



Spiritual Tip

Prayer Tip: Create A Holy Environment For Your Prayers.

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

Gather Inspirational Reading Materials

Not many of us are living our daily routine on an elevated spiritual level like a saint, right? So it's to be expected that it will normally be hard to get "into the mood" for prayer. This is where a cultivated spiritual environment can really help support your prayer life.

One way to cultivate your prayer environment is with materials that move your emotions such as inspiring books. The experience of prayer is qualitatively better when it's an experience of the heart and emotions. Prayer is not satisfying if it's just an intellectual conversation.

So you may want to try "jump starting" your prayer with something that can move your emotions like inspirational reading. A good tip is to read something brief but still inspirational or emotional.

The main reason for reading something inspirational is to move your heart so you can pray. The key point is that you want to get into prayer, therefore keep whatever you read BRIEF. You don't want to read a favorite book and get distracted and read on and on. You don't want to fill up your mind with distracting thoughts. You just want to move your heart of love and compassion.

There are a lot of books on the market such as the Chicken Soup for the Soul series. These are collections of short stories that are designed to move your heart and emotions. Each one is only a couple pages long.

I suggest keeping several different types of inspirational materials in the place that you usually pray. As you prepare to pray, look over the various materials and try to "feel" intuitively which one contains a "heavenly" inspiration that would be right for you at this time. Usually one of my assorted materials just seems to be more spiritually attractive when I ask for guidance from above.

Some things that I suggest are The Bible, inspiring quotes and sayings you've collected, poems or letters from loved ones, etc. But don't be limited by written materials. Next week I'll talk about music, candles, photos, art, candles, and more.



Marriage Tip

Women Want Attention, But Don't Know It Will Increase His Sexual Desire

By Mark Gungor, author of *Laugh Your Way To A Better Marriage*

It is not a secret that men and women typically want different things from one another in a marriage.

Ask 100 women what they want more of from their husband and most of them will say they want him to pay more attention to them. Ask 100 guys what they want more of from their wife and most of them will say they want more sex... no surprise there! These differing wants are the ingredients for a perfect stand-off between men and women.

Women will say, "I'd make love to him more if he'd just give me some attention and I felt like he cared about me for more than just sex."

Men will say, "I give her attention and that just makes me want her more, but she still doesn't want to have sex." And it's true that when a man gives his attention to his wife, it increases his sexual desire for her!

Desire fills him as a result of paying attention to the woman - his sexual interest increases as he focuses in on his wife.

Much of the attention that men give, whether women like it or not, is sexually driven. Sex and attention all go together, you can't separate the two for men. Whatever we give our attention to is what we end up desiring.

The advertising business knows this because all they have to do is get you to pay attention to a 30 second commercial and the desire to get the product they are selling begins to sprout. Anything you give your time and attention to will also be the thing that you desire.

So it is with men and their wives. And while women love the attention, they are often not so crazy about the desire that follows. They want the attention but say, "No thanks!" to the desire part.

Ladies, you must understand that when that man of yours pays attention but you continually stiff-arm him and rebuff his needs, when you push him away and say, "No" to his desire, he is going to stop the attention.

A man doesn't do this to be mean or to intentionally hurt his wife, but the dude can get so frustrated after a while when he is continually being shut down by his wife.

Often husbands will do whatever they can to decrease their desire, to minimize their constant sexual frustration - and that means they stop the attention, so they aren't going crazy. Then the woman will cry, "Pay attention! You aren't paying attention to me!" It becomes a crazy cycle.

If women would understand this, they could make it work for their benefit! The guy is much more likely to give you attention when you are fulfilling the desire that the attention creates!

Pretty simple solution if you can understand that the desire is actually created when he is giving you what you crave. Believe me, your man will have little to no problem giving you even more attention when you reward his efforts by meeting his need.



How Each Type of Child Tends to Overwhelm Their Parents

Webpage:
<http://thechildwhisperer.com/type-child-overwhelm-parents/>

By Carol Tuttle,
author of **The Child Whisperer**

Feeling overwhelmed by your child?

You can change the pattern so you don't feel that way anymore.

Let's identify the kind of overwhelm you're experiencing. The tips that follow will help you create an experience with your child that doesn't overwhelm you anymore.

Idea Overwhelm

If you're raising a Fun-loving TYPE 1 Child, you know they have endless ideas. You'll get overwhelmed if you feel responsible to make all their ideas happen.

You can say no without shutting down your child! The way you say no matters, not the actual word. Consider saying, "Great idea, not now," in a happy way. Then point out all the other great ideas that you're following through on right then or recently.

These children don't want to execute everything, so you don't need to either.

Emotional Overwhelm

When you're parenting a Sensitive TYPE 2 Child, you see a lot of emotion. You'll get overwhelmed if you believe that you have to work through every emotion with them.

Empower your child to process their own emotions. Give them the language they need to speak up before things become an emotional crisis: "I really need someone to hold me." "I want some quiet time by myself." "I'm feeling nervous because I don't know what will happen." "I need to ask some questions first."

The time you spend helping them identify emotions now cuts down on overwhelm later.

Activity Overwhelm

Your Determined TYPE 3 Child just wants to go, go, go. You'll get overwhelmed if you believe that you have to keep up, especially when you want a break.

You don't have to keep up with all that energy, so stop feeling guilty when you can't! Create spaces where your child is free to be physically active. Consider parks, gyms, sports, classes, and neighborhood projects. Is there a space in your house for activity?

These children want some freedom from you to explore, so let them get out there!

Authority Overwhelm

If you're parenting a More Serious TYPE 4 Child true to their nature, you're focused on respecting their personal authority. You can get overwhelmed if you believe that their authority means they get to tell you what to do, too.

Just because your child has a say in their own life doesn't mean that they get to rule yours. Explain your own boundaries in a clear, direct way. Don't express yourself in an overly emotional or exasperated tone—this Type of child just won't connect with that.

Mutual respect is key with this child, and to receive it, you first have to respect yourself.

The most important step to avoid feeling overwhelmed is...

If you're feeling overwhelmed, set the intention that you are willing to release that pattern.

Then recharge in a way that honors your true nature.

Accept some help with your children and take a break! Your children's natural energy and tendencies won't seem quite so overwhelming when you take care of yourself.

Learn the Four Energy Type Personalities from Carol Tuttle at <http://myenergyprofile.com/>

The webpage provides Energy Profiling in a FREE 6-part online course that helps you unleash your inner success and live true to your nature.

Compliments of the District 1 Marriage and Family Ministry, FFWPU

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Marriage Tips, Resources, or copies of these Sunday Inserts visit:

www.TheMarriageLibrary.com

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