



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: Take action right now!

Today is the time to start the hard part of your new prayer life - putting it into practice.

The best way to benefit fully from the new ideas I have mentioned is to put them into some kind of action immediately. Do something right this very minute. Make a decision right now what your next step will be and then write it down. Do not put off making a decision. As they say "tomorrow never comes."

Do it right now. Then follow up more later today. Before you set this paper down, decide what change you are going to make in your prayer life. Right it down in this space. It can be something small, but nothing changing means nothing will change.

Write one thing you are going to do differently today? It can be a small change, but it's definitely best if it is done TODAY.

You could decide what will be your "prayer place" at home and that you are going to sit there tonight for at least 10 minutes thinking about prayer.

Other things that I have mentioned are: making a prayer list, write down questions for God, write a letter to God, praying for other people, praying with other people, praying out loud, praying with a tape recorder, getting inspirational materials, music, candles, etc., and lastly making an appointment time on your calendar for God.

I wish you fantastic success. Getting closer to God, our Heavenly Parent: Father and Mother, is a lifelong process, in fact, it's an eternal process. Therefore this is not a sprint, it's a marathon. The rewards, like in any worthwhile endeavor, far, far outweigh any effort that is required.



One Of Us Must Be Crazy By Tim and Joy Downs

When we got married, Tim naturally expected that his wife would share not only his tastes and opinions, but his dreams as well. What he never counted on is that I would have dreams of my own - very different dreams. This difference in our mental images, this disparity in our "shoulds" and "oughts," was what originally attracted us to each other. But in marriage, the same differences became the source of many of our disagreements. He had his dreams, and I had mine. It took us quite a while to understand that our biggest conflicts would come when we were both right.

We all have dreams - fuzzy mental images of how our lives are supposed to look and feel. Marital researcher Scott Stanley calls these unconscious longings "hidden issues". "Hidden issues," he writes, "are the deeper, fundamental issues that usually lie underneath the arguments about issues and events. For all too many couples, the hidden issues never come out. They fester and produce fear, sadness, and resentment that can erode and eventually destroy the marriage."

The problem with hidden issues is precisely that - they're hidden. How do you locate the Invisible Man? You don't discover his presence directly; you only become aware of him through something he affects. A hidden issue is almost impossible to spot until something comes along to reveal its contours. That "something" is usually CONFLICT.

Throughout our married life, we have often disagreed in our approach to raising our kids. Joy thought our son should wear his bicycle helmet to simply ride around the block; Tim thought it was an unnecessary nuisance for such a short distance. Joy thought we should remind the kids to take a jacket every time they went out; Tim thought they should learn to remember for themselves, and a little frostbite just might do the trick. Joy thought we should install Internet filtering software on our home computer to protect the kids from accidentally going to inappropriate sites; Tim thought the kids should know that the sites were there, but develop the self-control to not visit them. At times, we seemed to disagree about everything. Over time, we began to recognize the outline of the Invisible Man.

When it came to the children, Joy instinctively placed their security above all else, and Tim instinctively valued their autonomy - their need to take risks in order to grow in confidence and capability.

There's nothing wrong with either perspective. The problem was that each of us instinctively approached all child-rearing decisions from our own perspective - the "right" perspective. Neither of us could explain exactly why our perspective was right - but then, why should we have to? Isn't it obvious?

In the end after many more discussions we were finally able to identify seven fundamental differences between us. Then we began to discuss our conclusions with other couples and ask if they had observed a similar phenomenon in their own marriages. To our surprise, we found that other couples had recurring disagreements over the very same seven issues we did.

Over the next two years, as we traveled and spoke at marriage conferences across the country, we began to take a survey with our audiences. We asked more than a thousand couples a series of questions about their own experience with conflict, and wherever we went our findings were consistent. We discovered that there seem to be seven common underlying issues that are the root cause of most of the conflict in married life.

We call them **Security, Loyalty, Responsibility, Caring, Order, Openness, and Connection.**

You have probably noticed that a handful of stubborn disagreements that seem to crop up again and again with discouraging regularity? No matter what topic begins the disagreement, sooner or later you find yourselves on familiar ground. "Oh no, not this again!"

Recurring conflicts are a reality for all married couples, and they are a source of ongoing frustration and discouragement. Their very existence is annoying. Couples feel they should have resolved their differences by this time, and their failure to do so must mean something is wrong between them. Not at all.

Psychologist John Gottman is a relationship expert who has studied the conflict styles of married couples for many years. He believes that all marital conflicts fall into one of two categories. "Either they can be resolved," he writes, "or they are perpetual, which means they will be a part of your lives forever, in some form or another." Gottman estimates that almost 70 percent of marital conflicts are perpetual.

Our first disagreements in marriage are over a wide variety of issues as we adjust to each other and to married life. We gradually resolve these issues until only the more confusing and difficult ones remain. Finally, after several years we whittle down our areas of disagreement to a handful that just won't seem to go away - the ones that really matter to us. These issues are far more than opinions or even values - they are a part of the way we see the world itself.

When we lose hope of ever really resolving our deepest differences, they become the "no-man's-land" of marriage. We constantly check ourselves: Careful-don't go there. We begin to fence off those areas of the relationship where no one dares to tread-but we do this at a great price. The benefit of this approach is peace, or at least the absence of conflict, but the price of this evasion is the very thing we want most from marriage -- true intimacy.

Understanding our hidden issues helped us to work together as partners instead of battling as enemies. Once we understood each other's dreams, once we each realized what the other person was valuing, our attitudes changed. We wanted to help fulfill the other's dreams rather than stubbornly defend our own turf. That change in attitude has allowed us to work together as partners instead of constantly shouting at each other from opposite sides.

Tim and Joy Downs are the authors of the book: [Fight Fair: Winning at Conflict without Losing at Love](#)

Parenting Tip

How To Raise A Happy, Successful, Cooperative Child While Disciplining Less in 5 Simple Steps

By Carol Tuttle,
www.thechildwhisperer.com

1. Start where they stump you.

There's a hidden message in your child's behavior.

2. Identify your child's true nature.

Type 1. The Fun-Loving Child.

Primary Connection to the World:
SOCIAL
Primary Movement:
BOUNCY & RANDOM
Primary Need:
HAVE FUN, HAPPY PARENTS
Described as:
FRIENDLY, BRIGHT,
LIGHT-HEARTED
Judged as:
FLIGHTY, HYPERACTIVE,
UNRELIABLE

Type 2. The Sensitive Child.

Primary Connection to the World:
EMOTIONAL
Primary Movement:
SUBTLE & THOUGHTFUL

Primary Need:
FEELINGS HEARD,
CONNECTED FAMILY
Described as:
GENTLE, TENDER,
MINDFUL
Judged as:
SHY, WIMPY,
HYPERSENSITIVE

Type 3. The Determined Child.

Primary Connection to the World:
PHYSICAL
Primary Movement:
ACTIVE & DETERMINED
Primary Need:
NEW EXPERIENCES,
WITH PARENTS' SUPPORT
Described as:
BUSY, PERSISTENT,
ENERGETIC
Judged as:
PUSHY, DEMANDING,
LOUD

Type 4. The More Serious Child.

Primary Connection to the World:
INTELLECTUAL
Primary Movement:
STRAIGHTFORWARD AND
EXACT
Primary Need:
RESPECT, GIVEN AND
RECEIVED
Described as:
EFFICIENT, ANALYTICAL,
THOROUGH
Judged as:
CRITICAL, KNOW-IT-ALL.

3. Interpret the Tantrum (or fight, or rebellion, or anger)

Your child is telling you something, even if they don't know how to say it.

Ask yourself these questions ... (depending on their Type).

Type 1. The Fun-Loving Child.

Does my child feel overly controlled?
Has my child had too much alone time?
Is something in my child's life too serious?

Type 2. The Sensitive Child.

Does my child feel unheard or dismissed?
Have my child's plans been ignored?
Is something in my child's life too intense?

Type 3. The Determined Child.

Does my child lack enough physical outlets?
Has my child been told "No" too often lately?
Is something in my child's life too stifling?

Type 4. The More Serious Child.

Does my child need to feel more respected?
Does my child need some time to reflect and focus?

Is something in my child's life embarrassing?

Time to make some changes.

4. Be intuitive, Not reactive

Type 1. The Fun-Loving Child.

Surprise your child.
Facilitate friendship.
Have fun with them.

Type 2. The Sensitive Child.

Reassure your child.
Give time to relax.
Connect with them.

Type 3. The Determined Child.

Encourage your child.
Let them move fast.
Allow adventure.

Type 4. The More Serious Child.

Respect their authority.
Support structure.
Focus when listening.

5. Enjoy the Joy!

Compliments of the District 1
Marriage and Family Ministry,
FFWPU

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these Sunday Inserts visit:

www.TheMarriageLibrary.com

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