



Prayer Tip: Be Specific. (From: [The All-Time 10 Best Tips on Prayer](http://www.themarriagelibrary.com/Resources/10-Tips-Prayer.pdf) by Jim Stephens, www.themarriagelibrary.com/Resources/10-Tips-Prayer.pdf)

The success of your prayer in connecting to God depends a lot on the actual content of what you are praying for and whether you can connect to it emotionally.

Praying for "peace on earth" is good, but it's very hard to relate to it with your emotions, especially for a beginner. Probably a person like Mother Teresa had a close heartistic connection to praying for "peace on earth" because she was emotionally connected to so many people in need and felt deeply that each one was a child of God.

But most of us cannot emotionally relate to the large, more abstract concepts at first. For a better prayer, try to be able to conceive clearly what you are praying for.

This means to be specific

If a child goes to his/her parent and says, "I need help!" or a student goes to the teacher and says, "Would you help me?", then the immediate response is "What kind of help do you need?" If the child or student never answers that question, then it's hard to give the help needed. I believe this analogy is also true in prayer.

Here's a hint if you can't think of anything specific to pray for. The first thing you might want to pray for is "Help me know what to specifically pray for."

Many people believe that "God already knows what I need", so why should I have to tell him? That is true, God does know. But I believe that God in His wisdom won't give it to us until we are ready and willing to receive it. As The Bible says, we have to "ask before we can receive." By demonstrating our maturity to God, we actually free Him to answer our prayers more easily.

A parent does not want to spoil a child. The parent's primary concern is that the child is growing up virtuously. The most wonderful ability that God created in us is the ability to love and create, but that nature inherently requires our independent response out of our free will. We are creating ourselves as we grow and develop and we must develop our consciousness of ourselves as reflections of God.

The three major aspects of the human spirit are the intellect, the emotion, and the will. All three of these grow and develop over time according to our own effort. Without our participation and willing effort, our spirit does not grow.

God has placed our spiritual growth under our own dominion. We are responsible for how well or how poorly it grows. Since we have an eternal spirit, then our intellect, emotion, and will continue forever to grow and develop (or not) depending on us. This allows us to draw closer and closer to God in a never ending relationship that is always getting deeper and deeper.

God has the parental wisdom for giving us not only what we want and need but how much of it we are ready to receive. So remember to be specific in your prayers.



Man Talk and Woman Talk

From TellItLikelys.Net

Men and women communicate about things very differently.

For example (generalized of course), each of the sexes go about asking for things they want or need in very different ways.

Women have been taught since childhood to use "**hint language**" when asking for something they want or need. They like to negotiate with others so that they can do things together. A woman may say, "Honey, wouldn't it be nice to go see a movie tonight?" But what she really means (in guy talk) is "I want to go see a movie tonight".

Unfortunately, men often do not get the hint. This is due to the fact that "hint language" is not a part of a man's language style. Men tend to take language very literally. Men learn to focus more on the literal content of the message instead of hidden meanings.

Given the question above, "Wouldn't it be nice to go see a movie tonight?" a man will think directly about himself related to the question and not the underlying hinting. He will ask himself if he wants to go to a movie and just might answer with a clear response, "No". This leaves the woman to wonder if her husband or partner even cares about what she wants or needs. In reality he didn't connect to her real question. Because of the way it was worded, he did not get the idea that she was expressing her desire.

Men, learn from this. Take the time to find the underlying hint that may be being expressed by the woman. You can win lots of points by simply paying attention to her and reading between the lines.

Ladies, you might consider the more direct approach when you are speaking to a man. If you more clearly state the bottom line of what you want or need instead of dropping hints, then your man will more likely get the message. Be direct.

Women that have learned the art of clearly stating what they want, but in a respectful way toward the man, without sounding bossy or aggressive, they are the ones who experience getting what they want much more often. They have learned to recognize that when it comes to communication, delivery is everything.

Parenting Tip

Comment:

We highly recommend this book on positive parenting: **Children Are From Heaven**, by John Gray.

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Continuation from last 2 weeks...
Again here are the 5 key messages:

1. **It's okay to be different.**
2. **It's okay to make mistakes.**
3. **It's okay to have negative emotions.**
4. **It's okay to want more.**
5. **It's okay to say no, but remember mom and dad are the bosses.**

How To Minimize Resistance

Instead of demanding obedience, positive parenting skills use children's resistance to strengthen their will to cooperate.

Repeated attempts to break a child's will through the threat of punishment or disapproval ultimately undermine a child's natural willingness to cooperate.

By nurturing our children's need at times of resistance, we can most effectively minimize resistance while keeping their will intact.

Although these needs are universal for all children, every child is unique and may have a greater need in one area or another. One of your children may respond well to listening and understanding, while another requires preparation and structure. As you become familiar

with each of these skills, you will discover how powerful each is.

There are four different temperaments in children, which is why they sometimes respond better to one approach rather than another. These four temperaments help to identify your child in a general category and then direct you to employ one of the four skills for minimizing resistance.

These are the four ways of nurturing:

Sensitive children need listening and understanding. Sensitive children are more vulnerable, dramatic, and feeling. They need more empathy, validation, and recognition of their inner pain and struggles. Although all children need understanding, these children need it more to release their resistance. The biggest mistake a parent can make is trying to cheer this child up. When they are upset or seem depressed, it does not work to explain why they should not be upset. Parents must be careful to listen more and hold back from trying to solve their problems in an attempt to make them feel better.

Active children need preparation and structure. Active children are less concerned with their inner responses to life and more interested in having an influence. Active children like to be the center of attention and be where the action is. To minimize resistance from active children it is best to make them first and/or put them in charge of something whenever possible.

Responsive children need distraction and direction.

Responsive children naturally move from one activity to another like a butterfly. Instead of understanding or structure, this child needs to be distracted and then redirected. For example, when your child is resisting putting on his coat, break out of the power struggle by stopping and talking in story tone.

Receptive children need ritual and rhythm. Receptive children are more concerned about the flow of life. New situations where they don't know what to expect will trigger resistance. They need a lot of routine, repetition, and rhythm. When they resist doing new things, be gentle and never force participation.

How To Increase Motivation

In the past, children have been controlled or motivated to behave primarily by the threat of punishment. When a child starts to misbehave or is uncooperative, most parents' gut instinct is to threaten the child.

Using fear as a deterrent appears to work, but it doesn't awaken children's natural motivation to cooperate and to help a parent. Children need to be a willing helper to be truly cooperative and breaking a child's will with punishment is not the answer.

Instead of motivating children with punishment, children today need to

be motivated with reward. Instead of focusing on the consequences of negative behavior, positive parenting focuses on the consequences of positive behavior. The expectation of reward gives children the energy and focus to respond to their parents' need for cooperation and help.

The promise of more inspires everyone, old or young, to cooperate. Rewarding, rather than punishing, your children will increase their willingness to cooperate. Here is a list of sample rewards.

- If you cooperate and pick up your toys now, then I will have time to play cards.
- If you pick out your school clothes tonight, then we'll have time to have waffles for breakfast.
- If you stop talking now, then we can walk the dog together.

What makes giving rewards work is finding things that really motivate your children. Once you know what motivates your children, then you can always keep it up your sleeve.

**Compliments of the District 1
Marriage and Family Ministry,
FFWPU**

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