Her freedom wrought by Christ, Jessie Lane's obedience, and the assistance of Blue Monarch, Monteagle TN.

### Once an addict always an addict

Susan Binkley is the Founder and President of Blue Monarch, and she says it all started with a God-given dream. Susan does not have a personal addiction story, nor did she ever think about launching a non-profit where women and their children could live and recover. Yet God gave the dream and Susan obeyed. Susan now has a team of caring professionals who provide everything from parenting training to trauma therapy. As Susan and I talked on the Bridges set Susan said the phrase once an addict always an addict made her angry. I nodded in agreement because I have always believed that phrase was a horrible lie. When God gives you freedom you are free – you are a new creature in Christ. New life in Christ defies every single label. Every. Single. Time. Blue Monarch exists to show abused and addicted women and their children that freedom is possible.

### Today's Secret from the Studio: Even the strongest addiction, greatest deception, and deepest darkness cannot limit your freedom in Christ.

— Monica Schmelter is the host of Bridges on Christian Television Network. She is the recipient of the Women in Film and Television, Industry Cornerstone Award. When she's not in the studio she enjoys spending time with her family and says much of her life can be described as "me and my two Joe's." You can watch Bridges on demand by visiting [bridgeswithmonica.com](http://bridgeswithmonica.com).







## Insurrection: The Supreme Court to the Rescue

The final weeks of 2023 saw two firsts in U.S. history. On December 19, 2023, the Colorado Supreme Court ruled in a 4-3 split decision that former President Donald J. Trump was disqualified from holding the office of President, and that to place him on the presidential ballot would violate the insurrection clause of Section Three of the Fourteenth Amendment to the U.S. Constitution. Nine days later, on December 28, 2023, the Maine Secretary of State Shenna Bellows followed suit and, citing the same legal grounds, removed Mr. Trump from the Maine presidential ballot as well.

The question is now before the Supreme Court, and a ruling is expected before March 5 Super Tuesday, the date sixteen states will hold their presidential primaries. The stakes in this case are enormous. If left to the courts of 50 states, litigation over a candidate's eligibility for President would result in conflicting rulings and delayed transition of power because of our nation's inability to meet certain constitutional deadlines for selecting its next president.

But the decision of the Colorado Supreme Court has consequences beyond just the next presidential election. If left undisturbed, it could affect the po-

litical stability of the nation, and expose the country to months, or perhaps years, of chaos.

For example, Congress has sole authority under the Constitution to remove a President from office for "Treason, Bribery, or other high Crimes and Misdemeanors." The power to accuse a President of an impeachable offense resides solely with the House of Representatives, while the power to remove a President resides solely with the Senate. These bodies exercised this power twice against the sitting President Trump, and both times, he was acquitted. The Colorado Supreme Court, without any trial or hearing, simply determined that Congress got it wrong – both times.

The Colorado ruling also throws confusion into the executive branch's activities, too. If the Colorado decision is correct, some have argued that the former President would be immediately disqualified at the moment he purportedly engaged in insurrection on January 6, 2021. Under this view, the actions that President Trump took between January 7 and January 20, including the bills he signed into law, would not be constitutionally valid. Thanks to Colorado, then, some would say that America was without a President for a full two weeks.

The Fourteenth Amendment provides that "no person shall ... hold any office ... who, having previously taken an oath ... as an officer of the United States ... to support the Constitution of the United States, shall have engaged in insurrection or rebellion against the same." But just what type of conduct constitutes insurrection? At the time this language was adopted, the U.S. had just concluded a long and bloody civil war. Those who had taken up arms to defend the Confederacy were the ones targeted by this new amendment. Yet, several of those Confederate officers were later allowed to serve in Congress. Is a mere assemblage of people shouting enough to constitute an insurrection? If two people link arms across a sidewalk to block a poll worker from entering a ballot-counting site, does that hinder the transfer of power enough to constitute an outright insurrection? Taking the actions committed on January 6 at their worst, was there ever an actual effort to overthrow the government? The Supreme Court has these and several other perplexing questions before it in this case.

— Larry L. Crain  
www.Crainlaw.legal



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## TEACHABLE MOMENTS

### Loneliness: The Next Epidemic

COVID is certainly still lingering, but the next epidemic is already on the scene. It has been confirmed by the U.S. surgeon general. Dr. Vivek Murthy says this epidemic is an underappreciated public health crisis, has an impact as serious as smoking and can lead to heart disease, stroke and dementia. And sadly, there is no vaccine in production to deal with this epidemic.



The new epidemic is loneliness. Our need for friendship, companionship, congregation, assembly, joint projects, neighbors and belonging is essential to human health and happiness.

Resolving our isolation requires friends. Trevecca is guiding a generation marked by profound loneliness in their quest to belong to others. Our name itself means “a binding together in love.” This has been our chapel theme for the year. When technology makes us digitally present rather than physically present with each other, the creation of friendships plummets. We need eyes to see us, ears to listen to us, a face that beholds us. We need people who care about us. We need community and congregation.

Trevecca stands at the center of relational creation for generations of students, faculty and friends. Some of my best friends today are the people I shared life with on the Trevecca campus 50 years ago. When I am with them, I find a surge of happiness as we share present life along with distant memories. One of our goals for the generation attending Trevecca today is the same campus gift – friends who help cure loneliness and bring a lifetime of happiness.

— Dan Boone, President of Trevecca Nazarene University



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— Tammy Daughtry, MFT, Co-Founder The Center for Modern Family Dynamics, Founder Co-Parenting International



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## Snow Days and Expectations



It recently snowed here in our area, and when I say snowed, I mean it SNOWED. Being a girl raised in Florida, this was more snow than I have ever seen. If I can just be honest with you all, I had my expectations up as high as the forecasted snow amounts. I imagined our little family playing out in the snow, drinking hot chocolate, sitting around a fire and watching movies together as the glorious white snow fell from the sky. Guess what did not happen, any of that... not one single thing on my snow day expectations list. Do you know what else didn't happen? Communication. I never communicated my Hall-

mark Channel inspired snow day list to anyone else, specifically my husband. So, when nothing on my list was checked off, I was mad. Just flat out mad. I started to see pictures of my friend's checking things off my list with their little families and I just let it fester inside of me until I was so angry with my husband, but he had no idea what he did wrong. But he was aware something was wrong by my passive aggressive comments and looks, I am sure.

I wish I could tell you all that this is the first time that I have done this, but unfortunately it is not. I have been here before. I know better. Here is what

I am continuing to learn, over and over again. Communication is KEY in a relationship, especially in marriage.

Have you ever found yourself in a spot like this? It's awful, isn't it? Do you know what solved this problem for us this time and every time before? An apology, communication, and grace. Marriage is hard. Being a parent is hard. It all takes work and grace... so much grace. Did I want to apologize and have a hard conversation? Not in the least bit, again, I just wanted to play in the snow with my hot chocolate. But I am so grateful that we did communicate through it, because you know what? The snow is still here today... and we have another chance to do this better.

Maybe it's not a snow day for you, maybe you are dealing with some other unmet expectations. I encourage you to search your heart a little and ask yourself if you really communicated those expectations to anyone? If you find that your answer is no, then have that hard conversation, ask for forgiveness and extend grace. It is so much better than harboring bitterness, especially when it comes to your marriage. You've got this mama. You can do hard things, and I know that because you do, all the time.

— 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.



# Attention

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## AN ENCOURAGING WORD

### God Is Always On the Move

Doing NEW things is always what God is up to. He is the Creator, which also means He unfailingly stands ready to lead us into new and creative things. He is THE ONE who will always move us forward into new, creative, and innovative things, if we repeatedly set our heart to walk with Him by faith.

So, it's clear to me that as we stand at the threshold of a new year, the words of Isaiah 43:18-19 call us to a journey of spiritual renewal and anticipation. The past year, with all its joys and challenges, is now behind us.

God, in His infinite wisdom, grace, and creativity, invites us to embrace the newness He has in store ... if we turn to HIM in faith ... ready to move forward (not fixing on what's gone before) in faith, walking with HIM.



*“Forget the former things; do not dwell on the past.” The canvas of the new year is blank, awaiting the brushstrokes of God’s providence. It’s a divine call to release the grip of yesterday, whether it was marked by triumph or trial. God’s mercy invites us to step into the new with unburdened hearts, free from the weight of what has been” (Philippians 3:13-14).*

*“See, I am doing a new thing!” What a promise to carry into the coming days! God, who holds time in His hands, is not bound by the constraints of the past. He is continually at work, crafting a*

narrative of redemption, hope, and transformation. The question echoes, “Now it springs up; do you not perceive it?” God’s newness is not always conspicuous; sometimes, it emerges in the subtle whispers of His Spirit, in the gentle nudges towards change and growth. Expect Him to move in creative, even beautiful ways, not necessarily religious ways.

In the wilderness of uncertainties that the new year may bring, God declares, “I am making a way in the wilderness and streams in the wasteland.” Where there seems to be no path, God is the “Waymaker.” In the dry and desolate places, He promises streams of His presence, grace, and provision.

Let’s open our hearts to perceive the new thing God is doing. I know we’re doing that very thing here at ACT International. We are excited to see the new things God will do in 2024 through our staff and departments ... in 54 countries.

May we not be hindered by the shadows of the past but walk in the light of His promises. Our God is a God of fresh beginnings and constant creativity and in Him we find the courage to face the unknown with faith. And that’s what I’m praying for you as we all launch into this new year before us!

— Dr. Byron Spradlin, President, ACT International  
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### The Next Generation of Skilled Trade Workers

In the hearts of parents resides the desire to raise their children to be successful, whatever that may look like for them. Success could be defined by wealth, health, safety, job security, family, education, or job satisfaction. Maybe success incorporates a balance of all of these. Ultimately, parents want their children to find happiness in their lives. Success and happiness may be synonymous in this instance.



As a parent myself, I looked for ways to help my daughters find careers that would bring them happiness and achieve success. When my girls were in school there weren't many resources available that would assist them in finding a satisfying career. Now, many schools are equipped with career coaches, and a few companies allow students to “shadow” an employee before committing to that career path. Lee Company is honored to be among those companies invested in offering career exploration opportunities in HVAC, plumbing, and electrical trades. We have our own career coaches, with experience in these trades, educating students on the success they can achieve if they pursue a career with us. Partnering your child with one of our career coaches will provide invaluable insight to what it would be like working in a skilled trade at Lee Company.

After deciding on and pursuing a career path, the next concern of a parent is where their child will work. I wanted to ensure both of my daughters selected companies that invests in their future, trains them to become masters or experts in their field, and offers them financial stability. Their safety is of utmost importance anywhere they work. Lee Company provides all of this and more for their employees. Internal training at Lee Company University, an accredited program through NCCER, which is fully paid for by Lee Company, as well as leadership and skills training are investments the company makes in employees who are interested in growing their career. With a dedicated safety team ensuring everyone gets home safely, and with 80 years in the business, proving stability, Lee Company is an obvious employer of choice for parents looking out for the best interests of their children.

Schedule a time for our career coach to talk to your son or daughter about a career in the trades and let them coordinate a job shadow opportunity with one of our technicians. As a parent myself, I advocate for Lee Company's career coaches working with high school students or recent graduates to help them explore the skilled trades as a potential career path. And as a Lee Company employee and a parent of two young adults, I truly believe that Lee Company serves the best interest of young adults who are starting their careers with us.



Scan the QR to connect with our Career Coach!

— Kim Hitchcock, Director of Workforce and Pipeline Development



## The Practice of Tithing

In the tapestry of biblical teachings, there is a unique thread that invites us to test God: the practice of "Tithing," or offering the first fruits of our income to Him. I have a deep conviction that this principle extends beyond our material resources to encompass the very essence of our daily lives—our time. Allocating the first fruits of our "Time" to God is likely as significant to Him as any monetary offering. For He is our Father, and what father does not long to spend time with his children?

Furthermore, as Christian men aspiring to reflect the character of Jesus, scripture offers a compelling example. Jesus Himself "Tithed His Time"—beginning His days in the early morning hours, immersed in prayer and fellowship with our Father. This practice wasn't incidental; it was integral to His life and mission.

The Bible assures us that God's desire is to shower blessings upon our lives, blessings so profound that they surpass our wildest imaginations. As our divine Patron, He yearns to realize the dreams He has for us. Yet, how often do we forfeit God's optimal designs simply because we fail to invite Him to steer our daily course?

The gauntlet of challenges that we, as men, navigate—as husbands, fathers, and providers—can bring us to the brink of what we can endure. The pressures can be crushing. We face a foe whose singular mission is to pilfer our serenity and joy. I've dubbed this adversary "Jr.," the "Joy Robber," a title that encapsulates his modus operandi. Unbeknownst to many, our battle is not solely in the tangible world but also against the unseen forces in the spiritual domain. The conflict is relentless, but prayer is the potent weapon that can

shift the balance. As the Apostle Peter warns, "Stay alert. Watch out for your great enemy the Devil. He prowls around like a roaring lion, looking for someone to devour" (1 Peter 5:8).

Those acquainted with me will recognize my oft-repeated mantras. The first: "armor up, or be vanquished." This is derived from Ephesians 6:11, which exhorts us to "Put on the full armor of God, so that you will be able to stand firm against all the strategies of the devil." It's a call to spiritual vigilance and preparedness for all Christian men.

The second maxim is, "There's power in the Hour." This is an encouragement to dedicate the initial hour upon awakening to "Tithe your Time" to God—engaging in prayer and meditation on the Scriptures. Such a commitment can have a transformative effect on your life.

God has charted a destiny for you as a man, complete with a flawless blueprint for your life. Embrace each day by seeking His presence first, petitioning His guidance, and striving to embody the son He envisions. Engage in dialogue with your Father each morning and observe as He bestows upon you a peace and joy that transcends understanding—a reward beyond what you could have ever envisaged. I extend this challenge to you: take the test and witness the divine shift in your life.

— 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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## SPECIAL FEATURE

### Understanding Hair Loss: Unveiling the Science Behind It

What causes hair loss? Unfortunately, the answer to that question is complicated. There are a number of possible causes, and it can take some detective work to determine the source in your particular case. While there are about 18 documented causes, there are five that are most common. Chances are, your hair loss falls into one of these categories. At the very least, these are where you should start in determining why your hair is thinning:

**1. Genetics.** Just like male pattern baldness, genetics can be the cause of hair loss in women as well. It usually involves thinning of the front hairline, temples, or all the way to the crown of the head. This cause needs to be ruled out through a DNA test or TrichoTest™.

**2. Autoimmune Disorders.** In an autoimmune disorder, the body mistakenly identifies your own hair follicle cells as foreign agents and attacks them in a misguided effort to protect you. In this case, the hair loss may appear across the scalp, as well as the eyebrows, eyelashes, and beard. If you start to see balding areas, a significant amount of hair loss in the shower, or thinning of the edges of your eyebrows, an autoimmune disease may be the culprit.

There are a number of autoimmune disorders, but Hashimoto's thyroiditis is one of the most common, as thyroid issues are frequently the reason for hair loss. The best way to determine if this is the case is to be tested for autoimmune antibodies and thyroid markers. Unfortunately, most doctors don't test for all thyroid markers, so you need to specifically request a full set of these blood tests. If an autoimmune disorder is determined to be the

cause of your hair loss, treatment may include dietary and gut health recommendations, nutritional supplements, and/or prescription medications.

**3. Scalp Conditions.** Diseases like eczema and psoriasis can lead to hair loss. If you have noticed your hair thinning, examine your scalp carefully, and visit a dermatologist for a proper diagnosis. Bear in mind, too, that psoriasis is an autoimmune disorder, and people who have one of these disorders often eventually develop more of them, especially if they are left untreated. Therefore, it's important to treat scalp conditions early.

**4. Underlying Health Conditions.** To determine if an underlying condition is the cause of your hair loss, you will need to get a full set of laboratory tests. Most of us neglect these to our detriment. We need to stay on top of these numbers to determine if we have any vitamin or mineral deficiencies. As I mentioned in number 2, this includes a full workup of thyroid markers.

Other deficiencies to specifically note include iron, ferritin, and vitamin D. All of these particularly play a critical role in hair growth and the health of your hair follicles. Note that your levels of these nutrients should be in the optimal range or at least in the high normal range. If they're in the low or mid-normal range, you may not have enough of these nutrients to prevent your hair loss. If your vitamin D level is especially low, you may need an IV infusion or a prescription-strength supplement for a few weeks before starting a maintenance dose.

Please don't supplement these on your own, however. You should have your levels tested and



be directed by a medical practitioner to make sure you take the proper dosage. It's also important to check your nutrient levels regularly, preferably on an annual basis.

**5. Traction Alopecia.** This condition results from (1) frequent twirling, picking, and pulling of the hair, eyebrows, and/or eyelashes. Frequent repetitive behaviors can also be linked to this form of alopecia; or (2) tension and strain on the hair strands and follicles from tight ponytails, braids, or weaves. Over time, the hair follicle can lose enough strength that it actually dies. Therefore, it's important to recognize the problem early before it's too late.

Hair loss can often be treated and improved, but the cause must be pinpointed first. If you are losing hair, pay close attention to your symptoms, and get the medical help you need to determine the source and receive proper treatment.

If you are experiencing any of the causes listed above or are concerned about your hair, contact HPI Hair Partners today to meet with a Trichologist, [www.HPIHairPartners.com](http://www.HPIHairPartners.com), 615-662-8722 or [info@hpihairpartners.com](mailto:info@hpihairpartners.com)

— Kimberly Vaughn, Advanced Trichologist, Hair Loss Coach and Certified Nutritional Coach, [www.hpihairpartners.com](http://www.hpihairpartners.com)



## MISSION MAKERS

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### Lives Changed Through the Programs of The Salvation Army: Meet Nathaniel



Nathaniel had spent his life fighting. “I had a mentally disabled brother. I had to fight for him all my life. That's how I started fighting people, you know, people would pick on him, making him cry. So I got it fights and then I graduated the guns.” Having been in and out of trouble in Nashville, he decided to move to Murfreesboro to get away from bad influences. However, trouble continued to find Nathaniel and he found himself facing aggravated assault charges and a second trip to prison.

After that 10 year sentence, he knew he had to change the path of his life. “I went to the Carrier Center and they approved me to go to truck driving

school.” But, he needed a place to live in order to take the advantage of this opportunity. That's when The Salvation Army came into the picture. Within 4 days, Nathaniel was accepted into the gap housing program and was able to start down his new path to a brighter future.

“Today I'm trying to go in another direction. The Salvation Army helped me even get my own place, a two-bedroom trailer. I got lots of people behind me...believing in me. You know, I think through the Salvation Army, just changing my mindset, they just showed me how to appreciate the small things.”

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





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**107** NEIGHBORS  
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**MEALS  
SERVED**

**28,560**

Hot nutritious meals were provided to residents of our gap housing, neighbors in encampments, community members and disaster survivors!



**5,793** ADOPTED  
ANGELS

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**VOLUNTEER  
HOURS** **8,942**

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## SPECIAL FEATURE

### Let's Dive Into Water Safety!

Water safety is an essential skill set that keeps us and our children safe from the potential dangers that can arise from being in or around water. Whether it's at the beach, pool, or water park, water safety is the key to enjoying our aquatic adventures without worries. To help implement water safety, swimming lessons come in as a layer of protection against drowning that should not be limited to the summer months. At British Swim School, we

understand the importance of water safety and helping our students build the skills they need to stay safe in and around the water year-round.

So, what are the benefits of staying swim-ready all year? For starters, swimming strengthens the immune system by increasing white blood cell count, helping the body fight off germs. It also reduces anxiety, improves mental toughness, and releases endorphins into the body, which can help to improve overall mood and well-being.

Swimming lessons also teach students to overcome any fear of the water, building confidence

as they go. Can you imagine how important this benefit is for children who may have had a bad experience in the water or who are naturally hesitant around water?

In addition to those benefits, year-round swimming lessons also provide a balanced form of exercise during cooler months, building muscular strength, cardiovascular health, endurance, flexibility, and coordination.

This can be especially helpful for children who may not be as active during the winter months, when outdoor activities may be limited.

Most importantly, swimming lessons can reduce the risk of drowning by 88%. This is a staggering statistic and highlights just how important it is to ensure that our children have the skills they need to stay safe in and around water.

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 who is confident to assist in case of a water emergency 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. Take turns being the water watcher.
- **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 flotation 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's unique water safety program uses teaching methods that are the trademark of our company. Our certified 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.

For more information about water safety or swim lessons, please visit: [www.britishswimschool.com/nashville](http://www.britishswimschool.com/nashville)

— Amy Maloney, Franchise Owner  
British Swim School of Nashville,  
[amy.maloney@britishswimschool.com](mailto:amy.maloney@britishswimschool.com)  
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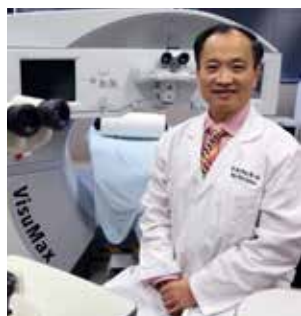
## Dr. Ming Wang To Host A Chinese New Year Concert

On February 2, 2024 from 5:30 p.m. to 7:30 p.m., Dr. Ming Wang, Harvard & MIT (MD, magna cum laude); PhD (laser physics), is hosting an annual Chinese New Year concert celebrating the Year of Dragon at Steinway Piano Gallery, 4285 Sidco Drive, Nashville, 615-373-5901. Free admission, wine and food and music. The event is to benefit the 501c(3) non-profit Wang Foundation for Sight Restoration which 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 will be joined by Mr. Carlos Enrique, MA, on classical guitar and Mrs. Deidre Emerson, MA, on cello. Jacket and tie and evening dress. RSVP to Ella Morrissey, [ella@wangvisioninstitute.com](mailto:ella@wangvisioninstitute.com), 615-525-3314.

The sight foundation's charity work to help blind orphan children from around the world has been featured in the film "Sight" which is based on Dr. Ming Wang's autobiography "From Darkness to Sight". The film 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.

Currently Dr. Wang is bringing the free "Sight" film show to churches in Tennessee and beyond. If you know a church in middle Tennessee, or a host outside middle Tennessee 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](mailto:drwang@wangvisioninstitute.com), [www.drmingwang.com](http://www.drmingwang.com)

### 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.

The film "Sight" is based on Dr. Wang's autobiography "From Darkness to Sight" and co-stars Greg Kinnear.

To reach Dr. Ming Wang: [drwang@wangvisioninstitute.com](mailto:drwang@wangvisioninstitute.com), [www.drmingwang.com](http://www.drmingwang.com), 651-525-3314

— Leona Walthorn

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# A Time to Weep, A Time to Laugh

At the '24 Golden Globes, the comedian Jim Gaffigan made a joke heard 'round the online world. "I can't believe I'm in the entertainment industry. It's so unlikely," he began in his usual, sarcastic, and slightly bewildered way, "I'm just a guy from a small town in Indiana. I'm not a pedophile."

The infamous Epstein client list was released 5 days earlier. In a room filled with A-list celebrities, Gaffigan's joke earned a mid-level laugh.

What world do we live in where the people lauded as the most beautiful, most talented, or the funniest, can joke like this and find it funny? And when a film like "The Sound of Freedom" (a "based on a true story" movie about human trafficking) has breakout success, those same people slap inflammatory titles on it. Or say nothing at all.

Victims of sexual abuse and human trafficking are not entertainment fodder for Hollywood. Men and women, and boys and girls of all ages can be and are being affected.

But what exactly is human trafficking? It is not synonymous with sex trafficking, but they often happen together. Sex trafficking is forcing or coercing someone to participate in sex acts for money. Human trafficking is forcing or coercing someone into debt bondage, peonage, slavery, or involuntary servitude.

This second crime is more prominent in poorer countries where families often pull their children out of school to help the family earn enough money to survive. Children are sold with the belief they will be able to go home. Instead, they are forced to work 16 hours a day in factories and on farms you wouldn't want to step foot in.

Some of the products these children make are probably in your home right now. Have a Hershey's, Mars, or Nestle product? Many Western African farms have young children wielding machetes to extract cocoa beans from their pods. And you know that awesome new top you got online for



super cheap? Companies who can sell things at those prices aren't paying fair wages somewhere in their production line. Children are cheap, submissive laborers.

But this can change, and you can be part of it. More organizations now exist to give you opportunities to help fight these atrocities. Right here in Nashville, Tennessee, Rescue 1 Global is doing exactly that.

Founded in 2011 by missionaries Daniel and Lacy Henson Tolar, Rescue 1 Global is an independent, full-scale prevention, rescue, and restoration mission to fight human-trafficking locally and around the world. It was during a 2011 mission trip to Thailand, a hotspot for human trafficking, that the Tolars' eyes were opened.

And as we all know, once God shows you something, you can't look away. So the Tolars did as Jesus commanded, they became His hands and feet. They found Thai Christians whose hearts God had also softened, and they got to work. Then God showed up again. Others were moved by their work, and what started in Thailand eventually grew into the Philippines, Laos, and India.

When the Tolars came back to Nashville, they were ready to rest, but their eyes couldn't be shut. As they soon discovered, human trafficking wasn't a third-world problem, it was an everywhere problem, even in the buckle of the Bible belt. So, once again, the Tolars rolled up their sleeves and got to work.

Over the last 12 years, Rescue 1 has saved 847 people from this darkness. That's easy to read and gloss over. "Glory to God!," "Yes!," "Hallelujah!," and "Amen," we all say. We should rejoice, but we should also realize this is not a somewhere else problem. Human trafficking is happening everywhere, and the problem is growing.

But such a sinful and horrible thing could never happen where you live, surely? Sadly, yes. Jonathan Williams is Rescue 1's current Board Chair and an ardent volunteer. He

connected with Daniel and Lacy in 2020. During the pandemic, the Nashville mayor's office got in touch with Rescue 1 to ask for help. They had moved many of the homeless community into a local motel to curb COVID cases. What they soon discovered was rampant prostitution, and they didn't know what to do. Rescue 1 asked Jonathan's church for help and he never looked back. But that's Nashville. It's urban. That would never happen in the suburbs.

Over the phone, Jonathan told me of a girl in the Brentwood public school system whose uncle would pick her up at 1 AM, sell her for a few hours, then take her home. For years, her parents were clueless until a DCS worker reached out to Rescue 1 for help. The girl's parents didn't believe them, so Rescue 1 gathered evidence. When the uncle found out, he fled to his home country and the girl's trafficking stopped. When the uncle flew into Atlanta 2 years later, he was promptly arrested. Thank God.

More recently, Jonathan was having breakfast at First Watch in Cool Springs. He saw a teenage girl with an older woman outside near a car and felt



the Holy Spirit's prompting. He went outside and saw the girl sell herself to the man in the car.

Further south in Spring Hill, Jonathan knew a local girl who, several years after her high school graduation, ended up with a drug addiction and a 6-figure debt to her dealer. About this, Jonathan said, "The dealer let her try to work off the debt. Surprisingly, within 3-4 years, she did. But there were days [when we were doing community outreach] when I saw her get into 3-4 cars in an hour." The sad part? Jonathan knew her parents, knew they would take her back in a heartbeat, but she wouldn't accept Rescue 1's help. Victims often see themselves as too broken to be redeemed. "But we're out there to love them and share the gospel. We can't save them, only the Holy Spirit can," he added.

But drugs aren't the only gateway to being trafficked or abused. "Parents think their kids are safe because they lock their phones. They're not," Jonathan adds. Because he knows of a girl whose phone was locked down, but someone hacked in and started sending her friendly messages. Eventually, the hacker asked for photos. Though nothing explicit was shared, the only reason it stopped was because the girl's father heard her phone go off in the middle of the night and saw the messages.

Jonathan has seen trafficking victims throughout Nashville and even into Columbia, but sex trafficking has happened in all 95 Tennessee counties. In 2023, according to the Tennessee Bureau of Investigation's report, there were over 600 reported cases of minor (under 18) sex trafficking in Tennessee. That was 10 times the amount from 2017, and the vast majority are reported by social services workers. In the same report, the TBI acknowledged they had received tips for minor sex trafficking for children as young as 5 months. The average age for sex trafficking victims in Tennessee is 13-17, in line with the national average.

But these trends don't have to get worse. We can pray, as we all should, but we can also help. You don't have to join law enforcement and wear a badge every day, but you can help prevent, help rescue, or help restore.

Rescue 1 offers all three services to victims of human trafficking, and anyone can get involved. Really. The first step to stopping this crisis is prevention. Rescue 1 offers community awareness training through their Human Trafficking 101 program. Learn how the trafficking industry works, how to recognize potential victims, which authorities to



notify, and steps you can take to prevent another victim.

But in today's digital age, with children having unlimited access to strangers and information, Rescue 1 also offers a Kids Rescue Kids program. Our children see more than we think they do. Let's give them the tools to think about what they see.

The second step is rescue. Admittedly, this is not for everyone, but those to whom God has given the courage, listen up. Rescue 1 has a "Special Ops" team with 3 divisions: community outreach, surveillance, and

mobile ops teams.

Outreach teams, like the one Jonathan serves on, get to know traffickers and their victims through repeated contact. When asked, Jonathan insists it is much safer than we might believe. Groups go out in 3-4, usually with armed protection. But the victims know the faces of the outreach teams. They look forward to seeing them because they offer home-cooked meals and hygiene products.

"But," he adds, "we would love to have more women on the outreach teams. Women get a completely different response than men do. They're treated more warmly and people will tell them things they won't tell men, because we look like the people they're being trafficked to."

Surveillance teams can liaise with law enforcement by providing security, being part of the outreach teams, finding "business" locations, or gathering information.

Mobile Ops teams get the victims out or help relocate them. Rescue is most often needed overseas, and can be asked for by law enforcement, district attorneys, medical and social workers, or even the victims. "We don't kick down that many doors though. So many guys want to kick down doors, but that's about 1% of the time," Jonathan quips. "It's not Jim Caviezel running through the jungle."

The third step is restoration. Arguably, the most important, but the most difficult stage to get victims to. "It's incredibly frustrating, but so often we talk to people who promise to meet us next week [to get on the bus to rehab] because they want to go get high one more time. When they do that, I know they won't show up," Jonathan notes. Don't they want to get away from that life? For too many, getting high and being sold is all they know. They don't have Christmas celebrations or small groups. Victims of sex trafficking tend to see themselves as worthless. When your body is sold for pleasure,

why would you believe anyone cares about the soul inside it?

But for those who accept Rescue 1's help and are moved to rehab or a safe house, the biggest need is for people to love on these women and/or are willing to host a Bible study. You don't have to be Franklin Graham or Lisa Turkeurst, just willing to answer God's call.

Even if your schedule is full, consider donating old clothing, canned food, or feminine hygiene products. (Especially that last item.) If you know of a group willing to cook, donating homecooked meals is the key to gaining these victims' trust.

But keep this in mind, according to Jonathan: "A lot of places donate pasta, but these people want real, homecooked food. Who doesn't? When we show up with casseroles or burgers with mashed potatoes, they line up to talk to us."

One of Rescue 1's board members, so Jonathan tells me, has a large grill and will spend a few hours grilling over 100 burgers for the outreach teams to hand out. If you manage to burn even rice, there's also a need for people to help box up food for the outreach teams. If your time is slim, but your wallet is blessed, money is the easiest way to sustain Rescue 1. You can buy Rescue 1 merchandise, everything from art to mugs to candles to hats. You can join the prayer team and fight on the spiritual front as well.

But whatever you do, don't look away. Human trafficking is only getting worse. Right now, as many as 50 million people are enslaved globally. This industry is estimated to bring in \$150 billion dollars a year, right behind the drug trade. And its biggest consumer? The United States.

Hollywood thinks it can afford to laugh this off because we continue laughing, continue watching, continue singing along. Laughing isn't bad, and neither is a good show, but if you want to support Rescue 1 and have a good time, join their "Rise to Freedom: Music & Comedy Show" on February 29th, 2024, at Thompson Station Church in Thompson Station, Tenn. Performances will feature the talented Carson Peters, a contestant from "The Voice", and the hilarious comedian Paul Aldrich. Doors open at 5:30 P.M. and the show starts at 6:30 P.M. General admission tickets are \$40, VIP is \$75. If you'd rather cheer from the comfort of your home, streaming access tickets are only \$20.

Edward Everett Hale once said, "Because I cannot do everything, I will not refuse to do the something that I can do." So...what can you do?

— Megan Wilson



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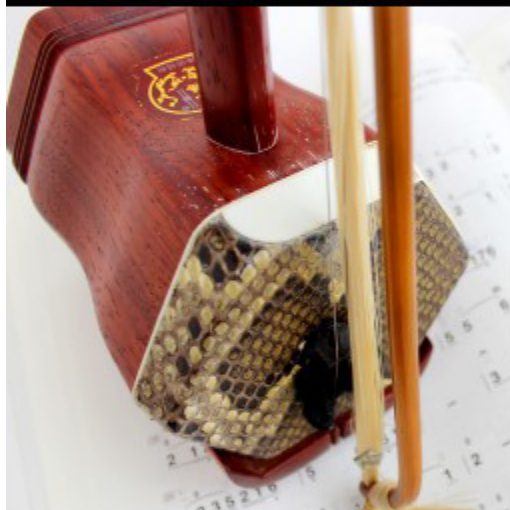
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## About the Event Organizer, Dr. Ming Wang, MD, PhD

The film "Sight" is based on the autobiography "From Darkness to Sight" of Dr. Ming Wang, Harvard & MIT (MD, *magna cum laude*); PhD (laser physics), co-starring Greg Kinnear.

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.

Amniotic membrane contact lens, which Dr. Wang invented and for which he holds two U.S. patents, has been used by tens of thousands of eye doctors in nearly every nation throughout the world, and millions of patients have had their eyesight restored.

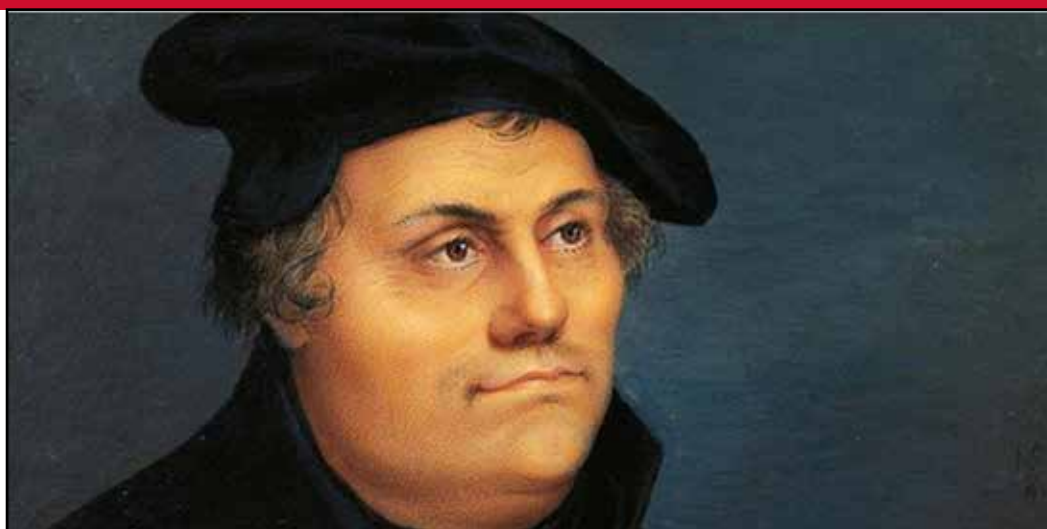
Wang Foundation for Sight Restoration has helped patients from over 40 states in the U.S. and 55 countries, with all sight restoration surgeries performed free-of-charge. Dr. Wang was named the Kiwanis Nashvillian of the Year for his lifelong dedication to help blind orphaned children from around the world.

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# Philos Classical Christian School Opening in Chapel Hill TN, August 2024



**“I am much afraid that the schools will prove the very gates of hell, unless they diligently labour in explaining the Holy Scriptures, and engraving them in the hearts of youth. I advise no one to place his child where the scriptures do not reign paramount. Every institution in which means are not unceasingly occupied with the Word of God must be corrupt.”**

~ MARTIN LUTHER

I first saw this quote on a poster in my son's office (Principal of a Christian High School in Montana) two years ago, my thought was WOW, how incredibly prophetic and sadly true. This is where America's public education system is now.

My next thought was, what am I as a Christian doing about this? In my observation it seems like often we are good at identifying the problem, but not so good at then finding and implementing a solution. For me, it was time to do something. I started discussing Christian education and specifically classical Christian education (CCE) with my son. The more I learned about classical Christian education the more sense it made, and I started down the path of discovering what it would take to start a classical Christian school. At about the same time, several other parents and grandparents were thinking Chapel Hill, TN would benefit from a Christian school and a task group was formed. After joining the Association of Classical Christian Schools, and following their direction and guidance, Philos Classical Christian School (PCCS) was incorporated as non-profit in September 2023, with a planned opening in August 2024. Initially starting with grades PreK-3, adding a grade each year.

As I attended various conferences on starting a Christian school, one common theme was prevalent: that we were to be certain God is in this endeavor and trust HIM in his direction through His sovereign will. Fortunately, we have numerous mentors who not only provide necessary guidance for starting the school, but they too are trusting God's sovereign will in that guidance. This was one of those things where when God is calling you to action, you KNOW it.

In preparation of opening in August of this year and to raise awareness about CCE, PCCS is hosting a **Kick-Off Event March 12, 2024**, at Rory Feek's Homestead Hall, Columbia. (see ad) The featured speaker is Pete Hegseth (Fox and Friends Weekend).



Pete Co-wrote *Battle for the American Mind* with David Goodwin, in which they outline with facts and data how the public education system has disintegrated to where it is today. It didn't start with Covid, but rather over 100 years ago! First with the progressives and then the Marxists. And what I so appreciate in this book is that they offer a SOLUTION. Classical Christian Education!

If you are a parent with young children, or grandparent, or just concerned about public education, and want to learn more about classical Christian education and how it benefits your family, community, and country, or you simply would like hear Pete or meet him, please join us at the kickoff event March 12!

Information and tickets are available at [www.philosclassicalchristian.org](http://www.philosclassicalchristian.org).

## You might be thinking “so what is classical Christian education (CCE)?”

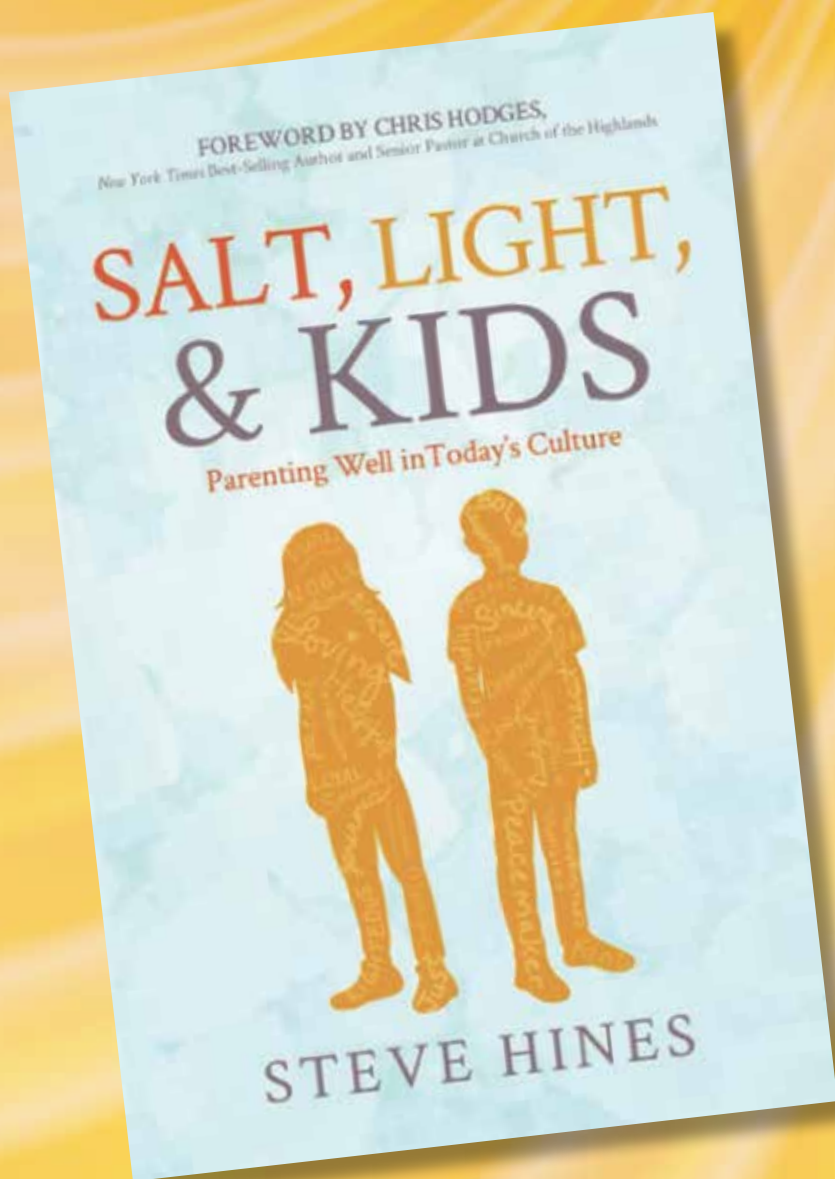
CCE is a way for students to learn, by incorporating methods based on natural phases of child development, cultivating Christian virtues, training students in Logic, Reasoning, and Rhetoric. The result is that students learn HOW to think through a Biblical worldview, not what to think through the cultural worldview. CCE supports parents in raising their children by God's design. CCE uses a Biblical framework to understand everything. And all subjects are integrated around the truth that God is THE Creator of all that exists. All subjects are understood through the revealed word of God. Visit [www.classicaldifference.com](http://www.classicaldifference.com) for a more detailed explanation and understanding.



PCCS is an independent, non-denominational, not-for-profit, classical and Christian school, not affiliated with any specific church. Tuition covers around 80% of the budget. Our school relies on the generous giving of our community and financial partners to help cover the remaining operating expenses, so that we are able to open as scheduled in August and to continue to grow well into the future. If you are interested in volunteering or wish to discuss financial partner options, contact Mark Bolt @615-308-8658 or [mark.bolt@philosclassicalchristian.org](mailto:mark.bolt@philosclassicalchristian.org)

— Mark Bolt (Founder of PCCS)





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## Unveiling the Hidden Gem: How Basement Waterproofing Elevates Property Value

Your home is not just a place to live; it's an investment. One often overlooked aspect of preserving and enhancing the value of your property is waterproofing the basement. Let's unravel the secrets behind how this seemingly mundane task can be a game-changer for your home's overall worth.

### Understanding the Significance of Basement Waterproofing

Before delving into the impact on property value, let's grasp the importance of basement waterproofing. We'll explore the potential risks and damage that an unprotected basement can face, setting the stage for the transformative benefits of waterproofing. Our complete waterproofing system includes all the solutions you need for a dry, comfortable, odor-free basement; no matter what's causing your issues. We offer many solutions for your home, including pumps, basement drainage systems, dehumidifiers, crack repairs, vapor barriers, and more.

### Preventing Structural Damage

A damp or flooded basement can wreak havoc on your home's foundation. Discover how basement waterproofing acts as a shield, preventing structural damage and ensuring the longevity of your property.

### Creating Usable Space

Transform your basement from a damp, neglected space into a valuable asset. Waterproofing opens the door to creating usable, livable areas, such as additional bedrooms, entertainment rooms, or even a home office. Unleash the full potential of your property.

### Enhancing Indoor Air Quality

Damp basements are breeding grounds for mold



and mildew, leading to poor indoor air quality. Explore how basement waterproofing contributes to a healthier living environment, positively impacting the well-being of your household.

### Boosting Energy Efficiency

Discover the surprising connection between waterproofing and energy efficiency. A dry basement helps regulate temperature, reducing the strain on your heating and cooling systems and – ultimately – saving you money on utility bills.

–

### Elevating Aesthetic Appeal

Curb appeal isn't just about the exterior; it extends to the functionality and appearance of your entire property. A waterproofed basement enhances the overall aesthetic appeal of your home, making it more attractive to potential buyers.

### Increasing Livable Square Footage

In the world of real estate, square footage matters. Explore how waterproofing your basement effectively increases the livable space of your home, providing a valuable selling point. At Frontier Foundation & Crawl Space Repair, we understand that a basement represents a very large section of space in your home. If you live in a one-story home, your basement could be half of your total square footage!

### Adding Value in the Real Estate Market

A waterproofed basement contributes to your home's market value. Understand the criteria that appraisers and potential buyers consider when evaluating a property. A home with a wet basement becomes much more difficult to sell. Reports show that a wet basement is one of the most serious "red flags" that deters buyers. A properly waterproofed basement can be a great selling point

for potential buyers and typically offers a return on investment of about 30 percent. Waterproofing reduces the prospect of mold, a toxic substance, and serious health risks.

### Return on Investment (ROI)

Investing in basement waterproofing isn't just an expense—it's an investment with a tangible return. Uncover the potential ROI and financial benefits that come with a waterproofed basement. According to Remodeling Online's 2009-2010 report, basement finishing raises the value of your home by 75.4 percent of the remodeling price. This makes it one of the best home improvement investments on their report.

### Cost-Effective Home Improvement

Comparing the costs of waterproofing to potential damage, our Design Specialists can show you the cost-effectiveness of this home improvement project. It's not just about protecting your property; it's about making a wise investment in its future. Basement finishing is the most cost-effective way to add living space to your home. Unlike building an addition onto your home, the basement is already there, and so are the pipes, electrical wires, and utilities you need, making it cheap in comparison to building an addition or buying a new home.

Basement waterproofing is more than just a protective measure—it's a strategic move to increase your property's value. From preventing structural damage to adding usable space, the benefits extend far beyond the surface. Don't overlook the potential hidden beneath your home; invest in basement waterproofing and watch your property value soar. Contact Frontier today for a FREE basement waterproofing quote!

— Ashley Beall, Marketing Specialist  
[www.trustfrontier.com](http://www.trustfrontier.com)

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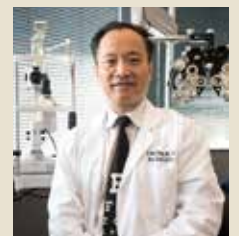
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— Ming Wang, Harvard & MIT (MD); PhD (Laser Physics)







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## Our Heart

*“Above all else, guard your heart, for it is the wellspring of life” (Proverbs 4:2)*

Our heart is considered the well spring of life which everything else flows from it. A wellspring can be defined as “a continual supply or basically the source of everything else in our life.” Webster defines a Wellspring as the head or source of spring, stream, river, etc., fountain-head. Or a source or supply of anything, especially when considered inexhaustible. The heart is our “central station”, it is essential to our ability to live and function. On a practical level, our heart continues to work behind the scenes keeping oxygenated blood circulating throughout our body through our Autonomic Nervous System. Our heart sends powerful commands to our bodies and brains via neurological, hormonal, and electrical signals that not only keep us alive, but that can direct our mood and emotions as well.

Our heart is also our authentic self and the core of our absolute being. It is where all our dreams, our desires, our motivations, and our passions live. Our heart is the part of us that connects our spirit to God as well as connects us to others. Not only is our heart a vital organ that helps us to live and breathe, but it is also vital to God. Our heart is the keeper of our life and therefore, God has a lot to say about it.



*“A heart at peace gives life to the body”.* (Proverbs 14:30)

We guard our heart by what we focus on. The good news, whatever we focus on, expands but this can also be the bad news. We are familiar with the acronym, G.I.G.O. Garbage in, garbage out. This sums up the WHY behind guarding our hearts. Day in and day out, we fill our hearts with either positive or negative information and messages. Our speech is a telltale sign of what our hearts contain. Are our conversations more prone to fear and worry or do we express kindness, peacefulness, and goodness? The words that come out of our mouth are a direct connection to what we have filling our heart with.

*“Out of the abundance of the heart, the mouth speaks”*  
Luke 6:45b.

February is the month where we focus on our heart. Perhaps find practical ways to make sure you are filling your heart with all things that are good. Make sure you are kind to yourself so you can extend kindness to others. Let go of your past. Forgive others. Live in the present moment. Be grateful and learn to give as well as receive love. Dwell on the positive. Laugh out loud often. Live your best life out of an abundant, loving wellspring.

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

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## TEACHABLE MOMENTS

### Intentional Actions Lead to Unintentional Consequences

From the moment we wake up, we begin to make choices. Some of these choices are intentional, in other words, well thought-out; the rest will be unintentional, what I call, “going through the motions”. Both can be positive or negative, based on truths, falsehoods, and misconceptions. The one thing that makes humanity a complicated species is that we can make decisions that go against our natural instincts, as well as the natural order needed to operate functionally as a society. Every action will always affect me directly and will also touch the lives of others indirectly. Even as an intelligent being, we cannot seem to grasp, just because we can, does not mean that we should.



The human race has struggled for millennia, and will continue to struggle, with this one major problem until the day we stop being selfish. This malady happens with both our intentional and unintentional acts. The majority of our unintentional actions will plague us most in our younger years but they can linger as intentional habits long into our life. Our intentional actions give us an opportunity to do what is right, but this takes courage and a bit of altruism. Our desires, culture, and peer pressure often steer us in the wrong direction. These “steering currents” manifest themselves through three areas of mortal weakness: Careless decision making, Destructive habits, and Lack of moral judgment. These result from flaws or cracks in our free will and even with this being the case, by building up our experience level, we should learn that every, and I mean every action, has consequences. This becomes a societal problem because we are not the only one affected by our selfish actions, they affect us all.

This communal sharing of consequences, makes your problem, my problem. If everyone was mentally and emotionally strong enough to just admit that their poor and harmful behavior was intentional acts, based solely on their selfish desires, the outcome would not be as harmful or corrupt to the family or society. Instead, most people today try to make us believe it's not their fault at all. They use comments like, “This is how I was made,” “It is a disease or medical condition,” “I have always been this way,” or “I can't help myself.” If you or someone you loved were ever addicted to something, ever used alcohol in excess, or had harmful tendencies, you or they have likely said those words. For the one using these phrases, it makes them feel better about themselves, relieving them of any blame for the negative consequences. For those of us who love the users, when we begin to believe their lies, we are the one with the deeper degree of shame. It forces us to support and be complicit in their deceit. We then, unintentionally, begin to spread their lies as the truth; further corrupting society as a whole.

This “game” plays out most noticeably during large gatherings as these uncomfortable situations come to the forefront. The negative consequences cannot stay hidden, so there is no valid reason to hide the truth or believe the deceit but many try. Instead, we must all face the truth, stop the insanity from spreading, and quit living the lies. It is only once the truth is revealed that healing can take place. Shame is a healthy emotion when experienced by the one who sinned.

We are all human, we all make mistakes, and we have all felt shame for actions we should not have done. By living the lies, no forgiveness is sought, no vows are made to change our ways, and the healing process never begins.

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

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## How to Clean an Air Fryer

Air fryers are the latest kitchen craze, especially for fans of all things fried. These new kitchen must-haves offer a healthier take on some of your favorite fried foods with minimal grease and very little mess. It's made preparing dinner more convenient than ever, but it does take some cleaning to keep it fired up for next time. We've put together a few air fryer cleaning tips to make the job easier!

### How Often Should You Clean an Air Fryer?

Using your air fryer is so quick and easy, you might think that the minimal mess makes it something you don't have to clean often. But do you have to clean an air fryer after every use? We'd recommend cleaning at least the removable parts every time you fire it up. This can help keep small bits of food out of places they shouldn't be and keeps your food tasting great meal after meal. A dirty air fryer has a few drawbacks:

- Takes longer to heat up
- Uses more energy
- Burned-on food will be even harder to clean the longer it stays on the air fryer
- Food residue from a previous meal can alter the taste of what you're cooking

You should clean your air fryer's basket, tray, and pan after each use.

### Get Your Cleaning Supplies

Clean your air fryer without chemicals, if possible. Cleaning your air fryer regularly will reduce the chance of needing harsher chemicals to get it looking new again. If you do need a cleaning solution, make sure you read the label of the cleaning chemical to ensure it is safe to use on food preparation devices or surfaces.

For a deep clean, you'll need:

- Baking soda
- Dish soap
- A soft-bristle brush
- A sponge or microfiber cloth

### Be Cool (Or At Least Room Temperature)

Before attempting to clean your air fryer, make sure it has completely cooled down after use. It can take as long as 30 minutes for your air fryer to get to room temperature, so consider doing the other dishes first (or, hey, maybe just relax for a bit!).

### Clean the Air Fryer Basket, Tray, and Pan

Either in the sink or a plastic tub, wash all the air fryer's removable parts in warm, soapy water. It can be helpful to let them soak for 15 minutes or so to help break up burned-on grease or food. Use your soft-bristle brush to tackle hard-to-reach nooks and crannies. Making a paste out of your baking soda and water is also a good way to remove any food residue. Always make sure you've rinsed the components well to remove any soap particles. Depending



on the manufacturer, some of these parts might even be dishwasher safe. If you use your air fryer regularly, make sure those make it on a rack!

### Wipe Down the Inside of the Air Fryer

With a damp microfiber cloth or sponge and a small amount of dish soap, wipe down the interior of the air fryer. Use another damp cloth without soap to wipe the inside of the fryer dry. This is a good chance to wipe down any other components of the air fryer, including the screen that is built into some models.

### Check the Air Fryer Heating Element

It's okay to use a damp cloth on the heating element, but skip the soap. You'll need to flip the unit upside down and scrub gently to remove any scorched food particles.

### Wipe The Exterior of the Air Fryer

Remove the grease drip pan and empty it after each use and rinse it in the sink. Use a damp, soapy cloth and remove any stuck-on food. Just like the inside of the air fryer, you'll also want to use another rag to wipe away any remaining soap; it's often helpful to finish with a paper towel to make it shine! Leave the air fryer disassembled to air dry for 30-60 minutes. As you put it back together, inspect it to ensure it is completely dry to avoid any short circuits or other electrical issues.

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— Ashley Farrar  
Ms. Molly Foundation



Molly Maid is proud to fund and support the Ms. Molly Foundation, which supports domestic violence agencies and shelters in local communities. We're proud to have raised over \$3 million dollars since 1996.

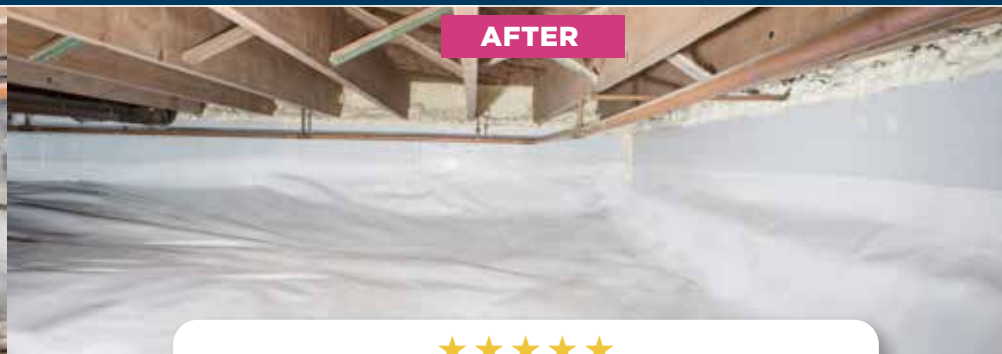




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## Perfected, Not Perfect

We are trained in our culture to be afraid of failure. We are used to watching movies and reading stories that do not allow for failure. We are taught that it makes us vulnerable and weak. But, when we go to, and through, failure is when we really get better. We must understand the concept of failure and its role in perfecting us in our health and training.

What does it really mean to be perfected? It isn't being perfect. Being perfected means that we "count it all joy when we fall into various trials" and know that we can let failure and trials "perfect us" so that we are available and able to do everything that God has called us to. Failure is a part of going from Glory to Glory. It is a part of the process. Health is a process. It is God's intention for us to get better and better as we become more and more like Him; in health and in every aspect of life.



The concept I want us to understand as it relates to failure is two-fold. Firstly, we must not be afraid of setting goals that we may fail at. If we set goals that we are always hitting in our training, then we are not achieving our full potential. Think about it, if we set a

goal to lose 1 pound a week and hit that goal then we will settle for those results. But if we set a goal that is bigger like losing 5 pounds per week but we only lose 3 pounds, then isn't that much better? By setting bigger goals we push ourselves to achieve greater results, even if we experience "failure" as a result.

Secondly, we must go through failure if we want to get better. If we just go to failure we will never get better because failure is our current limit of ability. Here, I am talking about our ability to engage our muscles in movement, until after they fail – this

means we have worn down every available muscle fiber, pushing our bodies to rebuild them, stronger. So, if we just toe the line of failure then we will never push the line any further and get better. We stay at our current level. This is how people fall into the infamous "plateau" that we try so hard to avoid. We can get better and better by using this concept.

Let's be honest, it doesn't feel good to fail. It is a vulnerable place to be in. But failure is an essential part of the process that all of us walk through to get better and better. I would encourage you to set goals and hold you accountable. We can't do this alone. We need to have each other's back as we partner in health. Are you willing to go to and through failure as you go from Glory to Glory?

— Ashton Tate Founder,  
Glory to Glory Fitness  
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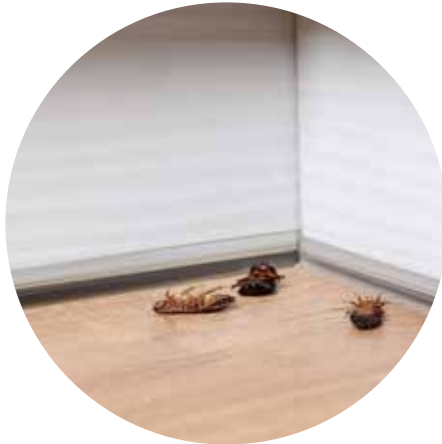
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## HASSLE FREE ZONE

### Eliminate Winter Pests

Winter is here, and while you're sipping on your hot cocoa, pests are plotting to raid your office. More than homes, businesses can take a hit if they brush off pest control during the winter season. Office spaces and various commercial spots are like all-inclusive hotels for pests—offering food, shelter, and warmth. These critters will go to great lengths to cozy up inside. No matter the type of building your business calls home, following these steps will work wonders in keeping those pesky intruders at bay.



#### 1. Clean Storage Areas

A great tip for keeping pests away is to keep spaces clean. Create a plan to clean up well, focusing on spots where pests like to hang out. This not only makes your space unattractive to pests but also nice for all your customers. Remember to vacuum and mop the floors regularly and quickly clean up any leftover food or spills. If you're too busy or short on help to clean thoroughly, think about hiring a professional cleaning company.

#### 2. Store Food Products Safely

If your business involves food, you know the struggle of maintaining a pest-free kitchen. Mice, rats, and cockroaches get into kitchens, pantries, and food storage areas first before moving to other areas. To keep those pests from savoring your culinary delights, store food items away from reach in air-tight containers.

#### 3. Seal Cracks and Holes

Take a stroll around your building and seal up any cracks or holes you spot. Use caulk and steel wool to block crevices, especially around utility and plumbing entry points. Make sure to fix any loose mortar around your building's foundation and seal up gaps between the foundation and siding.

#### 4. Repair Leaking Water Pipes

Just like us, pests need water to survive. Before winter sets in, get those leaking water pipes and clogged drainages fixed. Without a water source, pests will have to pack their bags and find another cozy spot for the season.

#### 5. Maintain Your Landscape

Pests aren't just bold; they're also crafty. They might try to sneak into your office through the outside landscape. A well-kept exterior is your business's first line of defense against uninvited winter guests. Keep your hedges trimmed back to at least 12 inches from your siding.

Don't let pests make your workplace their cozy winter hideout. Take control, follow these tips, and keep those pests out of your business. And if you want a hassle-free solution, think about getting professional pest control services. One of the biggest advantages of hiring professionals is the expertise and experience brought to the table. Waynes has been taking care of pest problems for over 50 years, so we know a thing or two about keeping the pests out. Here's to a pest-free zone! Call us today at 866.WAYNES1!

— Meredith Boyd, Social Media & Marketing Coordinator  
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## PARENTING POINTS

### Love After Divorce: Focus On Supporting The Kids

With Valentine's Day approaching, we often focus on romantic love between adults or married couples who express their ongoing commitment to one another. However, there are other "dynamics" to celebrate when it comes to loving relationships between people. Today I am thinking of the love between a child and their parent.



It is very important for children to love and enjoy their parents, even if (especially when) there has been a divorce. There is a biological and emotional connection between mothers and children as well as fathers and children and BOTH are important to help children have a full life. We often show sympathy for a child if they lose a parent to death; we quickly assess what is missing and how much that will be a concern for the child. What we don't always recognize is when a child loses contact with a parent because of divorce or an angry parent who alienates the child from their "other parent" to try and eliminate or destroy the relationship. Sadly, this happens everyday in so many heartbreaking ways.

Adults get divorced for many reasons and sometimes the pain and hurt lingers for years, making it difficult for the adults to get along; however, for all that goes poorly between the parents, kids desire to enjoy their parents and continue to love them both. The research\* shows us that there are five "coparent categories" that exist after divorce, and each has a unique and direct impact on the shared children.

**Perfect Pals:** These divorced coparents continue to communicate and get along well, even though divorced. (The kids are often confused on why their parents got divorced since they are all together so often.)

**Cooperative Colleagues:** These divorced coparents are like business partners in that they are consistent with their communication, and it is only about the children. Their interactions are mostly respectful and mature. (These kids experience emotional freedom to love each parent and enjoy their two families.)

**Angry Associates:** These parents argue about everything, all the time. They argue about backpacks, water bottles, lunch boxes and often are outwardly argumentative at school, ballgames and the childrens' events. (Kids with these type coparents live in high stress and experience high anxiety due to their parents active anger.)

**Fiery Foes:** These parents don't communicate well and often use the children as their "messenger" instead of communicating with each other directly. (These kids end up "parentified" and live with emotional PTSD because of the pressure they experience between their mom and dad.)

**Dissolved Duos:** This category is known for when there is only one parent and the other parent has moved away, walked away or is pushed out of the child's life. (The child lives with a hole in their soul the size of the missing parent.)

The healthiest goal for kids is to have "Cooperative Colleagues" who work together for the child's best interest and allow the kids to grow up loving everyone in their two-part family. This Valentine's Day, find a single parent who is recently divorced and share this info with them so they can have the critical insight of what is best for their kids!

\*Ahrns, C. (1994). *The Good Divorce*. New York, NY: HarperCollins Publisher

— Tammy Daughtry, Founder CoParenting International and coparent strategist of over 20 years.

# Need Prayer?

If you would like for a Nashville Christian Family team member to pray for you, please email [publisher@nashchristian.com](mailto:publisher@nashchristian.com) or visit [nashchristian.com/do-you-need-prayer/](http://nashchristian.com/do-you-need-prayer/)

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### Justice is Coming for Jeffrey Epstein's Victims

For years, we have known about financier Jeffrey Epstein's alleged sex trafficking ring. We know the abuse spanned decades and harmed untold numbers of vulnerable, young girls. And we know a large network of high-profile, high-dollar predators participated in this horrific abuse.

But to date, only one person has ever faced justice for these crimes: Ghislaine Maxwell, Epstein's longtime associate who is serving a 20-year sentence for recruiting and grooming many of the victims. With the recent release of documents by a federal judge exposing part of Epstein's potential client list, however, we are finally moving in the right direction to help bring accountability to the predators who participated in this sexual exploitation and justice to their victims.

The court order unsealed the names of more than 170 associates named in a lawsuit against Maxwell by one of Epstein's alleged victims. While many of the people named in the documents are not accused of any crimes, many others are accused of wrongdoing or are potential witnesses of Epstein's trafficking ring. The documents also revealed details about Epstein's alleged abuse, including that he and his associates trafficked girls as young as 12 years old and would target them at nightclubs.

The release of this information is just the first step to uncovering the truth; the latest documents come from just one case involving one victim. There are countless others who were targeted, trafficked, and abused.

That's why I have repeatedly requested a subpoena for the complete, unredacted Epstein flight logs and Ghislaine Maxwell's unredacted "little black book" of contacts and addresses, along with all documents and records from the FBI regarding Epstein and Maxwell. The American people have the right to know who flew on Epstein's plane, who witnessed these crimes, and who potentially participated in his international sex trafficking ring.

I'm grateful that all Republicans on the Senate Judiciary Committee are united in supporting my efforts to subpoena these documents. And while Judiciary Chairman Dick Durbin (D-Ill.) previously stonewalled my requests, I am encouraged that he has seemingly had a change of heart and expressed a willingness to work on a bipartisan basis to obtain records relevant to the Epstein case. In the weeks ahead, I will be urging a vote on my subpoena whenever possible at Judiciary Committee meetings until the innocent victims receive the justice they deserve.

Still, we know this issue goes far beyond Epstein and his associates. In America, a child is bought or sold for sexual exploitation on average every two minutes. Between 2018 and 2023, cartel revenues for human smuggling soared from \$500 million to \$13 billion. And globally, the Department of Homeland Security estimates that human traffickers make a staggering \$150 billion in profits each year.



While much of this trafficking occurs at our Southern border, we know this issue impacts every single community in our country. Across Tennessee, I have heard from law enforcement officers, healthcare personnel, and school officials about the increasing prevalence of sex trafficking in our state. In fact, according to the Tennessee Bureau of Investigation, reports of sex trafficking of minors jumped from 66 in 2016 to more than 600 in 2021—a nearly ten-fold increase. Through November of last year, there were nearly 700 reports of sex trafficking, spanning every single region in the state.

One thing should be clear: This isn't a celebrity issue. This is about modern day slavery. And shedding light on these crimes—including by Epstein and his associates—can help bring an end to this widespread, pervasive abuse.

Still, there is so much more we can do to provide law enforcement with the tools they need to catch these predators.

The bipartisan "SAVE Girls" Act, which I introduced last year with Senator Klobuchar (D-Minn.), would provide states, local governments, and non-profits with vital resources they need to train personnel, conduct rescues, and help save trafficking victims.

The SALONS Stories Act, which I introduced with Senator Duckworth (D-Ill.), would incentivize training for cosmetologists and beauticians so that they can spot signs of sexual abuse among their clients and get them the help they need. This initiative replicates a program in Tennessee, Shear Haven, that has helped countless girls and women.

And the REPORT Act, which I led with Senator Ossoff (D-Ga.) and was unanimously passed by the U.S. Senate last month, would equip the National Center for Missing and Exploited Children and law enforcement with essential resources to crack down on child trafficking and online child sex abuse material.

I am pleased these crucial pieces of legislation are moving forward, and I am hopeful that with greater transparency—especially regarding the Epstein case—we can start to break apart these sex trafficking rings and ensure that these predators are put in jail where they belong.

—Tennessee United States Senator Marsha Blackburn and her husband Chuck live in Williamson County, Tennessee. They have two children, Mary Morgan (Paul) Ketchel and Chad (Hillary) Blackburn, two grandsons, and a granddaughter.





# Spiritual Goal For February

2 Corinthians 10

ASK...

As Believers and Followers of Jesus Christ...are we expected to surrender EVERY THOUGHT...EVERY WORD...and EVERY DEED to the authority of God? Apparently, Apostle Paul thought so...as he wrote, "Cast down imaginations and every high thing that exalted itself against the knowledge of God...and bring into captivity EVERY THOUGHT to the obedience of Christ."

Is this possible...in our own strength and wisdom? Remember, all things are possible with God. Let's pray and begin.

Prayer: Lord, we want to be under Your authority. You know what is best in everything. We know that we know that we know that You are not egotistical in wanting our worship and devotion...but when we are surrendered You will teach us all things to help us grow and mature in wisdom...in spiritual matters...and then we will see clearly the purpose You have for us. Apostle Paul learned THE WAY even though his humanity got in "the way" many times.

Lord Jesus, we're thankful to know and to love You. You have made it clear. The MORE we surrender, the MORE we grow...and then we can GO on behalf of Your Kingdom. Please help us to surrender everything to You. Let it be.

—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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