

Parenting Tip

18 Fatherhood Tips They Should've Handed Out at the Delivery Room – Part 2 (continued)

By Leo Babauta

Being a father can be a wonderful thing, once you get past all the gross stuff, all the stressful events, the loss of privacy, and the bewildering numbers of ways you can screw it up. But other than those few things, fatherhood is wonderful.

Every dad has fears that he won't be a great dad, that he'll mess up, that he'll be a failure. It comes with the job.

Unfortunately, what doesn't come with the job is a simple set of instructions. As guys, we often will skip the manual, figuring we can wing it ... but when things go wrong, it's nice to have that manual to go back to. Fatherhood needs that manual.

What follows are the fatherhood tips I wish they'd passed out to me upon the delivery of my first child. It would have helped a ton. (continued from previous issue)

5. Kids like making decisions. While it is easier to be an authoritarian parent, what you're teaching your child is to submit to orders no matter what. Instead, teach your child to make decisions, and he'll grow up much more capable — and happier. Kids like freedom and decisions, just like any other human beings. Your job is to allow them to make decisions, but within the parameters that you set. Give them a choice between two healthy breakfasts, for example, rather than allowing them to eat a bowl of sugar if they choose to.

6. A little patience goes a long way. As a parent, I know as well as anyone how easy it is to lose your patience and temper. However, allowing yourself to react in anger or frustration is not the best thing for your child, and you must remember that. That means you need to take a deep breath, or a walk, when you start to lose your patience. Practice patience with your child and your relationship, and your child, will benefit over the long run.

7. Sense of humor required. There will be times when your child does something that might make you blow your lid — writing in crayon all over the walls is a good one, as is dumping some kind of liquid on your couch, or sneaking out and taking your car to meet up with friends. While you need to teach your child not to do these things, it's better to just laugh at the humor in the situation. I've learned to do this more often, and it helps me keep my sanity.

8. Read to them, often. Whether you're a reader or not, reading to your children (from the time they're babies onward) is crucial. It gets them in the habit of reading, and prepares them for a lifetime of learning. It gives you some special time together, and becomes a tradition your child will cherish. I read with all my children, from my 2-year-old and my 15-year-old, and love every word we read together. See my list of Best All-Time Children's Books.

9. Don't be the absent dad. The biggest mistake that dads make are not being there for their children. Always, always set aside time each day and each week for your children. Don't let anything violate this sacred time. And at those big moments in your child's life — a soccer game, a music recital, a science fair — do your very best to be there. It means the world.

Marriage Tip

No. 87

How To Deal With What You Feel

By Rick Warren

Learning to manage your emotions is the key to peace of mind.

I want to share with you four important reasons from God's Word why you need to learn to deal with what you feel.

1. You need to learn to manage your emotions because they are often unreliable. Your gut is often wrong. Your intuition is often flawed. Your emotions often lead you down a blind alley. You can't depend on everything you feel! Proverbs 14:12 says, "There is a way that appears to be right, but in the end it leads to death" (NIV). You don't have to accept everything you feel, because not everything you feel is right or authentic or will lead you in the right direction.

2. You need to learn to manage your emotions because you don't want to be manipulated. If you don't control your emotions, they will control you, and you will be manipulated by your moods. And, if you're always guided by your feelings, other people are going to take advantage of you. Worst of all, Satan's favorite tool is negative emotions. He will use fear, resentment, and worry to wreak havoc in your life. The Bible says in 1 Peter 5:8, "Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour."

3. You need to learn to manage your emotions because you want to please God. God cannot rule your life if emotions rule your life. If you make your decisions based on how you feel, then you've made your feelings god, and then God can't be God in your life. Romans 8:6 and 8 says, "To be controlled by human nature results in death; to be controlled by the Spirit results in life and peace. Those who obey their human nature cannot please God" (TEV).

4. You need to learn to manage your emotions because you want to succeed in life. Study after study has shown that your emotional quotient is far more important than your IQ when it comes to success. How many people do you know who ruined their reputation because of something said in anger? Or missed a job opportunity because of their lack of self-control?

The Bible says in Proverbs 5:23, "[People] get lost and die because of their foolishness and lack of self-control" (CEV).

When you give your heart to Jesus, that includes your emotions. So when you say, "I gave my heart to Jesus," you gave your emotions to him to be managed by him. Jesus wants to be Lord of how you feel, not just what you think and do. He wants to be Lord of your emotions.

"From now on, then, you must live the rest of your earthly lives controlled by God's will and not by human desires" (1 Peter 4:2 TEV).

Talk It Over

- Do you base your decisions on your feelings? How do you know if a "feeling" is right or wrong?
- Why do you think it's important to learn to listen to the Holy Spirit? How do you do that?
- What about your emotions do you need to surrender to God today?

Spiritual Tip

101 Proofs for God: #28 The Lottery

By Jim Stephens

From the website:
www.101ProofsForGod.Com

Most of us are familiar with the Lottery, right? Many states have them now and they are advertised all the time.



You know that the odds of winning a lottery are more than a million to one, even hundreds of millions to one in the bigger lotteries. But millions of people buy a ticket anyway and start dreaming of what they will do with the money when they win.

The thing about the lottery that reassures people who are going to buy a ticket is that someone is guaranteed to win. There is going to be a winner of the big jackpot.

Let's apply the concept of the lottery to the existence of life in this universe. Believers in evolution will assert that we "won the lottery" because life exists and evolved into us and the world we live in. It seems to make sense, right? We are here after all.

Ah, but the theory of evolution does not guarantee there will be a winner because it is based on randomness and accident. Would you buy a ticket for the lottery if the likelihood of NO

winner was millions, even billions to one? And if there was ever a winner, the odds that it was going to be you are trillions and trillions to one.

The mathematical odds of life spontaneously and randomly arising from a "soup" of chemicals has been put at one out of a number with a one followed by 40,000 zeros. There are no known chemical reactions or laws of physics that can produce a living cell. The greatest scientists in the world cannot do it.

That's not even taking into account of how the "soup" of chemicals got there in the first place.

"The likelihood of the formation of life from inanimate matter is one to a number with 40,000 noughts after it ... It is big enough to bury Darwin and the whole theory of evolution ...if the beginnings of life were not random, they must therefore have been the product of purposeful intelligence." Sir Fred Hoyle (astronomer, cosmologist and mathematician, Cambridge University) [1]



Winning the lottery just once is unbelievable but winning it TWICE IN A ROW is beyond rational comprehension. Can you even conceive of winning the lottery three, four, or five days IN A ROW? The

odds of any life happening accidentally are about the odds of you winning a lottery EVERY DAY IN A ROW, 365 days a year for more than 13 years. (see calculation below [2])

Therefore, the existence of life itself happening accidentally could be compared to winning the lottery every day for more than 13 years in a row.

What is the alternative to something happening by accident? If something could be an accident only 1 time out of 1,000 times, but it has happened, then what explains how it could happen the other 999 times that it was NOT an accident? It can only mean that for those other 999 times it was caused on purpose and purpose only comes as a result of an intelligent being.

Those who believe it might have happened accidentally without a God and that we won this cosmic lottery out of some blind luck are lacking some understanding of the lottery and what the alternatives truly are. They are trying really hard to believe something against all the odds and the patently obvious and simple conclusion that there must be an intelligent designer.

It is so much easier and more elegant to hypothesize that there is an original source of life outside of the physical universe.

Note also that the lottery idea above is based on the odds that a single living cell would form by accident. I didn't even touch on the odds of a single cell developing accidentally into anything MORE complicated. I also didn't touch on any odds that the physical universe could come to exist accidentally or that the right combination of chemicals

could exist in the hypothetical "soup" that became life.

There must be God.

[1] http://en.wikipedia.org/wiki/Fred_Hoyle

Hoyle was knighted in England in 1972. He is also the originator of the term "Big Bang". Many of his ideas were and still are controversial. Further quote from Wikipedia:

"Published in his 1982/1984 books *Evolution from Space* (co-authored with Chandra Wickramasinghe), Hoyle calculated that the chance of obtaining the required set of enzymes for even the simplest living cell without panspermia was one in $10^{40,000}$. Since the number of atoms in the known universe is infinitesimally tiny by comparison (10^{80}), he argued that Earth as life's place of origin could be ruled out. He claimed: 'The notion that not only the biopolymer but the operating program of a living cell could be arrived at by chance in a primordial organic soup here on the Earth is evidently nonsense of a high order.'"

[2] A simple example. A Powerball Lottery has odds of winning of 175,000,000 to one. Let's use an example of a Lottery with the odds of 100,000,000 to one for simplification. The odds of winning two days in a row is the multiplication of 100 million times 100 million. The odds of winning three days in a row is multiplying 100 million times 100 million times 100 million. It would take 5,000 days in a row to get to the odds of $10^{40,000}$. 5,000 days is 13.7 years.

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