

Spiritual Tip

Why Are You Here?

By Rick Warren

If you want your life to count, you have to focus it. You don't have time for everything, and not everything is of equal value.

Matthew 22:36-39 says, "'Love the Lord your God with all your heart, soul, and mind.' This is the first and greatest commandment. The second most important is similar: 'Love your neighbor as much as you love yourself'" (LB).

Jesus said there are two things that are more valuable in life than anything else: loving God and loving each other.

Have you ever wondered why God didn't just take you to Heaven when He created you? Why did He put you on Earth? You're only here for 100 years at the most, and you're going to live for eternity in Heaven or Hell. Why didn't God just take everybody to Heaven?

The Bible is very clear that God put you here on Earth to do two things: to learn to love God and to learn to love other people. Life is not about acquisition, accomplishment, or achievement. It's not about all the things the world tells you it's about. You're not taking your career to Heaven. You're not taking your car to Heaven. You're not taking your house to Heaven. But you are taking your character. You're taking you.

God put you on Earth for 80 to 100 years so you can learn to love Him with all your heart and learn to love others. Life is one giant lesson in love.

Talk It Over

- What are the things you need to stop focusing on so that you have more time to show love to others?
- How are you making the most of your time on Earth? How much time do you spend learning how to love like Christ?
- If someone looked at your life, what would he or she say are the most important things to you?

Parenting Tip

7 Parenting Behaviors That Keep Children From Growing Into Leaders

By Kathy Caprino

While I spend my professional time now as a career success coach, writer, and leadership trainer, I was a marriage and family therapist in my past, and worked for several years with couples, families, and children. Through that experience, I witnessed a very wide array of both functional and dysfunctional parenting behaviors. As a parent myself, I've learned that all the wisdom and love in the world doesn't necessarily protect you from parenting in ways that hold your children back from thriving, gaining independence, and becoming the leaders they have the potential to be.

I was intrigued, then, to catch up with leadership expert Dr. Tim Elmore and learn more about how we as parents are failing our children today — coddling and crippling them — and keeping them from becoming leaders they are destined to be.

Tim is a best-selling author of more than 25 books, including [Generation Y: Our Last Chance to Save Their Future](#); [Artificial Maturity: Helping Kids Meet the Challenges of Becoming Authentic Adults](#); and the [Habitudes@](#) series. He is Founder and President of Growing Leaders, an organization dedicated to mentoring today's young people to become the leaders of tomorrow.

Tim had this to share about the 7 damaging parenting behaviors that keep children from becoming leaders – of their own lives and of the world's enterprises:

1. We don't let our children experience risk

We live in a world that warns us of danger at every turn. The "safety first" preoccupation enforces our fear of losing our kids, so we do everything we can to protect them. It's our job after all, but we have insulated them from healthy risk-taking behavior and it's had an adverse effect. Psychologists in Europe have discovered that if a child doesn't play outside and is never allowed to experience a skinned knee, they frequently have phobias as adults. Kids need to fall a few times to learn it's normal; teens likely need to break up with a boyfriend or girlfriend to appreciate the emotional maturity that lasting relationships require.

If parents remove risk from children's lives, we will likely experience high arrogance and low self-esteem in our growing leaders.

2. We rescue too quickly

Today's generation of young people has not developed some of the life skills kids did 30 years ago because adults swoop in and take care of problems for them. When we rescue too quickly and over-indulge our children with "assistance," we remove the need for them to navigate hardships and solve problems on their own. It's parenting for the short-term and it sorely misses the point of leadership — to equip our young people to do it without help. Sooner or later, kids get used to someone rescuing them: "If I fail or fall short, an adult will smooth things over and remove any consequences for my misconduct." When in reality, this isn't even remotely close to how the world works, and therefore it disables our kids from becoming competent adults.

(To be continued next week.)

Marriage Tip

Differences in Touch, Taste, and Smell Between Men and Women

By Walt Larimore, MD & Barb Larimore from their book, [His Brain, Her Brain: How Divinely Designed Differences Can Strengthen Your Marriage.](#)

Differences in Touch and Pain Sensation

His brain and her brain are not only different in hearing and vision, but from birth females react faster and more acutely to touch and pain.

British researchers have found that women, when compared to men, feel more pain in more parts of the body more often and for a longer duration. An adult woman's skin is at least ten times more sensitive to touch and pressure than a man's, and contrary to popular belief, a woman's tolerance to pain is also lower.

In childhood and adulthood, tests that *measure* the skin sensitivity of males and females produce differences so striking that sometimes male and female scores do not even overlap.

In *fact*, the most sensitive boys seem to feel less than the least sensitive girls.

High oxytocin levels in women not only stimulate the desire to touch,

but oxytocin also sensitizes the touch receptors of the skin. This fact explains why Western women are four to six times more likely to touch another woman during a conversation than a man is to touch another man.

And it also explains why a mother is not only more likely than a father to rush to the aid of a toddler who has fallen and is crying, but she is also more likely to touch, caress, or hug the child. No wonder we say things such as "staying in touch," "personal touch," "thin-skinned," or "so-and-so gets under my skin."

Bottom line: women are much more sensitive than men. Husbands would do well to remember that for a woman, a soft touch or a long, slow caress can go a long way.

Differences in Smell and Taste

When we say there are differences in smell and taste, we don't mean that a woman literally smells better but that her sense of smell (and taste, for that matter) is much better than a man's.

Barb: *My tasting ability is much better than Walt's. And smell - let's not even go there. I used to think that his ignoring those stinky socks in the closet was just his way of trying to get back at me. Now I know that's not the case. He is just not built to smell or taste the way I can.*

Walt: God designed each of us with at least ten thousand taste buds that discern sweet, salty, sour, and bitter, and we can taste these four

qualities in all areas of the tongue. Males are, even as newborns, better able to discern salty and sour tastes than women. However, women have more taste buds and are significantly superior in tasting bitter and complex flavors.

When it comes to smelling (olfactory ability), women are truly in a different league from us guys - although this was only an anecdotal observation until recently. Sensory researcher Pamela Dalton, PhD, and her team demonstrated that women of reproductive age were especially skilled at noticing low-threshold odors.

With repeated exposure to a variety of smells, the women quickly got better and better at detecting odors. This increased sensitivity was five orders of magnitude greater for these women than for the men who were tested. The guys just couldn't detect the odors, even with practice.

In other experiments, women did better than men at spotting a target odor against a background of other aromas, a setting more like real-world experience.

Barb: *Yale researchers have also demonstrated what every woman who has ever been pregnant knows - a woman's taste changes dramatically throughout her pregnancy.*

A woman's sense of smell is also more acute during pregnancy. When I was pregnant with Kate and Scott, for example, I could smell odors that were in a building, such

as the grocery store, even before I entered it.

I also felt I could "smell" Walt's moods, and now researchers have shown that we ladies can smell our man's pheromones and unique musk - not just consciously but subconsciously too.

Walt: I've always wondered how Barb could enter our closet and tell that I had hung up a pair of pants I had worn many times without laundering - even before she found them!

If you think our physical senses are different, then just wait until you learn more about our thinking and processing abilities.

How we process our experiences can be literally worlds apart.

(to be continued)

Compliments of the District 1 Marriage and Family Ministry, FFWPU

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