

Parenting Tip

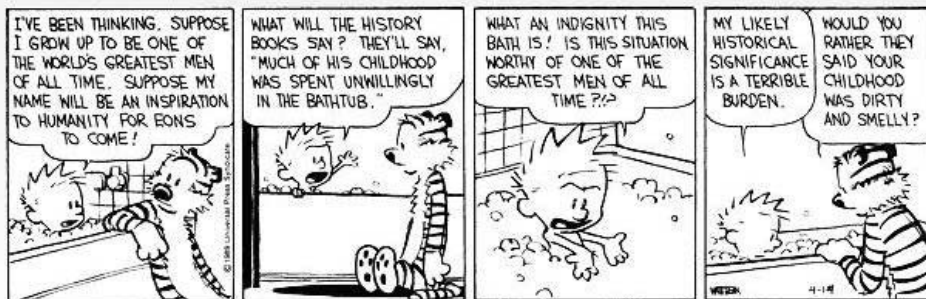
A Five Point Plan for Growing a Grateful Child

By John Rosemond

- 1. Do not give your child very much beyond basic necessities and basic comforts;** in which case he will be grateful for what he does get. The fact is that the more a child gets, the more he expects to continue getting, and the less grateful he is for anything you give him.
- 2. Assign your child to a daily routine of chores in and around the home, which he does not for money** but simply because he is a competent member of the family. In case I need to make this clearer: Do not pay for chores. When they are paid for, the child is likely to believe that if he doesn't need money at some point in time, he doesn't have to do his chores.
- 3. Give your child an allowance, but in so doing, assign a certain area or area of fiscal responsibility to him.** That forces him to begin budgeting and to begin developing an appreciation for the value of a dollar. Allowances given without responsibility teach children that money grows on trees (or in dad's wallet or mom's purse).
- 4. Before every family meal, give thanks to God for all the blessings he has conferred upon your family.**
- 5. Do not celebrate your children such that they know they are being celebrated.** Why? Because the child who is celebrated develops a prideful attitude. In that regard, it is helpful to remember the words of Henry Ward Beecher (1813 - 1887): "A proud man is seldom a grateful man; for he never thinks he gets as much as he deserves." Humility goes a long way in this life.

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Calvin and Hobbes by Bill Watterson



Marriage Tip

No. 85

Reality Check: Myths On Marriage

By Gary D. Chapman

Don't let false assumptions drag your marriage down. Get a fresh start with the reality about four myths and these six truths (next week).

If you're feeling dissatisfied with the love in your marriage, give your life a reality check. It could be you've been buying into one of the four common myths that follow.

If you read these four statements with a niggling sense that, yes, these falsehoods have crept into your own thinking, get ready to clear your mind with the reality that follows.

Exposing Four Myths

1. Myth 1: My state of mind is determined by my environment.

First, your environment certainly affects who you are, but it does not control you. If you believe myth #1, you've got a victim mentality.

2. Myth 2: People can't change.

The second myth fails to reckon with the reality of human freedom. Your local library is filled with accounts of people who've made radical changes. Consider Charles Colson, the Watergate criminal who later began an international agency to offer prisoners spiritual help. People can and do change - sometimes dramatically.

3. Myth 3: When you're in a bad marriage, you'll either have to resign yourself to a life of misery or get out.

As for the third myth, why limit your horizons to two devastating alternatives? I've seen couples come to counseling, convinced they'll end up divorced, only to amaze themselves and each other by building love between them again. You're only a prisoner by your own choice; you can dismantle a prison without leaving your spouse.

4. Myth 4: Some situations are hopeless.

The fourth myth flies in the face of God's truth, which insists that there is always hope because He is all-powerful.

It's time to throw out the myths and get ready to accept six positive realities. (Continued in the next Marriage Tip.)

Gary D. Chapman, Ph.D., is a marriage and relationship expert and best-selling author of numerous books, including **The Five Love Languages** (Moody) and **Covenant Marriage** (Broadman & Holman). Copyright © 2004 by Gary D. Chapman

Spiritual Tip

101 Proofs for God: #43 Breast Milk and Sucking

By Jim Stephens

From the website:

www.101ProofsForGod.Com

I think you know that all mammal babies are born with the innate, instinctive sucking ability. How could that very complicated ability have evolved in a slow, simple, gradual process over millions of years and many generations?



If a baby doesn't come out of the womb knowing how to suck already, then within a matter of hours it will be dead. There is no trial and error over many generations. There is no survival of the fittest because there is no survival. It's life or death within hours after birth.

The Theory of Evolution is very seductive sounding because they always use words like "simple", "easy", "slow", "gradual", "many generations", "great periods of time", etc. But behind it all is only faith and assumptions. Evolution of higher ordered species from lower ones has never been scientifically observed nor demonstrated in a laboratory. The Theory of Evolution is a religion of faith in lifeless chemicals.

If you have had children and you breastfed them, you were certainly amazed that the baby immediately knew

how to start sucking. There was no learning process. We even have pictures from inside the womb of the baby sucking his/her thumb.



The process of a mother producing milk for a new born baby is a miracle in itself. The appearance of breast milk and the baby sucking it was definitely designed by an intelligent being.

Most of her life a female mammal does not have any milk to give no matter what she might try. Through a miraculous process of hormonal changes triggered by interactions with the growing fetus, the production of breast milk gets started at just the right time.

When the baby is born, milk is ready to start flowing when the baby starts sucking.

How could a slow, gradual process over many generations produce milk at precisely the moment when the infant starts sucking? It has no special survival benefit for the mother, only the baby. How does mutation or natural selection account for producing breast milk? The whole process makes the mother much more vulnerable to predators.

If the milk comes at the wrong time, the baby dies. If the baby does not suck, it will die. There doesn't seem to be any room for trial and error. It's success or death. Many generations of developing

breast feeding over millions and millions of years cannot cut it. There are too many obstacles to be overcome.



The very first creature to exist of each mammal species had to have this ability.

Also it couldn't develop separately over long periods of time on each branch of the evolutionist "tree of life".

The whole process of milk being produced and baby sucking is very, very complicated and has to work out simultaneously and be successful at the birth of the very first baby of each species.

Scientific research is also finding out some amazing benefits of breastfeeding babies. Some of the health benefits for the baby that have been determined are: fewer illnesses and stronger immune system; less constipation and diarrhea; better stools and digestion; less allergies; lower diabetes risk; antibodies that protect against infection; all the nutritional needs of the baby during first 6 months; stronger vision; protection against ear infections; better mental development, higher IQ and less antisocial behavior; better mouth formation for less speech problems; less eczema; improved bone quality; healthier hair; increased independence and emotional stability; eases frustrations and daily stresses.

Amazingly enough, there are also great benefits for the mother as well. Here are some that researchers have discovered: stronger bones for later in life; lower risk of osteoporosis, anemia, and arthritis; lower risk of breast cancer; lower risk of cardiovascular disease; lower risk of ovarian cancer, uterine cancer, and endometrial cancer; natural bonding and closeness with the baby; helps the uterus return to normal size in a timely manner.



All these extremely valuable benefits must have been working from the very first baby that sucked.

Every father and mother knows that the mother's body goes through all kinds of complicated and miraculous changes when she was pregnant. She had no control over that. If she was the smartest woman in the world, could she have told her body all the right things to do so that baby could be born and survive? Absolutely not. It was all controlled by a much higher intelligence.

There must be God.

**Compliments of the District 1 Marriage
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