



## Prayer Tip: Build Your Foundation Step By Step.

(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](http://www.themarriagelibrary.com/Resources/10-Tips-Prayer.pdf))

### Have patience.

Life is full of ups and downs. Everyone without exception has times of struggles. Expect them. And when they come, learn to be consistent through them for as long as they last.

If you pray for something once or twice and it doesn't come true, what should you think? Should you conclude that God doesn't exist? Should you decide that prayer doesn't work?

Maybe the answer seems obvious, that you didn't pray long enough or give it enough time. But I have met people that came to those conclusions after trying prayer for a few times. These type of people are really looking for miracles, a change in the laws of nature and personality and relationships. Prayer should not be like buying a lottery ticket and leaving it all up to God to make you the winner.

Prayer is something that functions very much in the real world and God is very much a God of natural laws. If you are going to build a house or a business, or if you are going to raise your children to maturity, then you have to put hours and hours of thought and meditation into it.

Believe it or not, God created these natural laws so that we could have more joy and more love. It wasn't to inhibit us. Joy and love are attributes of the PROCESS and the relationship. They are experienced through the give and take in the relationship and the growing and developing of some new creation.

As you grow your business or build your house, there is joy and happiness at each step along the way in the process as you see your creation taking shape.

The process is meant to be eternal, so joy has to be meant to be part of the process, not what you get at the end because there is no end.

As your children grow through your nurturing, there is joy and happiness in the process and the relationship. Joy and happiness are not some trophy that comes on some specific day when the job is completed.

If you focus only on some certain end result, you will be disappointed. Even if you obtain it, you won't experience long lasting joy, but only a momentary feeling. Prayer should be thought of more like breathing or eating. You have to do it every day for good health. It's not like dialing 911 when you are in trouble and expecting God to send an ambulance instantaneously.



## "I'm Sorry" May Not Be Enough For Her

By Mark Gungor

In my [Laugh Your Way to a Better Marriage](#) seminar I explain in detail how a man's brain tends to compartmentalize things. It's like men have separate boxes in their heads for everything: money, sex, kids, wife, in-laws, etc. And for a guy these boxes don't touch. He thinks about one thing at a time and then moves on to the next thing since one box isn't connected to another.

Then I go on to explain how a woman's brain is like a big ball of wire where everything is connected to everything and there is no compartmentalizing at all. Money can be connected to the in-laws and sex can be connected to the kids. Things can run together very easily in a woman's brain.

These two very opposite ways of thinking and processing cause men and women to communicate in very different ways. There is one area this is particularly evident and often problematic - the apology. Because men have this unique ability to compartmentalize, a guy can go to his "apology box", say he's sorry for something he did, close that box and then move on to the next task or thing to think about. In his mind he took care of it, he said he was sorry, it's done and life goes on.

Not so for a woman. When she has been crossed or hurt for some reason, the connections in her brain make it impossible to compartmentalize. She may attach all sorts of reasons, feelings, and ideas to that one incident. While her husband has moved on to other territory, she hasn't because it may take her some time to process her emotions and thoughts. So when a woman is still upset, sad or hurt for a couple of days (sometimes weeks depending on the infraction) it is often a puzzle to the man. Guys will then perceive their wives as holding onto a grudge, being unforgiving and unwilling to move on, and they can become very frustrated. After all, he said he was sorry, why can't she just get past it?

Because of the way women are wired with all these connections in their brains, it's more difficult for them to get past the hurt. It's actually a really good thing for you guys because this is what allows her to put up with your nonsense! You mess up and say and do hurtful things and she's still there because women have this ability to form deep connections. It truly works for men this way, but when you do something extremely hurtful, it works against you; you will have to fix it, and that may take some time.

I hear tales all the time of men who have done hurtful things-huge things like having an affair or smaller things like saying something very mean and spiteful-and then they say, "I'm sorry" and expect it all to go away. When it doesn't these guys get upset and throw it back on their wives because his wife "can't get over it". It just doesn't work that way for women. Men need to learn that pushing her to "move on" isn't the answer. The answer is for you to own the problem that you created.

It's not her problem of unforgiveness. It's not that she won't accept your apology. She's still hurting and it's going to take some time for her to get over it. Men see absolutely no connection between the offense and the continued emotions. It's like they dropped the atomic bomb but don't realize that there is fallout beyond the initial explosion that they will have to keep cleaning up and dealing with.

Men, when you hurt your wife and you see she's still dealing with it, don't you dare turn that around and put it on her. You look at your wife and say, "I see you are still hurting. I understand this is still painful. I realize I did this to you. I'm sorry." Then shut up! Don't defend yourself, make excuses or blame her. Every time you see it, you own it. Even if you have to do it a 100 times. That's just the way it is.

Remember guys, when it comes to apologies, there is no "apology box" in your wife's brain. Don't make the mistake of thinking or saying, "I said I was sorry! Just move on!" Don't put the rap on her, or she will end up thinking you are not sorry at all.

# Parenting Tip

(Here is an article that I think is very profound for raising your children. So simple, but what a life changer! Try it today. Jim Stephens)

## How To NOT Be A Nightmare Sports Parent -- And What Makes A Great One

**Written by: Steve Henson**

Hundreds of college athletes were asked to think back: "What is your worst memory from playing youth and high school sports?"

Their overwhelming response: "The ride home from games with my parents."

The informal survey lasted three decades, initiated by two former longtime coaches who over time became staunch advocates for the player, for the adolescent, for the child. Bruce E. Brown and Rob Miller of Proactive Coaching LLC are devoted to helping adults avoid becoming a nightmare sports parent, speaking at colleges, high schools and youth leagues to more than a million athletes, coaches and parents in the last 12 years.

Those same college athletes were asked what their parents said that made them feel great, that amplified their joy, during and after a ballgame.

Their overwhelming response: "I love to watch you play."

There it is, from the mouths of babes who grew up to become college and

professional athletes. Whether your child is just beginning T-ball or is a travel-team soccer all-star or survived the cuts for the high school varsity, parents take heed.

The vast majority of dads and moms that make rides home from games miserable for their children do so inadvertently. They aren't stereotypical horrendous sports parents, the ones who scream at referees, loudly second-guess coaches or berate their children. They are well-intentioned folks who can't help but initiate conversation about the contest before the sweat has dried on their child's uniform.

In the moments after a game, win or lose, kids desire distance. They make a rapid transition from athlete back to child. And they'd prefer if parents transitioned from spectator – or in many instances from coach – back to mom and dad. ASAP.

Brown, a high school and youth coach near Seattle for more than 30 years, says his research shows young athletes especially enjoy having their grandparents watch them perform.

"Overall, grandparents are more content than parents to simply enjoy watching the child participate," he says. "Kids recognize that."

A grandparent is more likely to offer a smile and a hug, say "I love watching you play," and leave it at that.

Meanwhile a parent might blurt out ...

*"Why did you swing at that high pitch when we talked about laying off it?"*

*"Stay focused even when you are on the bench."*

*"You didn't hustle back to your position on defense."*

*"You would have won if the ref would have called that obvious foul."*

*"Your coach didn't have the best team on the field when it mattered most."*

And on and on.

Sure, an element of truth might be evident in the remarks. But the young athlete doesn't want to hear it immediately after the game. Not from a parent. Comments that undermine teammates, the coach or even officials run counter to everything the young player is taught. And instructional feedback was likely already mentioned by the coach.

"Let your child bring the game to you if they want to," Brown says.

Brown and Miller, a longtime coach and college administrator, don't consider themselves experts, but instead use their platform to convey to parents what three generations of young athletes have told them.

"Everything we teach came from me asking players questions," Brown says. "When you have a trusting relationship with kids, you get honest answers. When you listen to young people speak from their heart, they offer a perspective that really resonates."

So what's the takeaway for parents?

"Sports is one of few places in a child's life where a parent can say, 'This is your thing,'" Miller says. "Athletics is one of the best ways for young people to take risks and deal with failure because the consequences aren't fatal, they aren't permanent. We're talking about a game. So they usually don't want or need a parent to rescue them when something goes wrong."

"Once you as a parent are assured the team is a safe environment, release your child to the coach and to the game. That way all successes are theirs, all failures are theirs."

And discussion on the ride home can be about a song on the radio or where to stop for a bite to eat. By the time you pull into the driveway, the relationship ought to have transformed from keenly interested spectator and athlete back to parent and child:

"We loved watching you play. ... "

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