



Prayer Tip: Listen For Answers from God.

(From: *The All-Time 10 Best Tips on Prayer* by Jim Stephens, www.themarriagelibrary.com/Resources/10-Tips-Prayer.pdf)

Give and take is essential in communication. In order to have a satisfying prayer, you must feel not only that God is listening to you but also you must feel that He is responding. How long would you keep talking to someone on the telephone if they totally stopped responding? You would quickly realize that you had been "cut off".

Please also think of prayer as a two way relationship. Not only are you talking to God, but you are listening for His answers coming back.

So then, how can a beginner recognize that God is responding to him or her? God often speaks in that "still small voice" that you can only hear with your inner heart. It's very easy to doubt what you hear because we aren't accustomed to listening to it. The message is often fleeting like a dream or yesterday's conversation so you may doubt that you ever heard it at all. It may also be confusing as to what it means in reality and how you should interpret it.

I once read a couple books on St. Francis of Assisi. He misunderstood the message that he got from God. God told him to "rebuild my church" so he went into the country and found a little old broken down church in ruins and rebuilt it. Of course, now we realize that God's message was for St. Francis to "rebuild" the Catholic Church as a whole, not some building.

Again I suggest you take notes on the thoughts that come to you during prayer. Write down what you feel is coming from God as you try to listen. Many times our understanding of things is progressive. In school you have to go to second grade before you can go to third. In sports, in music, it's the same. So also it's like that with prayer and you need to make progress through time and practice.

So it's important to see yourself in a growing and changing process and always making new steps along your way.



The Sperm And The Egg, a Miracle from God

Excerpts from Dr. Ed Wheat, *Intended For Pleasure*

The round egg of the female is the largest single human cell, yet it is smaller than a dot like the period at the end of this sentence.

The male sperm is similar in shape to a comma. It is much smaller than the egg, so much smaller that 2,500 would be needed to cover this comma (,) - and all the sperm needed to repopulate the world could fit into an aspirin tablet!

The egg is so much larger because it is laden with food to sustain a growing embryo in its first few days.

... the sperm is agile. With the lashing of its hair-fine tail, a sperm cell can propel itself ahead about an inch in eight minutes, which, for its size, is a much better speed than a top athlete could match. At that speed, a sperm may reach the egg in an hour to an hour and a half.

By way of comparison, an athlete would have to run 70 miles per hour for a distance of 250 miles to approximate the speed and distance traveled by a sperm.

...the egg must be fertilized within twenty-four hours or it will disintegrate...

Sperm cells have a longer life span than the egg. They stay alive and vigorous for two to three days and, according to some evidence, may survive even much longer.

...Millions of sperm begin the journey, but a comparative few reach the membrane covering the tiny egg in the oviduct. Some sperm attach to the membrane and activate it, so that finally one sperm may enter and fertilize.

The one sperm that enters loses its tail, which is absorbed, and its head proceeds on through the food-rich substance of the egg. This one tiny sperm carries the father's threads of inheritance to the egg's center, where the mother's threads of inheritance lie. In a few hours they are knitted together.

...Quietly, a tremendous change is taking place. The whole embryo is being formed in this time from head to toe. Every feature and every vital organ is started in the first two months. The heart begins to beat on about the twenty-second day.

By the end of the second month the fetus can move its arms and legs, turn the head, open and close the mouth, and swallow.

The uterus overall increases in capacity about 500 times.



Scoring Points on Mars & Venus

By John Gray

Although many of us would like to say that we don't keep score in our relationships, the truth is that we do. Sometimes we do this unknowingly, but ultimately we do keep an eye on the "giving" in our relationships.

Everyone likes to feel as if we give equally to our partners, but the truth is that there are times when everyone gives a little less. Perhaps it's caused by a busy workweek or feeling overwhelmed with responsibilities but, ultimately, there are times when we can't give what we would like to and we need our partners to give to us a bit more.

It's usually in this moment that we begin to notice that the giving score is out of balance.

To begin to solve this problem, we first have to understand how and why men and women score points with each other. Then we can look at how to recover when one person is giving more than the other.

How men give points:

Most men give points in increments or blocks. The simple math for a man is that the more your support, advice, or behavior helps him, in his language, the more points you receive. So for example, a husband and wife are driving and he gets lost. If she does not bring this up and trusts him to take care of her without offering unsolicited driving advice, he offers her 20 points. But, likewise, if she offers him the unsolicited advice, it's minus 20 points.

If a man snuggles up next to his wife and she is open and interested in having sex, he gives her 30 points - maybe even 50 points depending on how special their evening together is. But if he rolls over to her and she says, "Not tonight," then it's minus 5 points. If she has said this to him 3 nights in a row, the negative points get higher.

This simple scoring system is based on how helpful a situation is to a man, and how much it makes his life easier. Keep in mind that all men are different. What one man considers worth 50 points, a different man may think is worth only 10.

The rule of thumb with scoring points is that actions that are considerate of a man's basic primary needs score highly and, likewise, those that violate his primary needs score lower.

The importance of scoring points is that it helps a man to reconnect with his loving feelings for the woman in his life. When she does something that makes him think good thoughts about her it reminds him of how important it is to give back to her. In a healthy relationship the process of scoring points helps a man to stay in touch with his feelings of give and take. He is assured to not take too much without giving back.

Men tend to stop giving when they feel they are being taken for granted. A woman can motivate a man by letting him know that what he is doing for her makes a difference in her life.

How women give points:

Women score points on a completely different scale. Most men have heard before, "It's the little things that count," but they don't always realize how important those little things really are to a woman. Most women operate from the

principle of, "fair is fair." All actions on Venus, both positive and negative, get 1 point.

So this means that if a man picks a woman up for a date, he gets one point. If he brings her a flower, he gets one point. If he brings her many flowers he still only gets...one point! Each gift of love has equal value.

For women the process of scoring points can be a very passive thing, until the score becomes uneven. Most women who write into MarsVenus.com tell us that they really don't think of themselves as "score keepers" until one day they wake up and their husband/boyfriend has done something and they realize he has negative points. At this point, he's in trouble with her!

A man can score points daily by doing small things, like opening her car door, or giving her a hug.

It is important to remember that the way women score points is not just a preference but a true need. Women need many expressions of love in a relationship to feel loved. One or two expressions of love, no matter how important, will not, and cannot, fulfill her. If you imagine a woman's love needs as being similar to your car's need for gasoline, then you get a clear picture of how often she needs to have her tank re-filled.

Similar to how a man responds, when a woman's love tank is full, she is able to give more to her partner, and is more in touch with her desire to love her partner the way he wants to be loved - which means with more trust, acceptance and appreciation.

Improving relationships takes no more time and energy than you are already expending, just more redirecting.

As you learn how men and women score points, you will create more love and more passion for you and your partner. It's about using the energy you are already spending in ways that fulfill each other's needs.

Dr. John Gray is the author of many books, videos, and seminars on the paradigm that "Men Are from Mars, and Women Are from Venus". Visit the website at MarsVenus.com

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