

## Spiritual Tip

### Love Forgives the Hurt

By Rick Warren

Proverbs says, “**Hate stirs up trouble, but love forgives all offenses**” (Proverbs 10:12 TEV). Which of the “all offenses” have you not let go? Which of the offenses in your life are you still holding on to?

Maybe as a child you were hurt by an adult — a teacher, a family member, maybe even your parents. The Bible says that there will be severe judgment for child abuse, neglect, and abandonment; one day God is going to settle the score on that. When God says, “Honor your father and mother,” he’s not saying honor their sins or their selfishness or their poor decisions. He’s not saying ignore the pain in your life and put on a happy face and pretend everything’s great.

So what does God expect? How does He expect you to love the destructive people who’ve hurt you?

He doesn’t expect you to ignore it. He doesn’t expect you to pretend it doesn’t exist. He’s not asking you to gloss over it or deny it or repress it or make excuses for the people who’ve hurt you.

God doesn’t want you to fake it; He wants you to face it, because you can’t forgive until you face it. You’ve got to stop running, and you’ve got to stop blaming.

If you’re going to become the loving woman or man that God wants you to be, you’re going to have to deal now with the destruction someone’s caused in your past. If you’re still angry with a parent or anybody else, you’re still allowing that person to control you.

Don’t allow that any more. You’ve got to deal with the anger. You’ve got to face it before you can forgive it.

The Bible says in Proverbs 19:11, “When someone wrongs you, it is a great virtue to ignore it.” But you can’t ignore it until you face it and forgive it! Then you can let it go. Love lets it go.

We know that “love keeps no record of being wronged” (1 Corinthians 13:5 NLT). I don’t know who you need to forgive, but I do know today’s the day. Love lets it go. Love forgives. Because they deserve it? No. Because it’s what God did for you, and it’s the only way to be free.

Talk It Over

- Who are the people in your life who have hurt you and who you need to forgive?
- What does forgiveness change about the hurt that happened? What does it change about you? Your future?
- How does Proverbs 19:11 change how you will react to hurt in the future?

## Parenting Tip

### 7 Parenting Behaviors That Keep Children From Growing Into Leaders – Part 2

By Kathy Caprino

(Continued from Part 1 last week) This information is from leadership expert Dr. Tim Elmore who explains how we as parents are failing our children today — coddling and crippling them — and keeping them from becoming leaders they are destined to be.

#### 3. We rave too easily

The self-esteem movement has been around since Baby Boomers were kids, but it took root in our school systems in the 1980s. Attend a little league baseball game and you’ll see that everyone is a winner. This “everyone gets a trophy” mentality might make our kids feel special, but research is now indicating this method has unintended consequences. Kids eventually observe that Mom and Dad are the only ones who think they’re awesome when no one else is saying it. They begin to doubt the objectivity of their parents; it feels good in the moment, but it’s not connected to reality. When we rave too easily and disregard poor behavior, children eventually learn to cheat, exaggerate and lie and to avoid difficult reality. They have not been conditioned to face it.

#### 4. We let guilt get in the way of leading well

Your child does not have to love you every minute. Your kids will get over the disappointment, but they won’t get over the effects of being spoiled. So tell them “no” or “not now,” and let them fight for what they really value and *need*. As parents, we tend to give them what they want when rewarding our children, especially with multiple kids. When one does well in something, we feel it’s unfair to praise and reward that one and not the other. This is unrealistic and misses an opportunity to enforce the point to our kids that success is dependent upon our own actions and good deeds. Be careful not to teach them a good grade is rewarded by a trip to the mall. If your relationship is based on material rewards, kids will experience neither intrinsic motivation nor unconditional love.

#### 5. We don’t share our past mistakes

Healthy teens are going to want to spread their wings and they’ll need to try things on their own. We as adults must let them, but that doesn’t mean we can’t help them navigate these waters. Share with them the relevant mistakes you made when you were their age in a way that helps them learn to make good choices. (Avoid negative “lessons learned” having to do with smoking, alcohol, illegal drugs, etc.) Also, kids must prepare to encounter slip-ups and face the consequences of their decisions. Share how you felt when you faced a similar experience, what drove your actions, and the resulting lessons learned. Because we’re not the only influence on our kids, we must be the best influence.

(To be continued next week.)

# Marriage Tip

## Differences in Spatial Skills and Reaction to Stress 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 Spatial Skills

Another example of how his brain and her brain process differently is the way males and females handle spatial tasks - the ability to picture in 3-D the shape, dimensions, coordinates, position, location, proportions, movement, and geography of an object.

Spatial processing involves being able to mentally rotate the object; reverse it; fly in, through, or around it; or turn it inside out.

Navigating an obstacle course, reading a road map, and visualizing a topographical map or a blueprint in three dimensions are spatial skills.

Functional brain scans reveal that spatial ability for males is located in a specific and highly efficient area of the right hemisphere. In females, the highly connected hemispheres enhance verbal and emotional processing but hinder spatial processing. In fact, only about 10 percent of women have spatial abilities that are as good as the average male.

This difference in spatial ability explains the difficulties that women have when reading maps. According to British mapmaker Alan Collinson, most women have difficulty navigating with maps "because they need a three-dimensional perspective to navigate a route." He explains, "I design tourist maps that have a three-dimensional perspective-they show trees, mountains, and other landmarks. Women have much greater success with this type of map." Why? "Our tests show that men have the ability to turn a two-dimensional map into a three-dimensional view in their mind, but most women don't seem to be able to do this."

**Barb:** *For a man, driving is a test of his spatial and math abilities which allow him to drive in a way that appears dangerous to most women. When Walt is driving, it's been helpful for me to understand that what seems risky to me isn't as risky for him, given his brain design. Instead of nagging him by exclaiming, "Be careful!" or "Slow down!" I'll say, "Walt, I'd be more comfortable if you drove a bit slower." Then he can choose how to respond.*

**Walt:** As I've come to realize how different my spatial skills are from Barb's - primarily by hearing her gasp when I change lanes in heavy traffic - I'm able to put her mind at ease by driving a bit slower. I make sure there is extra (although unnecessary) room, between our car and the other (slowpoke) cars. The fewer gasps I hear, the better I'm doing!

### Different Responses to Stress

His brain and her brain process and respond to stress in very different ways. His propensity to react with anger is now believed to originate from his brain connections that transport his emotional responses downward toward his body and physical responses. A woman's brain is more inclined to process her emotional responses upward to her brain's verbal, relational, and contemplation centers. So in response to stress, women tend to think and feel before acting. Men, on the other hand, seem to be hardwired to act first and deal with their thoughts later. Feelings, if they come, are a distant third.

Part of the difference in crisis response is due to differences in the structure of connections within the brain; part is due to the impact of hormones. Drs. Ruben and Raquel Gur and their research team discovered that the portions of the brain used to control aggression and anger responses are larger in women than in men. In addition, during crisis or stress, women do not get the enjoyable hormone surges of testosterone, vasopressin, and serotonin that men get by competing, fighting, or taking risks.

Rather, women are more likely to enjoy the surge of oxytocin they receive from involvement in conversation or caring relationships.

**Barb:** *Women will move toward tending and befriending - behaviors associated with higher levels of oxytocin and estrogen! Tending involves creating a physically and emotionally safe and nurturing*

*environment for our family and others. Befriending involves building relationships with others who can come alongside if we are unable to care for ourselves or our children. We also receive comfort as we participate in activities with other women. When my children were young, I always looked forward to picnic lunches at the playground with my girlfriends and their children. Activities such as these enhance the surges of oxytocin and other hormones we find so pleasurable.*

Keep in mind that we are talking in generalities about his brain and her brain. As we said in the introduction, there are a large number of male-female differences, and anyone difference will not apply 100 percent to you or your experience. However, for the majority of males and females, the research is fairly clear that from our earliest days in school and on into higher education, males tend to compete; females tend to cooperate. There is no doubt that many women can be very competitive. However, their design is to cooperate, even when they compete.

(to be continued)

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