

Parenting Tip

Time Management Tips For The Family

By Gary Chapman

Family relationships are always in process. If we want to keep our marriages alive and our families healthy, then we must find ways of balancing work and family. Thousands of men and women are finding that a growing marriage and a healthy family require readjusting schedules from time to time. The key question is, "How does my work affect my marriage and family?" Once I answer that question, I will know if I need to change my work patterns.

The Scriptures teach that life's meaning is not found in things, but in relationships. It is found first in a relationship with God, and then with family and others.

The answer is not always less work. Sometimes the answer is integrating the family into my work. For example, does your work allow the opportunity for you and your spouse to have lunch together from time to time? Such lunches can be an oasis in the midst of a dry day.

If your work requires travel, could you take your spouse or one of your children with you? This allows a mini-vacation which you might not otherwise be able to afford. It also exposes your family to your vocation and gives them a little more appreciation for what you do.

Less work and more time at home is not necessarily the answer. Better use of time at home or at work may make all the difference.

Do something different tonight with your spouse or with a child.

Get out of the routine.

Minimize the television and maximize activity and conversation.

Keep your marriage alive and growing.

Marriage Tip

What Makes A Woman Trust Her Man

By Bob Grant, L.P.C.

Deep inside the heart of every man is a secret wish to be trusted. How many times have men said to their wives, "If you would just trust me."

Many men wonder why it seems so difficult for their wives to do something so seemingly simple. The answer stems from the physiological differences between the sexes.

It begins at birth when little boys are given a distinct physical advantage over little girls by having higher levels of testosterone. With testosterone comes the physical strength to both defend themselves from danger and/or run away. In general girls don't have that ability. They don't have the strength to defend themselves in a physical fight when they feel threatened. If a boy trusts someone who in turn hurts him, he can always defend himself physically (or try). Little girls don't have that physical option of power. Since a person can only trust from a position of strength, those same little girls will grow up into women who naturally have a more difficult time "trusting" when they feel vulnerable.

So men, when you ask the woman of your choice to simply "trust you," it's not that she can't, she's just more vulnerable than you.

If you want her to trust you, she needs something that will help develop that trust. Perhaps even a tool or gesture that she can "count on" until that trust with you is established.

Thankfully this tool already exists and is known to every woman. What cultivates trust in a woman is a man who consistently keeps his word. Making a promise is meaningless if there is no follow through.

A woman needs to SEE her man fulfill his promises because seeing is always more powerful than hearing.

Allow me to illustrate. Imagine someone told you that I was the meanest person they had ever met. For months all you heard was how terrible I treated my family and friends. Then one day you met me and during the course of our meeting you begin to notice that I didn't seem to be as horrible as you were led to believe. I actually appeared to be rather pleasant. Would you change your entire opinion about me from one visit? Probably not!

However, if you saw me respond consistently with kindness and humility over a period of weeks, your opinion of me would begin to change. A paradox has just been established. The kindness you have seen in me for the last few weeks does not match what you have heard about me. All the rumors of how mean I am begin to fade into darkness because of my consistent actions. Over time what you see will replace most if not all of your concerns about my character.

Men, when the woman you love sees your words lining up with your actions, trust will naturally follow.

When you don't keep your word it causes your wife/girlfriend to become fearful. From her perspective, she has entrusted you with her Heart and WANTS to trust you. She simply needs your help in giving you what you want.



Prayer Tip: Build Your Foundation Step By Step.

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

Determine Irreversible Steps of Faith

As you have probably experienced during times of struggle, it's easy to doubt everything - all the way back to whether God exists or not.

All the things that you learned and believed when times were better are now open to doubt. Some people, in these moments, take their feelings as "reality" and they are no longer sure that God exists.

Consequently, they fall totally out of any level of faith at all. Now they'll have to start all over again at the bottom of the stairway of faith. They end up losing all the progress they had made in the better times. The struggles eventually pass, but they are left without faith.

As you make progress in your life of prayer, distinguish concrete and irreversible steps for yourself so you don't have to start over when you have a period of struggle and doubts.

For example, "God exists" is a basic step. When you have truly experienced through your heart and your mind that God exists, then you should mark off this step. You can say to yourself, "I have now absolutely concluded that God exists. No matter what may happen in the future or how much I struggle and doubt and no matter who-so-ever might oppose me, I will never again doubt or question that God exists."

Make an affirmation that "Even if unbelievable tragedies occur in my life so it seems impossible that a good God exists, still I know God is real."

"Even if a majority of the smartest people on earth who ever lived claim there is no God, still I know God is real."

"Even if my parents and brothers and sisters and all my friends ridicule me and laugh at me, still I know there is God."

Once you come to this conclusion then you have taken a rock solid step and don't need to waste time questioning this again. If you don't take decisive steps like this in your life of faith, then during times of struggle and doubt you may slip all the way down to zero faith.

Growing your faith is somewhat like going to school. Each grade level builds on past levels and doesn't go back and question them. That would be like "flunking" and having to repeat a grade again and again. Spiritual truths also build on each other.

The following are some other suggestions for "steps" or conclusions that you might want to make in your life of faith. The main point is that when you are feeling spiritually high and connected to God and your whole intellect and heart believe this statement is certain, then in that moment you decide that you will never question this statement again. No matter how low you feel or confused or how much others may challenge you or how much circumstances seem to contradict that statement, when you bump up against it, you say to yourself, "I'm not going there, I've already decided that issue for good and I don't need to waste time questioning it again."

* God knows me and loves me. God knows who I am.

* God knows me very well. He sees everything I do. AND He loves the real me despite any shortcomings I have.

* God wants the best and only the best for me at all times. God wants to be actively involved in my life if I will allow it.

* Jesus and True Parents are my personal Messiahs. Jesus' death was for me personally.

* Jesus and True Parents love me personally AND I can experience it.

* I can become like Jesus and True Father and/or True Mother.

* My life has purpose, meaning and value which is given by God. AND I can continue to realize greater and greater potential.

* I will live forever.

* God's purpose was to build His Kingdom on earth and it will be accomplished. Thy Kingdom come.

* Make up your own _____

Compliments of the District 1 Marriage and Family Ministry, FFWPU

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www.TheMarriageLibrary.com

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