



Prayer Tip: Build Your Foundation Step By Step.

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

Prayer: Never Give Up. It Will All Be Worth It.

Imagine you are at the end of your life reflecting back over all the goals you ever had, all the things you did, all of your accomplishments. Now rank those things with the following accomplishment: "I developed a wonderful relationship with God."

It seems to me that a wonderful relationship with God would rank #1 above all the others. Suppose you climbed Mt. Everest or were an Olympic Gold Medalist or you made more money than Bill Gates.

Suppose you developed a cure for cancer or found a way to feed all the starving people of the world or you brought an end to war forever. Still inside you there would be an unfilled emptiness. Each of us has a deep shaft within us that goes to the bottom of our hearts. That shaft was meant to be filled by God. If He's not there, we're an empty shell.

Stick to it. Don't expect instant gratification. This is a lifelong effort. It's meant to be that way because you will be alive for eternity. Develop a prayer habit that will last forever. Plan out how much time a day or a week you want to use to develop your prayer life. The experts on physical exercise are now recommending 30 minutes a day or at least an hour three times a week. A healthy spiritual life needs that much time and effort - maybe more.

Don't give up.

You can rest sometimes along the path, but don't give up.



How Men Can Avoid Fights With Women

By John Gray

One of the easiest ways for men to avoid fights is to hold back from making dismissive comments about a woman's feelings.

At first this can be difficult, because men don't even realize that they are doing it. One reason is because the words that offend her in most cases would not offend him.

If a couple makes efforts to avoid a fight, even if they end up having one, their argument is less hurtful and they make up more easily.

What he says that make matters worse (in bold).

What he could say differently to make matters better (in italics).

"That doesn't make any sense."

"Okay, let me make sure I understand you. Are you saying you feel ... ?"

"You are getting upset over nothing."

"I know this is upsetting. Are you saying ... ?"

"You are blowing things out of proportion."

"Let me see if I understand this correctly. You are feeling ..."

"But that is ridiculous."

"This can be confusing. Are you saying ... ?"

"I did not say that."

"So you heard me say ... ?"

"But that is not what I meant."

"Let me make sure I understand. You heard me say ... ?"

"It doesn't have to be this difficult."

"I think I understand. You are saying ... you want ..."

"That is not rational at all."

"Let me take a moment to understand what you want. You feel ... and you deserve ..."

"Why do we have to go through this?"

"I think we have been here before. Let me see if I understand correctly how you feel. You ..."

"You don't get it."

"Let me try saying this another way. What I am saying is ..."

Instead of making dismissive comments, a man should take more time to rephrase what his partner is saying to clarify his own understanding and to communicate effectively that he has heard her opinion.

Slowing the pace can also defuse the mounting tension. His objective is not only to hold back from making dismissive comments but to communicate what he has understood. This will help dispel her tension as well as his own.

Men get frustrated because they think that much of the talk is a waste of time. The belief that he is not solving the problem is frustrating and stressful, which increases his impatience and annoyance.

He is wired to solve problems efficiently. Now, with this new awareness of what she needs, he can talk in a manner that solves the problem and lessens her tension.

When he understands her different needs, he will feel that he has accomplished something and is not wasting time. Instead of dropping, his testosterone levels go up.

Women love hearing what they have said reflected back to them.

A woman particularly likes to hear that her partner understands her feelings, wants, wishes, and needs. This technique may seem tedious to a man, but it is appreciated by women.

Each time a man uses this communication technique, she feels more understood, and he feels successful, which, of course, relieves stress by raising her oxytocin and his testosterone.

Parenting Tip

15 Things You Should Give Up To Become A Happy Parent

By Carol Tuttle

Because parenthood is challenging, **we can sometimes forget how to just be happy** in the midst of it all.

Consider which of these 15 items keeps you from happy parenting. Let them go. Allow yourself to be a happy parent for your child—and yourself!

1. Give up “supposed to”

We were conditioned by our own early family experiences to believe that parenthood or childhood are supposed to look a certain way. But if you hold onto the way things are “supposed” to be, you may miss enjoying how they actually are.

Be willing to question what you prioritize as a parent and why.

2. Give up on keeping score.

What does your mental score-card keep track of... Which

parent does more? Who's most consistent? Which mom contributes most in your child's class? Who's most involved in your home school group?

Keeping score wastes energy. Just do what you feel inspired and able to do. Don't feel obligated by others' contributions. Don't obligate them to live up to yours.

3. Give up force.

As a parent you have a responsibility to set boundaries. But if a child consistently resists a certain boundary, don't just force them to comply. Ask yourself and your child, “Why?”

Think of yourself as your child's trusted and effective guide, not their dictator. When they experience you this way, they're more likely to listen, which means less struggle and frustration for both of you.

4. Give up yelling.

If you're not a yeller, this one isn't for you. But if you tend to yell when upset, consider this question: Has yelling strengthened your relationship with your child?

Yelling usually happens in anger and it often frightens and intimidates children.

It destroys trust and a child's feeling of safety. Pay attention to times and circumstances when you yell and then commit to changing those scenarios in the future.

5. Give up your need to look perfect.

No such thing as a perfect parent.

Embrace your imperfections. Laugh at yourself.

The best parents are willing to always learn, change and improve.

6. Give up worry.

Compulsive worrying doesn't make your child any safer. It doesn't make you any happier.

And it teaches your children to live in fear.

Release your worries and cultivate gratitude for your child's safety in the present moment.

7. Give up one-size-fits-all rules.

Every child is unique. What works for one won't always work for another. Certain standard rules apply across the board (for example, everyone needs to speak respectfully).

But consider the possibility that being a fair parent doesn't mean doing the exact same thing in the exact same way for every child.

Next week see numbers 8 to 15.

- See more at:
<http://thechildwhisperer.com/>

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