



Prayer Tip: Pray FOR Other People.

(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)

Praying for others is very helpful, not only to the person that you are praying for, but it's also helpful to YOU.

This develops the most important spiritual muscle that you have, namely your heart. We know that to grow our brainpower we must read and study, but we often fail to realize that to become a good compassionate person we must also make a lot of effort and learn to have concern for others.

Babies are born as totally self-centered and self-absorbed beings. In order to eventually become a good parent they must make a huge transition somehow into beings that will have an unconditional love and concern for their children. This doesn't happen automatically like the growth of our bodies. It's a process that requires education and practice, practice, and more practice.

Try to be as specific as possible as you pray for others. Children many times pray, "Heavenly Father, please bless everyone." We can safely assume that God is doing His darndest to bless everyone. The best way we can help God, however, is particular, specific, and unique concern and empathy for other individual people and their circumstances. We can be "instruments" for helping God to work in the lives of other individuals, but it's nearly impossible for us to help God to take care of "everyone".

BOTH OF YOU WILL BENEFIT

We benefit at the same time because praying for others grows and develops our own personality and heart to become more like God's. Our prayer energy directed at a unique person and situation is much more effective than the scattergun approach of "bless everyone".

It has been proven to me beyond all doubt that people can communicate thoughts to each other across a room or across the country without ever verbalizing those thoughts. Many times I know my mother is about to call me because the thought keeps coming into my mind to call her.

New research is showing that people in the hospital that are being prayed for by total strangers have a higher cure rate than those who are not prayed for.

Just as thoughts can be communicated, so too prayers are communicated as well. In fact, prayers have even more influence because they carry not only thoughts but an emotional power. Prayers carry healing power and this doesn't only mean a healing of the body but also a healing power for the spirit. Prayers can help other people deal with depression, anxiety, anger, fear, resentment, and hatred to name just a few.

Prayer for others also helps us to a new and deeper understanding of the person we are praying for. It connects us to God's feelings for that person. Later when you meet with that person in the flesh, you will experience that you have new love and empathy for him or her.

Prayer helps us to learn patience. It helps us better understand the things we can change and the things we can't. And especially prayer helps teach us forgiveness.

As already mentioned, be as specific as possible in what you are praying. Rather than just praying, "God, please bless Elizabeth", be more specific. "God, please surround her with a feeling of joy." "God, please put ideas into Mary's mind how to serve others." "Heavenly Father, please melt the pain and resentment that are in Bill's heart with your love."

As you pray for a person, try to reach out to them and understand them with your own heart. This will help you to know what to specifically pray for. It's a real joy when you can understand a person better and love them more because of your prayers. You will have a new and changed feeling toward them and that new empathy will become manifest substantially in your relationship the next time you meet the person.



Men Use Only One Side Of Brain When Listening

Research at Indiana University School of Medicine

Newly released research suggests that men listen using just half their brains.

In a study of 20 men and 20 women, brain scans showed that men, when listening, mostly used the left sides of their brains, the region associated with understanding language. Women, in the study, however, used both sides of their brain.

Other studies have suggested that women "can handle listening to two conversations at once," said the study's co-author, Dr. Joseph T. Lurito, an assistant radiology professor at Indiana University School of Medicine. "One of the reasons may be that they have more brain devoted to it."

Dr. Lurito's findings, which were presented at the Radiological Society of North America's annual meeting, do not necessarily mean that women are better listeners.

It could be that "it's harder for them," Dr. Lurito said, suggesting that they might have to use more of their brains than men to do the same task.

He said he wanted to point out that men and women might process language differently.

In the study, functional magnetic resonance imaging--or fMRI--was used to measure brain activity by producing multidimensional images of blood flow to various parts of the brain.

Inside an MRI scanner, study participants wore headphones and listened to taped excerpts from John Grisham's novel, *The Partner*, while researchers watched blood-flow images of their brains displayed on a nearby video screen.

Listening resulted in increased blood flow in the left temporal lobes of the men's brains. In women, both temporal lobes showed activity.

Researchers say the findings, however, don't address the question of whether women are better listeners than men.

"As scientists, we're figuring out what normal is, and more and more often it seems we're finding that **normal for men may be different than normal for women,**" said Dr. Michael Phillips, assistant professor of radiology at Indiana University School of Medicine and one of the co-authors of the study. "That doesn't mean one is better or more capable than the other."

Though preliminary, the study could help doctors treating stroke victims better understand how men's and women's brains differ, said Dr. Edgar Kenton of the American Stroke Association, a neurologist at Thomas Jefferson University in Philadelphia.

It suggests that in a stroke affecting the brain's left side, women might recover language ability more quickly than men, though that remains to be proven.

Parenting Tip

Comment:

Here are some good thoughts for mothers with sons on lessons you can teach them.

One Atlanta blogger and mother of two named Amanda came up with 20 things that every mother should tell her son.

Jim & Hiromi Stephens,
District 1, Marriage & Family
Ministry

20 THINGS A MOM SHOULD TELL HER SON

1. Play a sport.

It will teach you how to win honorably, lose gracefully, respect authority, work with others, manage your time and stay out of trouble. And maybe even throw or catch.

2. You will set the tone for the sexual relationship.

Therefore don't take something away from her that you can't give back.

3. Use careful aim when you pee.

Somebody's got to clean that up, you know.

4. Save money when you're young.

That's because you're going to need it someday.

5. Allow me to introduce you to the dishwasher, oven, washing machine, iron, vacuum, mop and broom.

Now please go use them.

6. Pray and be a spiritual leader.

7. Don't ever be a bully and don't ever start a fight.

But if some idiot clocks you, please defend yourself.

8. Your knowledge and education is something that nobody can take away from you.

9. Treat women kindly.

Forever is a long time to live alone and it's even longer to live with somebody who hates your guts.

10. Take pride in your appearance.

Others are making decisions about you and your character when they look at you.

11. Be strong and tender at the same time.

12. A woman can do everything that you can do.

This includes her having a successful career and you changing diapers at 3 A.M. Mutual respect is the key to a good relationship.

13. "Yes ma'am" and "yes sir" still go a long way.

Respecting others will get you respect in return.

14. The reason that they're called "private parts" is because they're "private".

Please do not scratch them in public.

15. Peer pressure is a scary thing.

Be prepared to deal with it before it happens. Be a good leader and others will follow.

16. Bringing her flowers for no reason is always a good idea.

17. It is better to be kind than to be right.

18. A sense of humor goes a long way in the healing process.

19. Please choose your spouse wisely.

My daughter-in-law will be the gatekeeper for me spending time with you and my grandchildren.

20. Remember to call your mother because I might be missing you.

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