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A FEW => **Questions** for Life Skills

On YOU

[A resume gives you a chance to present yourself in a positive light.](#)

1. **True**
2. False

Continuing Education Job Search and Career

[Long, messy hair is okay for a job interview?](#)

1. **True**
2. False

Grade 12 => Job Search and Career

[Which is a popular interview question?](#)

1. What is your favorite color?
2. Do you like to work?
3. What is your greatest **fear**?
4. What is your greatest weakness?

Grade 2 => Communication Skills and Public Speaking

[Which of the following is a conflict stopper?](#)

1. tell how you feel
2. acting bossy

3. spreading rumors

4. teasing

None Daily Living Skills

A good example of hygiene is brushing your teeth every other day?

1. True
2. False

Non Daily => Living Skills

As you mature, you take more responsibility for your own physical health?

1. True
2. False

Grade 2 => Communication Skills and Public Speaking

A conflict is when you solve a problem together?

1. True
2. False

Grade 5 => Personal Finance

Fixed expenses help you to fix your car?

1. True
2. False

Grade 11 => Personal Finance

A dollar today buys a lot less than a dollar did in 1950; this decline in the purchasing power of the dollar is due to which of the following?

1. Deflation
2. Inflation
3. Standard of living
4. Compensation

Grade 5 => Personal Finance

is any form of money in use as a medium of exchange?

1. Cash
2. Check
3. Value
4. Currency

Grade 9 => Personal Finance

This is the money deducted from your check to pay for your retirement when you are older. It also pays for helping disabled people who **cannot** work?

1. FICA/Social Security
2. Medicare Tax
3. State income Tax
4. Health Insurance

Grade 9 => Communication Skills and Public Speaking

Your character is defined by what you say, **not** what you do.

1. True
2. False

Continuing Education => Job Search and Career

When introducing yourself to someone you should have good eye contact and a firm handshake.

1. True
2. False

Grade 9 => Communication Skills and Public Speaking

It is impossible to understand other people's nonverbal messages.

1. True
2. False

Non Communication Skills and Public Speaking

Sometimes people have different emotions about the same thing.

1. True
2. False

Grade 12 => Daily Living Skills

Identify the food item that you cannot safely freeze.

1. cheese
2. tomatoes
3. food in cans
4. sour cream

Grade 9 => Personal Finance

Which type of bank account typically offers no interest?

1. Savings
2. Money market
3. Certificate of Deposit
4. Checking

Non - Driving and Road Safety

Accidents are the leading cause of death among teenagers.

1. True
2. False

Non - Stress Management and Health

You should exercise only 1 to 2 times weekly.

1. True
2. False

Grade 7 => Job Search and Career

A priority is something that you give up in order to get something more important.

1. True
2. False

Note: Copy off and give this test to someone or for yourself. Check how you do.

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Life Skills

The term 'Life Skills' refers to the skills you need to make the most out of life.

Any skill that is useful in your life can be considered a life skill. Tying your shoe laces, swimming, driving a car and using a computer are, for most people, useful life skills. Broadly speaking, the term 'life skills' is usually used for any of the skills needed to deal well and effectively with the day - to - day challenges of life.

It should therefore be clear that everyone will potentially have a different list of the skills they consider most essential in life, and those that they consider unnecessary. Someone living in a remote rural community might put driving a car high on their list of essential skills. A Londoner or New Yorker, however, would probably rank that pretty low.

These pages are therefore designed to provide a broad general introduction to the concept of life skills and many will point you towards other pages that you may find useful for developing your skills.

Defining Essential Life Skills

There is **no** definitive, very long list of life skills.

Certain skills may be more or less relevant to you depending on your life circumstances, your culture, beliefs, age, geographic location, etc. However, in 1999, the World Health Organization identified six key areas of life skills:

- Communication and interpersonal skills. This broadly describes the skills needed to get on and work with other people, and particularly to transfer and receive messages either in writing or verbally.
- Decision-making and problem-solving. This describes the skills required to understand problems, find solutions to them, alone or with others, and then take action to address them.

- **Creative thinking** and **critical thinking**. This describes the ability to think in different and unusual ways about any problems, and find new solutions, or to generate new ideas, coupled with the ability to assess information carefully and understand its relevance.
- **Self-awareness** and **empathy**, which are two key parts of **emotional intelligence**. They describe understanding yourself and being able to feel (**sense**) for other people as if their experiences were happening to you.
- **Assertiveness** and equanimity, or **self-control**. These describe the skills needed to stand up for yourself and other people and remain calm even in the face of considerable provocation.
- **Resilience** and ability to cope with problems, which describes the ability to recover from setbacks, and treat them as opportunities to learn, or simply experiences.

It is also **true** that different **life skills** will be more or less relevant at different times your life. For **example**:

- When at school or university, you'll need **study skills**. These may include understanding how to organize yourself for study, do research, and even write up a dissertation or thesis. These are **not** skills that everyone will need, but writing skills are likely to be useful in a variety of careers and jobs.
- When buying a house, you may need to employ **negotiation skills**, and you will certainly need plenty of **patience** and **good temper**. These skills are also likely to be high on your 'essential **life skills**' list if you have children!
- You'll need to work on your **employability skills** to get a job, and will also need to think about how you **apply for a job**, and how you might cope in an **interview**;

- When you have a job, you may need to develop [leadership skills](#), especially if you need to lead a team or a group or groups;
- When you start a family, you'll need [parenting skills](#). You may also find that [time management](#) and [organizing skills](#) become much more important.

However...

...perhaps the most important [life skill](#) is the ability and willingness to [learn](#).

By learning new skills, we increase our understanding of the world around us and equip ourselves with the tools we need to live a more productive and fulfilling life, finding ways to cope with the challenges that life, inevitably, throws at us.

Most people associate learning with a formal education, but learning can, and should, be a lifelong process that enhances our understanding of the world and improves the quality of our life.

Looking Beyond the Obvious

It will be clear that [Skills You Need](#) has many pages that can help you to develop these important [life skills](#), and lots more.

These skills fall into a number of areas, including personal skills, interpersonal skills, writing skills and numeracy skills. Each of us already has a number of these skills; equally, we will all recognize that there are particular areas that could be improved.

Personal Skills

[Personal skills](#) are the essential [life skills](#) we need to help maintain a healthy body and mind.

These skills include many of those on the World Health Organization's list, such as resilience, self-control and self-awareness. They include skills such as how we recognize, manage and cope with both your and their emotions. You can find out more about your personality type on our page [Myers-Briggs Type Indicators \(MBTI\)](#) and our page [Keeping your Mind Healthy](#) is also worth a read.

Being able to manage **anger** and **stress** can also be essential [life skills](#).

Learning about **anger** and **stress**, recognizing what may trigger them (**in ourselves and others**), what the symptoms are and how to control or manage such emotions can greatly enhance the quality of our lives. You can find more about how to cope with stress in our pages on [Stress and Managing Stress](#). We also have a section on [Anger and Anger Management](#).

Many people battle with low **self-esteem** and personal confidence, which can cause **stress** and prevent them from reaching their full potential. Our pages [Improving Self-Esteem](#) and [Building Confidence](#) provide practical ways to overcome these issues.

Our personal skills pages also contain a section on [Caring for your Body](#), including more on the importance of [food, diet and nutrition](#), and why and how you should [exercise](#) to remain healthy.

Interpersonal and Communication Skills

The second important area of **life skills** is interpersonal and communication skills. These are the skills that we use to make connections with other people and are therefore an important part of what makes us human.

Communication skills are generally seen as a subset of interpersonal skills, as are decision-making and problem-solving, but both are important enough to consider in their own right too.

Communication and other interpersonal skills cover a huge range of skills, including:

- Effective [listening skills](#), together with techniques such as [clarification](#) and [reflection](#), can help prevent misunderstanding.
- [Verbal](#) and [non-verbal communication](#), include both how to use your voice and choose the right words, and also the use of tone of voice, **body language** and how you dress. They can help to [build rapport](#).
- Unfortunately, there are also many [barriers to effective communication](#) in any communication situation. These can lead to misunderstanding or even conflict.

Literacy: Reading and Writing Skills

Most people communicate, at least some of the time, using the written word — through letters, emails, reports, text messages, social network feeds and a host of other methods.

Being able to write clearly and concisely is a very powerful way to communicate, either one-to-one or to a much larger audience.

We provide articles that will help you to improve your written communication and to learn or refresh your knowledge on some of the fundamental rules of writing.

Our [Writing Skills](#) section includes lots of help and practical advice to help you improve your writing.

Numeracy Skills

Many people struggle with math's or numeracy. Developing or refreshing your numeracy skills, however, can give you a real boost in life. Better numeracy skills can:

- Make you more employable;
- Help you to develop a better understanding of the world around you;
- Save you time and money; and even
- Improve your mental health.

We **don't** all need to be great mathematicians, and we're certainly **not** all rocket scientists, but an understanding of the basic principles of day – to - day numeracy, arithmetic and math's' will help to open many doors.

See our [Numeracy Skills](#) section for easy-to-follow, real-world **examples** of basic numeracy. There are plenty there about particular areas of math's' that may be a struggle. The section also contains useful information about [real-world math's](#), including [budgeting](#), [understanding interest](#), and [loans and savings](#), all of which could save you money in both the short and longer term.

Lifelong learning and personal development.

When you look at this list, it will probably be clear why a willingness to learn may be the most important **life skill** of all!

There are so many important **life skills**, but it is also important to **remember** that you have been developing these skills since you were born. Continuing to learn and grow is only an ongoing part of that process.

Read more at: <https://www.skillsyouneed.com/general/life-skills.html>

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Let Us Help Prepare You For Your Next Interview

Job interviews are stressful. You have to come across as friendly and trustworthy while explaining how you're the perfect candidate (**without sounding egotistical**).

It's a challenge. And with the clock ticking down, it's **no** wonder why nerves and confidence becomes a big focus...

That's where Interview Success Formula comes in. You see, we deliver practical, step – by - step proven strategies and interview tips to build confidence, become persuasive, and walk into the room with the vocabulary locked and loaded to formulate impressive answers to common interview questions.

Check out the [free video tab](#) above where we show you specifically how to do this, or check out the [free report](#) that details the top 10 interviews **questions** you MUST know how to answer...

Some of the information might surprise you. Still, with over 30,000 success stories under our belt using this system... trying something NEW yet proven to be effective could help you land the job you deserve..."

Remember what Einstein said, "Insanity is doing the same thing over and over again but expecting a different result."

Check out our [Case Studies tab](#) to see just a hand full of real life job seeker success stories. Some folks were down in the dumps and needed something fast. After giving our system a chance; they were AMAZED at the results. See for yourself...

Even after checking out some of our strategies and practical steps – if you need fast help with your interviewing then you might want to check out our proven star product – Interview Success Formula...

You can [CLICK HERE](#) to find out more, but just to give you an idea of what our course covers – here are the 4 main components of the course.

- **Research:** What you need to know about the job, the company, and your interviewer
- **Build:** How to create effective answers to critical job interview **questions**
- **Launch:** How to ace your interview, from the hour before to your closing statement
- **Close:** What you can do after the interview to gain an edge on the competition

<https://www.interviewsuccessformula.com/job-interview/vsl1472019/>

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How to Succeed in any Job Interview

Did you know the average employer may receive upwards of 100 applications per job opening? In addition, even if an applicant does land an interview, it can be difficult to navigate through the process since every interviewer is different. So, how can job seekers ensure they are reading each situation correctly.

This infographic, compiled by interviewsuccessformula.com illustrates how job seekers can read the most common types of interviewers and how to succeed in the process.

Takeaways:

- The average duration of an interview is 40 minutes – and there are 5 different types: in-person, phone, testing, video and group.

- There are different types of interviewer – make sure you’re able to read them.
- 17% of candidates believe they were interviewed by the ‘Clueless Boss’.
- 21% reported that they were interviewed by someone who was bored or **not** enthusiastic about their company.

<https://theundercoverrecruiter.com/job-interview-101/>

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[Top 10 Things to Mention in an Interview](#)

The job interview might be the only thing left between you and the position of your dreams. Even when you’re the most qualified candidate with references galore, a **poor** interview performance can leave a **lousy** impression on a potential employer.

Yet, you can avoid nearly all interview mishaps if you prepare the right way for your interview. This means always knowing which talking points to bring up — and why these points are important in determining if the position is a good fit for you.

Here are **10 things** to always bring up in an interview:

1. The Work

The most fundamental goal of the interview is to determine whether you have the skills to do the job. Still, your interviewer may **not** even know how to figure out if you have what it takes. You must be ready to do it for them. Be prepared with a list of your [top selling points](#) so the interviewer is completely aware of your advantages over others.

2. The Company

In a 2011 survey by Account Temps, 38 percent of managers said the number one interview mistake they encountered was little or **no** knowledge about the hiring organization. **Don’t** let that happen to you. Do your homework ([research](#)) ahead of time so you are ready to say why you want to work at that job and for that company.

3. The Culture

The work environment can determine whether you love your job or **hate** it. Address the work culture with your interviewer to make sure your values align. There's nothing **worse** than landing a job only to realize the organization is **not** a place where you would feel comfortable working.

4. Industry Knowledge

Want to “wow” the interviewer? Show off your knowledge of the industry. Talk about [recent newsworthy events](#) or the company's newest products. Thoroughly understanding your industry proves your passion for the field. In addition, having this knowledge suggests you have a deeper level of expertise than the average candidate.

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5. Past Experiences

Your past experiences demonstrate how you would perform if you landed the job. So, you want to be prepared to describe past experiences where you had a big impact. If you have numbers to back up your claims, that's even more persuasive.

6. Portfolio

A portfolio is a visual representation of your past work. It **not** only shows off your accomplishments, it also gives you added value. While a [portfolio](#) may **not** be essential for many positions, having physical representations of your work that you can share upon request will make you look good because you went that extra mile.

7. Your Plan For the Position

Your interview needs to show the company what you can do for them. Lay out what you'd do, should you get the job. This plan **doesn't** need to be detailed – it just needs to illustrate how you would [positively](#) contribute to the position. For instance, presenting how you would reduce customer turnover is an easy, yet beneficial way to show an employer why you would do well.

8. Your Referral (if you have one)

There's nothing **wrong** with name - dropping if the person helped you land the interview. If you were referred to the position, be sure to remind the interviewer.

This connection may put some legitimacy behind your candidacy, as well as spark a **positive** conversation between you and the interviewer.

9. Thought - out **Questions**

Always make sure you have **questions** at the end of the interview. From queries about the interviewer's role to thoughts on the history of the position, **questions** show your desire for the job. They can also give you more insight into the role, which may **not** have been addressed during the more formal portion of the interview.

10. Next Steps

Understanding the next steps in the interview process is essential. Always ensure you're aware of what these are. It may be a second interview. It may be giving the company a list of references. It may mean you **won't** know the outcome for a few weeks. By asking about these next steps, you'll know what to expect and gain some peace of mind. You'll also show your enthusiasm for this position.

As you can see, job interviews can be a much smoother process if you use this checklist. Do your **research**, emphasize why you are the best candidate for the job, and always leave on a good **note**. You'll find the outcome of the interview will be much more **positive** if you do.

What do you think? What are some other things to always bring up in an interview? Let us know in the comments below.

<https://theundercoverrecruiter.com/mention-interview/>

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7 Insights to Master the Job Interview

The first crucial thing to accept is that job-seeking – if done well – is a challenging and time-consuming process. In the rarest of cases will an individual make just one job application, be accepted for an interview and land the job. The reality is that even the likes of Steven Spielberg, Oprah Winfrey and other celebrated individuals have experienced a whole lot of rejection throughout their careers.

The secret to the mindset for job-seeking success is to **not** be in a rush. When job searches are fueled by urgency, there's potential for attempts to be undermined by cutting

corners, taking unnecessary risks and feeling disheartened when things take time to work out.

If you need a job quickly to pay the bills, sign up with an employment agency and get temporary contracts using skills you've honed at school or through your extracurricular interests.

Having a short-term income in place puts you in a comfortable position to apply for your dream jobs. And, what do you know, you've just been invited to an interview! Ignore the butterflies and enjoy these 7 tips to maximize your chances of mastering your next interview.

Try Being the Interviewer

There is simply **no** better way to improve your interview technique than by putting yourself in the shoes of an interviewer. The moment the ball is in your court, you have the control and clarity to assess the performance of other interviewees and get tips from what they did well. But you **haven't** got a job to offer anyone, right? Make one up! You can role play with supportive family members or friends or put out a real ad for collaborators on a project that you'd like to set up. You **cannot** get more effective interview training, **not** to mention confidence-building, than by taking the reins and being the one with something valuable to offer.

Customize

This is the easiest one to miss if we are making applications to dozens of companies or in a hurry, but it is one of the real basics for getting an interview, right. Customizing is key for two obvious reasons: it is essential to **not** getting yourself eliminated from the list of potentials and secondly, customizing your answers in an interview is the surest way to up your chances of showing that you're the right person for the job. This includes having a solid knowledge of the business you're applying to, their past achievements and future plans, all of which can be gleaned from the company's website as well as reports published online.

There's **no** better example of a professional intent on constantly doing their research than Oprah Winfrey, who in a 2014 interview at the Stanford Graduate School of Business, said that it's important to "align your personality with your purpose." Make the interview work for you and your potential employer, bringing your personality into it.

Add Value

That said, being an interviewee also means you have plenty to offer. The trick is to figure out how you can be the most memorable candidate and demonstrate the significant value you can add to a company. Get a few ideas by exploring your chosen line of work:

what are the newest sector trends? Is there some way that you could get first-hand experience of them, or even start a small initiative of your own? Adding value is a code word for “going the extra inch.”

Ask yourself this: what have you done or could do that goes the extra inch in your profession? Then, figure out how could you package that and offer it to possible future employers as a bonus for them choosing you. Music Journalist Amanda Mester recently published a rejection letter on Twitter, shown from AdWeek – together with her reply, which effectively corrected its many grammar mistakes. While the company in **question** never changed its mind, this sort of approach offered an additional showcase for her writing and editing skills.

Motivation is Everything

A job worth having is **not** easily won. A 2013 study by InterviewSuccessFormula.com found that although 3.6 million job openings were available in 2012, about 80% were never advertised. This eyebrow - raising statistic should be reason enough to **not** lose heart if finding a dream job requires some serious digging. To keep your head above water when facing an interview, ensure that you keep motivation levels high – especially if your desired job happens to be in a niche sector. It took poker champion Eugene Katchalov almost 8 years to establish himself in his profession, cemented when he got an offer with Team Poker Stars and became a household name. But throughout those years of uncertainty, he kept busy mastering his game, participating in tournaments and slowly climbing the industry’s ranks. “The first time I played, I **wasn’t** doing exceptionally well,” Katchalov **remembers**. “The most important thing is finding the right motivation for everything and then finding a way to **not** let that motivation slip away from you.” That certainly is solid advice.

Negotiate your Salary

The jury is still out on this one. Going out of your way to ask about money in an initial interview is **not** ideal, however, if you feel the talk has gone well, a straightforward **question** about the salary is completely legitimate. The best moment to ask is toward the end in the “have you got any further **questions?**” slot. As part of your interview preparation, ensure you have a clear idea of how much someone in your field, in your country and with your level of experience is paid on average. Once you learn what the salary would be, compare figures and if there is a discrepancy, do **not** make the error of settling: simply express your interest in negotiating the salary if you get an offer. Leave it at that, and should you be the selected candidate, the interviewers will be open to raising the original figure to get their dream employee!

Don't be Put Off by Unusual Questions

Expect the unexpected. Although you should prepare for the classic interview **questions**, ensure you also mentally prepare yourself for the unusual ones.

Many top of the range companies like Google are known to ask the most cryptic interview **questions**, but far from trying to frighten the life out of candidates, they use them as a tool to understand how they think. Therefore, rest assured that there is **no** right answer, but be prepared to see brainteasing **questions** as an opportunity to set out, in words, how you would tackle the issue. Have fun with it, stay confident and you'll be fine.

Do You Like What You See?

Although it may be tempting to assume that the interviewers are the ones in the driver's seat, try **not** lose sight of the fact that this is your career. During the interview, consider whether you would be happy to see and work with these individuals on an everyday basis.

Rejecting an offer that's good but "**not** quite right" is one of the toughest things you can do as a job-seeker but take heart: in your commitment to **not** settling, the chances of you growing as a professional and enjoying a fulfilling career are only increasing.

As much as excitement, necessity or any other such motivation might push you to rush off and try to bag a job in record time, resist the urge. Even if your interview goes extremely well and you get your dream position and salary, **not** being critical of the company itself or paying attention to any alarm bells that may have been set off during the application process will see you back at square one: stuck with a situation you **don't** want to be in, and, looking for a new job. Therefore, take both time and care to get the process right, stay motivated and make honesty your policy. Do this and you'll do justice by your possible future employers and also by yourself.

We are always eager to hear from our readers. Please feel free to contact us if you have any **questions** or suggestions regarding **CareerAlley** content.

Good luck in your search, Joey

<https://careeralley.com/7-insights-master-job-interview/>

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Essential **Life Skills**

Questions and Answers => **By Z. Hereford**

I've received many frequently discussed **questions** during my consultations regarding [Personal Development](#) over the past few of years, so I've decided to share some of the common ones with you (**the names have been omitted in order to protect privacy**).

I hope that you find them valuable and informative, as well as relevant to some of your own situations. Thank you everyone!

Q. You talk a lot about loving the self and a healthy self-concept. **Isn't** that somewhat selfish or self-centered?

Like most things in life, therein **lies** the paradox. For **example** if you were starving, it would be the most important thing in your life and your first priority. Nothing would matter until you were fed; **not** fame, **not** money, and **not** fancy clothing.

As Abraham Maslow states in his hierarchy of needs, if your biological and physiological needs **aren't** met, nothing else matters. Likewise, if you **don't** love and accept yourself you will always be searching to fill that big gap and sometimes in unhealthy ways if you're desperate enough e.g. promiscuity, addictions, self-defeating behaviors.

As we have witnessed in the entertainment industry, many successful, wealthy, and attractive have led unhappy, sometimes tragic lives because they **didn't** love themselves in a healthy, accepting manner (**Marilyn Monroe, Elvis Presley, Judy Garland**). This, of course, is in contrast to what can be termed as [narcissism](#) - a personality disorder, which is both 'unhealthy' and extreme.

Q. What can I do to get motivated? Lately I've felt **no** motivation for anything.

Ultimately all motivation must come from within. **No** one can make you want to do something.

You have to decide what is worthwhile in life. Does wanting to stay healthy motivate you? How about being the best that you can be?

If you **don't** learn to [motivate yourself](#) you will stagnate, become boring and bored, and life will just go downhill from there. Take initiative and start somewhere. Work out, [read](#), and do whatever you can to improve yourself. You'll be surprised how once you start, you will build the desire and motivation to continue.

Q. What is the best action to take when nothing else works? Where do you run?

Sometimes the actions you take work, and other times they **don't**, however, running away never helps. First of all, you **can't** run away from yourself and secondly, the problems are still there => still waiting to be solved.

Facing life, your **fears** etc. and doing some "critical thinking" is the best approach. The solutions may **not** always be perfect however, you build courage, problem solving skills and self-confidence in the process.

Q. I do **not** like myself and I having been feeling really **sorry** for myself lately, what can I do?

First of all if you **don't** like yourself, how can you expect anyone else to like you?

Secondly, feeling sorry for yourself can be a waste of time. Make the decision to start working on self-acceptance and self-confidence.

It will take effort and action on your part but if you make the commitment to improve, you will do it.

Q. How do I make life worth living again? I'm so depressed and so lonely. It seems I am only surviving minute by minute.

Start with yourself. Make the decision that you **won't** let it beat you. You have the ability to change your thinking and perspective. Everything is how you choose to see it. **No doubt**, it's difficult to change your mindset, especially if you're used to one way of looking at things, however, it's necessary.

There are many things we all have to be grateful for, such as freedom, opportunities, decent health etc. – etc. Our job is to make the most of it. All the best to you!

Q. Lately I've been feeling emotionally numb? What can I do to change that?

There are times when we all feel numb. There could be a variety of reasons for this both physical and emotional. Sometimes we're just drained or worn out.

The best thing to do is ride it out, however in the meantime take care of yourself by eating properly, getting plenty of sleep and exercising.

Q. How can I learn to love, embrace, and accept parts of my physical appearance that other people see as **ugly** and reject?

If you **don't** love and embrace yourself, you **can't** really expect anyone else to. If there is something you can do to improve your looks such as lose weight, learn what styles and makeup suit you best, and which of your good features to accentuate, then do so. If there is **not**, you must learn to accept yourself as you are.

Certainly looks are **not** the measure of a person. The heart, mind and soul are. Perhaps you've seen the movies or know the stories of 'Beauty and the Beast' or 'Cyrano de Bergerac' and the lessons they offer.

I've known many people who were beautiful at first glance but after they opened their mouths and revealed their personalities they were suddenly somewhat unattractive. Likewise, I've met seemingly unattractive people, but after I've gotten to know them, they were beautiful to me because they had a good [personality](#) and/or were very intelligent and had much to offer.

If you feel you will never be attractive enough ([according to some societal standards](#)) then develop other aspects of yourself such as your personality and attractive qualities such as kindness, [humor](#), generosity and intelligence.

Looks **aren't** everything and as everyone knows, they **don't** last forever. In fact, **not** for very long. Some have thought Barbra Streisand, or Fred Astaire or Liza Minnelli **aren't** attractive, but they've made the best of their looks and who they are.

I, myself find that a person who has [character](#), is fit, yet **not** conventionally good looking, to be more [interesting](#). It's all in how you see and conduct yourself.

Self-acceptance and self-confidence may take practice but they're worth working on. If you exude self-acceptance and confidence others will accept you as well.

Q. I just had my **worst** job interview ever and I feel like a terrible failure and that everything in my life is falling apart. What should I do?

After having had many terrible interviews myself, I know how you must feel.

Sometimes it was because I was **not** well prepared; other times it was **bad** chemistry and more often than it should be - **bad** interviewing. Needless to say we all have off days, so to have a **bad** interview is **not** so unusual.

My advice is that after you get over your disappointment of how things went, the best thing you can do is learn from it. My guess is you've already learned to be better prepared.

Right now your perception is a bit distorted because things **didn't** go smoothly. Treat this as a challenge and an opportunity to improve your interviewing skills. Deep down you know how good you really are! **Don't** let this one incident skew your [perspective](#).

All the best! You will do better next time!

Q. How do I **stop** being insecure, fearful and shy? People are **afraid** to approach me because they think I'm boring, stuck-up or anti-social.

I think that you're biggest obstacle is [fear](#). In order to overcome the shyness and inability to approach people you have to put yourself out there. At first it will be unnatural, extremely difficult and go against every fiber of your being; however, in order to prevail you must do it. Start small at first. Say hello to people and smile.

Stand straight and act comfortable, even though we know you **aren't**. Practice beforehand what you could say to people. Learn to visualize possible scenarios.

No matter what, **fear** or **not**, you will have to push yourself to get beyond your comfort zone if you want to become more social and friendly with others. Nothing is easy at first. It may **not** even work out well at the first attempt, but you must keep trying. Commit and make the effort to change.

Q. I have real problems with controlling my **anger**. What can I do?

As I'm sure you're aware, we humans are emotional beings. If we are to live mature, productive lives we must learn to manage our emotions, both the **positive** and **negative**. If we do **not**, we risk harming our relationships, being miserable and **not** accomplishing what we want.

To manage any emotion, anger included, we must exercise self-discipline, critical thinking and common sense. This of course does **not** happen automatically, it takes practice, practice, practice.

When you get angry, ask yourself these **questions** (**some critical thinking**):

- * **Why** am I **angry**?
- * **What** can I do about it?
- * **Will** taking action help or hurt me in the long run?
- * **What** does it accomplish to be or stay angry?

Once you take time to assess your **anger**, first, it helps you cool down, and secondly, it makes you consider the options. Once you've done that, your **anger** is put in perspective and you may find yourself no longer angry.

If it is something that has continuously made you **angry**, you must consider the source and deal with it. This may mean accepting a situation or changing it.

Q. Why should we accept and help others when there are so many people that take advantage of us and never give anything in return?

Unfortunately there are always those who take advantage of others. It is both unfair and unethical. If you are the person who has tried to help others and they are **not** grateful and want more, then you are under no obligation to do it.

Helping others is a good thing, but **not** when they **don't** try to help themselves. You do **not** have to cave into their demands, nor do you have to accept anything that is against your better judgment, or your values.

When I talk about '[acceptance](#)', I mean that you should accept that which you **cannot** change, mostly because you have no choice. If you can change it, then do so.

If you let things you have **no** control over bother you, then you are harming your peace of mind.

Q. I think I **don't** have passion for my job anymore. I just drag myself into work each day. Should I change my job?

Right now you have a job where you're **not** fulfilled. If you're thinking of quitting or finding another job, make sure you have a nest egg to fall back on, if you quit. It's never a good idea just to leave without anything to fall back on.

These days few of us stay in the same jobs our whole lives. While you're still there, however, make the best of it and learn everything you can to sharpen your skills. This will make you more employable and attractive to other companies. Also, brainstorm what you do and **don't** want in a job ([your priorities](#)). If you leave and **don't** know what you want, you may find yourself in the same boat, or even **worse** off.

Here's one of my favorite quotes that says it all, "Failing to prepare is preparing to fail." Plan for finding another more fulfilling job. Look to see what's out there before making the plunge. You may even decide to stay put, well for a time.

Q. I love to eat and should lose some weight, but I **don't** know whether it's worth it for me to change my habits and give up food for a thinner body. What should I do?

If this is a **question** of accepting your body versus losing weight, the answer is that good health should always be your first consideration. If you're **not** model thin, it's okay! Few of us are or should be. Your health, however, is absolutely worth working at. Everything you do now to take care of yourself will pay off as you get older.

Find a way to [balance](#) eating healthily with enjoying your food. There are many tasty, nutritious meals you can cook. Never sacrifice your health for anything!

Q. No matter what, I never feel I'm **wrong!** When I fight with people I always feel as if I am right and they are **wrong!** Can you please tell me how to see through things because I'm losing friends?

You mention that you always "feel" that you're right. Is that the same as "knowing" that you are?

You must know that **no** one is always right, **no** matter how strongly they feel about an issue. It's great to have conviction, but that's **not** the same as being right.

It's important to think your position through and try and see the issue from another's point of view as well. To only see it from your own point is self-centered and one sided and often, in the end, incorrect.

It's time to stretch yourself and do some [critical thinking](#). Real knowledge comes from being [open-minded](#) and willing to explore more than just your own ideas.

Q. How do I acquire self - validation? Sometimes people criticize me or treat me like I **don't** matter so I find it hard to have a good opinion of myself. Instead I let their opinions define me. What can I do?

As you are already aware, growing up without a lot of encouragement and validation from parents makes it more difficult to have a healthy [self-concept](#). Without that kind of confirmation, a person is more sensitive to criticism from others, believes he / she **doesn't** matter, and of course, has a low opinion of themselves.

Without that continuous support it makes it more difficult to have self-confidence in a culture that challenges the psyche at every turn.

More difficult, however, does **not** mean impossible, so good for you that you are willing to work at it!

That leaves you with the challenge of building yourself up. Know that it will be an ongoing process and one that requires patience, perseverance and consistently applying yourself. There will be days that you feel it will never happen and days that you want to give up - but **don't**.

Start by acting like you have [self-confidence](#), even when you **don't**. It will help keep people from treating you poorly. Like animals, we can sense weakness or vulnerability in others and those less scrupulous of us can take advantage of it.

Know that you are a worthy, valuable person and act accordingly. Use [visualization](#) and [affirmations](#) techniques to speed up the process of building yourself up. This will help you define yourself rather than let others do it for you.

<https://www.essentiallifekills.net/questions-and-answers.html>

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5 Questions: Most Valuable **Life Skills**, Class Selection Strategy, & Switching Majors

We're tackling more of your **questions** in this episode. My friend Martin and I talk about things like how to choose which section of a class to enroll in, how to keep your room organized, should you change majors, and more.

<https://www.youtube.com/watch?v=VuWX1urBg7M> **1 Hour 8 min**

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5 Important Types of Life Skills All Adults Need

What are **life skills**? People have different views about which **life skills** are most essential for success. However, what they do agree on is that we all need these skills for life in one form or another to address the issues that occur daily at work, school and home.

These skills have become particularly important in a world that's experiencing. They can help build self-confidence and encourage wise decisions. Consider this list of **life skills** for adults below and why they're important.

- **Resilience:** All of us fall occasionally. Resilience involves how well we accept obstacles, learn from our mistakes and recover. Our mistakes often provide the best life lessons – so long as we **don't** allow them to defeat us.
- **Communication:** Resolving conflict with other people is essential at home and at work. Communication takes place increasingly by text, email and social media channels. It's important to master these types of written skills. But spoken communication is equally important. That means remembering to look people in the eye and being respectful of other opinions even while clearly expressing your own.
- **Mindfulness:** We're often so focused on our mental and written to - do lists that we focus too much on the next task instead of addressing the present. That causes us to spend too much time fretting about what we still need to do. Mindfulness means connecting with your surroundings and the people around you in a more meaningful way.

Science shows mindfulness can help you focus more efficiently on the tasks at hand and also has benefits for physical and mental health.

- **Collaboration:** In grade school, we learned how to play well with others. As adults, we still need to utilize these collaboration skills in our careers.

At work, being able to share opinions and team up with others on projects will increase your effectiveness and productivity. In your personal life, it'll lead to more positive relationships.

- **Inquisitiveness:** Children ask a lot of **questions**, and that enables them to learn. But some adults **stop** asking **questions** occasionally because it takes time, or they fear that someone else will consider them less smart. But inquiry is a sign of intelligence.

It shows others that you're thinking about issues and events and that you're open to new ideas. Asking **questions** helps you develop your mind and discover new skills and interests.

The value of life skills

Strong **life skills** can help you manage every day and more stressful situations skillfully, leading to career advancement.

Improved mindfulness can improve your time management, while effective communication and collaboration skills can help you rally a team around a project. Inquisitiveness may help you see a problem differently and find solutions that save you or your company time and money – even old problems can require new thinking to solve.

Many companies see these types of **life skills** as increasingly important for leadership positions in their organizations.

Basic life skills resources available

As you consider what skills you'd like to develop or improve in your life, you'll find many resources available. These can include books, audio courses and online programs. You can approach each of these skills individually or commit to improving all of the areas by working on each one a little bit each day.

One of the most effective ways of figuring out the skills you'd like to gain or change is to ask the people you regularly spend time around. Coworkers, friends or even a mentor at work, for **example**, can give you objective assessments of the skills you're working on. There are a few helpful ways to approach this. Schedule a specific time to talk with a coworker instead of asking in passing or **stopping** them in the hallway; this is more convenient for them, and it also sets aside time for both of you to get more deeply involved in the conversation. Come prepared with specific **questions**, too. "What steps do you think I can take to improve my public speaking skills?" will get you a more specific answer than "Do I have good office skills?"

Whichever path you take, improving **life skills** will create a greater sense of fulfillment in both your life and your career advancement. Take some time to think about which ones are most relevant for you.

If you're looking for more help, Nationwide offers a number of products and services that can make your home and work life easier to handle. Visit the Nationwide website or [contact an agent](#).

<https://blog.nationwide.com/career-and-life-skills/>

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KKKK More information is planned to be placed here.

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Kevin Zadai **Died. What Jesus Showed Him Will Amaze You! |
Sid Roth's It's Supernatural!**

On this episode of Sid Roth's It's Supernatural! 2016: During surgery Kevin Zadai found himself on the other side of the veil watching the doctor trying to revive his lifeless body. Jesus appeared to him in the operating room and revealed that every person that knows the Lord has a God package inside of them! What has God given you?

In 1992, Kevin Zadai **died and had a powerful encounter with Jesus in **heaven**! Through his two books, Days of Heaven on Earth and Heavenly Visitation, and his anointed CD, How to Bring **Heaven** to Earth, Kevin shares revelation straight from Jesus to prepare you to walk in the supernatural and teaches you how you can experience your own visitations from Jesus. Jesus said those who read these books will receive a **spiritual** impartation from **heaven**. God did **not** release Kevin to speak these revelations openly until the “time was right.” That time is now. As you read, there will be deposits from **heaven** downloaded into your life.**

Every believer can benefit from Kevin’s face-to-face revelation from heaven on how the invisible world operates. God wants every willing believer equipped for this last great harvest. The harvest around you is truly plentiful but the workers are few.

ORDER THIS EPISODE ON DVD - <http://bit.ly/2fPWbOJ>

CLICK HERE TO START YOUR HEALING - <http://bit.ly/1MI2jVc>

SUBSCRIBE - <http://bit.ly/10jKQtv>

DONATE - <http://bit.ly/1cDCinQ>

Join Our Mentoring Club! - <http://bit.ly/1hwbPvh>

FREE Newsletter! - <http://bit.ly/1TXNkrM>

<https://www.youtube.com/watch?v=b7m3pOdINno> 28 ½ min

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50 Life Skills Every Young Adult Should Know (**Before Leaving the Nest**)

Below is a list of **life skills** that most young adults will need to know regularly or at least once in the years soon after leaving home. We tried to link to blogs or instructions of websites that are **not** trying to hard sell a product, but where this is **not** the case, THSC is **not** endorsing the company who happens to be giving some particular - life - skill - advice or instruction.

Undoubtedly one of the greatest **life skills** is the ability to research and find answers to your **questions**. So our number one life skill is: [How to use Google search](#). You can get by with putting some keywords into the search bar, but to really hone in on your desired results, [learn a few search hacks](#).

For other **life skills**, particularly ones that are best demonstrated, use the internet's second largest search engine: [YouTube.com](#). There's a lot of content on YouTube that you **don't** want to stumble upon, so **#2** life skill is [how to set filters on YouTube](#) and on [YouTube for use with an iPad](#).

With those two basic skills under your belt, let's explore **life skills** in the areas of personal health and well-being, home management, financial and legal management and much more!

Grooming, Health and Personal Safety

3. [How to maintain good hygiene](#)
4. [How to prevent contracting a sexually transmitted disease](#). Abstinence, of course!
5. [How to iron clothes without an iron](#), because who irons anymore?
6. [How to get stains out of clothes](#). The ultimate stain preventions: an apron while cooking and a napkin while eating.
7. [How to safely use your smartphone](#)

8. [How to tie a tie.](#) Girls, you may need this too for some uninitiated male friend.
9. How to shoot a gun. This is best taught hands - on, but [this will get you started.](#)
10. Staying current on vaccinations. If you're **not** opposed to vaccinations, adults get them too! Check out the [Centers for Disease Control self-assessment](#) to see which the CDC recommends for your circumstances. Before you get them, [know the risks.](#)

Home and Automobile Management

11. How to [clean house, including deep cleaning](#)
12. How to change the vacuum cleaner bag or empty the canister. This will depend on the model of vacuum. See owner's manual.
13. [How and when to change the filter on the air conditioner](#)
14. For coffee drinkers: [How and when to clean the coffee maker](#)
15. [How to keep your computer in good working condition](#) (including making regular back-ups if you're **not** on the Cloud, setting your machine to regularly defragment and clean temporary files and more that can slow performance).
16. [Beyond the above, here's how to prevent your computer from messing up.](#)

17. How to keep your phone in the same great shape as your computer: [iPhone](#) and [Android](#).
18. [How to change the battery on a smoke detector and test it.](#) 9 - volt batteries **not** included.
19. [How to basically maintain your car.](#) Oil changes, tire pressure and more.
20. [Which noises signal your car needs immediate attention](#)
21. [How to jumpstart a car.](#) Could be your car, or you could be the Good Samaritan for someone else.
22. [How to get stains out of mattress, carpet, cutting board](#) and 16 more things.
23. [How to unclog a toilet.](#) This one you need to know at all times, or always take your smartphone with you to the toilet when not at home.

Finance and Legal Management

24. [How to open a bank or savings account](#)
25. [How to invest money in a CD or brokerage account.](#) **Hint:** You **don't** need to hire a financial adviser.
26. [How and when to file taxes.](#) “The only difference between a tax man and a taxidermist is that the taxidermist leaves the skin.” — Mark Twain

27. [How to file your taxes for free.](#) Do **not** pay for tax prep if you're filing a 1040EZ.
28. [How to keep financial records organized and how long to keep them.](#) From the time you file your first tax return, this is important.
29. [How to register a new car or renew your car's registration](#)
30. [Which taxes you are responsible for in your state \(Texas\).](#) Thankfully, Texans are responsible for fewer kinds of taxes than most Americans.
31. [How to get a certified copy of your birth certificate](#) for after you lose the one Mom told you **not** to lose.
32. [How to get a replacement Social Security Card](#)
33. [How to get a passport.](#) Hopefully you'll need this skill!
34. [How to keep yourself safe online](#)
35. [How to prevent identity theft.](#) It happens to 7 percent of U.S. adults!
36. [How to shop around for car insurance.](#) Prices vary widely. It pays to compare.

37. [How to handle a speeding ticket](#). Hint: Do **not** throw it in the back floorboard and forget about it.
38. [What to do if you're in an accident](#)
39. Which [insurances you need](#) and which [insurances you don't need](#)
40. [How to keep your credit score high](#)
41. [How to budget and stay out of debt](#)
42. [How to use credit wisely](#). Hint: **Don't** keep a credit card in your wallet. Lock the card down in a [fireproof safe](#) so you have to go through multiple steps to get it out and use it. Make it a practice to try to talk yourself out of using it as you're unlocking the safe.
43. [How to set goals](#). What's your next five - years plan?
44. [How to save money on groceries](#)
45. [How to save money on other purchases](#) by using Craigslist, Facebook groups, "LetGo", local thrift stores and more.

Good Manners and other Miscellaneous **Life Skills**

46. [When to write](#) a good old fashion thank-you note and [how to write one](#)

- 47. [How to set a table](#)
- 48. How to [prepare for a job interview](#) and [nail it](#)
- 49. [How to plan and book a trip](#), including tips on making airline reservations, booking hotels and more.
- 50. [Good etiquette for dining out](#), including what foods you can eat with your fingers

Bonus:

- 51. [50 good manners and etiquette](#) that make the world a better place
- 52. [13 Car Insurance Facts You Need to Know Before Buying](#)

<https://thsc.org/life-skills/>

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Great Ways To Simply Enjoy Your Life More

Live life to the fullest and enjoy every moment. Easier said than done. A few simple practices can improve your ability to enjoy life. Practice each one until it becomes a habit, then move to the next. In **no** time, you will be filled with enjoyment.

Stop Complaining

Complaining is a waste of time. It allows undesirable thoughts to take over and makes the complainer look **negative**. **Not** only does the complainer waste energy, so do the people listening to the complainer. Limit **negativity** to increase **positivity**. As soon as a complaint registers, down play it. The complaint is a concern, but in the grand scheme of things, it is **no** big deal. **Not** even worth the time and energy to say aloud. Instead, think of a **positive** aspect of the scenario or change your train of thought. Do **not** get lost in pondering, there are too many wonderful things to think and speak about.

Be Grateful

Gratitude is a virtue that brings great enjoyment to life.

Take time each day to be grateful for life experiences. The comfort of bed, the aroma of coffee, and the fresh air are regular blessings of life. **Remember, not** everyone has access to small pleasures.

Even more, people do **not** take the time to fully experience the small pleasures that fill their lives. Do **not** be one of them. **Stop** and take the time to be grateful. Begin by writing a gratitude list at the end of each day. At least ten experiences each day should make the list. Soon, it will be second-hand nature to be grateful for the people and experiences in your life.

Smile Often

Smiling has a **positive** effect on mood and perceived energy levels. The act of smiling can improve attitude in a matter of seconds. Try it the next time a **bad** mood comes along to immediately reverse it. Smiles project happiness and confidence by softening other facial features. **Not** only can smiling improve the mood of surrounding individuals, but it can also be heard. Most people can determine whether the person they are speaking to over the phone is smiling by the tone and rhythm of voice. Enjoy yourself and smile.

Breathe Deeply

Stretch out the diaphragm with deep breathing. Muscular stress, heart rate, and **blood** pressure can all be reduced in a few deep breaths. Commonly practiced amongst pregnant women, Lamaze is one form of deep breathing that aids with pain management during the birthing process. Breathing can help center attention and focus the mind. Shallow breathing is a response to stress and **fear**. The body has an opposite reaction to deep breathing. Use the 6 – 2 - 6 method: breathe in for a count of 6; hold for 2; and exhale for 6. Reduce stress, enjoy life, and take some time to breathe deeply.

Walk Every Day

Take a walk every day. Enjoy the time alone, the surrounding area, and the ability of the body to move. Daily walks help clear the mind and connect one with nature. Walking provides an opportunity for connecting with friends or family members. Get out of the house or office and get some fresh air. Walking is the most basic of physical activities and contributes to physical and mental health. This exercise can help build cardiorespiratory endurance and is great for lower body joint health. With little risk of injury, walking provides a great opportunity to enjoy life.

Laugh Constantly

People who enjoy their life laugh a lot. Learn to laugh more by finding humor in everyday situations. Even situations that may usually annoy, scare or inflame you. Choose humor over upset, especially when only the reaction to the situation is under your control.

Think of the boss who laughs to herself about an absurd complaint or the pet owner who laughs at the unpleasant present that the dog left on the door step. The person who laughs at the idiosyncrasies of family members instead of getting upset. Laughing alone or with others is a great way to enjoy life.

Enjoy => Loved Ones Company

Whether they live far or near, enjoying time with loved ones is an easy way to enjoy life more. Surround yourself with people you love and admire. Take time to observe your loved ones like watching your children play, your spouse read, and your family talks to each other. Think about all the things that you enjoy about them. Cherish these moments and **remember** that they are **not** permanent. Life is short, so enjoy the people who bring you the most joy in your life.

Meditate Daily

Exercise the mind and feed the soul with meditation. Meditation is **not** the absence of thought, but rather the focus on the present. Thoughts of the past and future that occur during meditation are supposed to be acknowledged and let go. In other words, meditation is the practice of detachment from the emotions that we usually tie to our thoughts. A great metaphor for the mind during meditation is like a screen at the movies. A waterfall can be projected, but the screen does **not** get wet. A thought can pass through the mind, but the mind does **not** have to react. The practice of meditation has led to improved feelings of happiness, lower stress, and increased empathy.

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Actions Activate God's Power - **Mel Bond**

Pastor Vlad released a new book "BREAK FREE", available on iBooks, Amazon, Kindle, Audible and everywhere books are sold. For more information:

<http://www.hungrygen.com/breakfreebook>

<https://www.youtube.com/watch?v=9jR1JcviEzA> **56 ½ min**

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Activating your **5 Spiritual Senses**

Activating your 5 Spiritual Senses JERAME NELSON Sid Roth - It's Supernatural!

<https://www.youtube.com/watch?v=V9QKu7QkeAk> **1 Hour 4 min**

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Love A Pet

Pets provide unconditional love. Pet owners are happier people, and they engage with a cute, lovable animal that adores them. Pets live in the moment and are easily entertained. They need to receive love as much as they need to express it. If you do not have one, rescue one. You may find yourself asking “Who rescued who?” Although pet care takes time and energy, the enjoyment gained is immeasurable. Routine time with your pet is an easy way to enjoy your life more.

Learn Something New

The mind needs to be constantly challenged to continue to grow. Learning something new on a regular basis increases self-efficacy and leads to feelings of accomplishment. Whether learning a new fact to a new skill, acquiring knowledge is a valuable and enjoyable experience. Watch the news, listen to a podcast, and read a blog to pick up new information. Take a class, read a book, or join a club to learn new skills. Apply the information immediately to solidify it in your memory. Expand your view of life and the world through learning.

https://healthprep.com/living-healthy/10-great-ways-to-simply-enjoy-your-life-more/?utm_source=google&utm_campaign=814340570&utm_medium=search&utm_term=life%20life&utm_content=41273579519

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10 Essential Life Skills You Need to Learn Right Now | The Lifestyle Fix

Living life as an adult is hard. That's because we **don't** always know what is important for us to do or learn. Until now. In this video, Tasha tells you some **life skills** that you must learn right now to start living your best life.

This video is brought to you by Wealthsimple. Start investing in your future at <http://www.wealthsimple.com/promo/lif..> — our followers get \$10,000 managed for free for one year when you sign up for your first account.

(Applicable to residents of US, Canada + UK). *Please **note** that the offer mentioned on this video of a \$50 cash bonus is **no** longer applicable.

<https://www.youtube.com/watch?v=Og0iEyjC9uk> 11 min

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From Broke to Millionaire | Gary Keese on Sid Roth's It's Supernatural!

On this episode of Sid Roth's It's Supernatural, Gary Keese was so hopelessly in debt he was afraid to leave his house. Then God downloaded to him the mysteries of money. Today Gary's a millionaire and he's taught thousands what God showed him.

<https://www.youtube.com/watch?v=1eCtjijmSv5w> 28 ½ min

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25 Life Skills You Should Master by Age 30

Adulthood! Whether or not you're officially there or still dipping your toes in, there are certain **life skills** that all of us — **no** matter our marital or homeownership status — should strive to attain. Simple things like recalling a name the very first time you've been introduced to someone or sending a thank-you note in the mail really do make all the difference. So, what are the most important skills that we think you should master before you hit the big 3 - 0? Read on to find out.

1. Keeping a calendar of your commitments. As we get older, our brains become increasingly crowded with things we need — and want! — to **remember**. Do yourself, and those you've made plans with, the favor of keeping a calendar that you actually look at regularly.

2. **Timely gift - giving.** **Not** a week later, certainly **not** a month later. We know, we know. You're searching for the perfect piece. Start your search earlier, and arrive to that birthday party, housewarming, or whatever gathering you're attending gift in hand.
3. **Wrapping said gifts.** Wrap it your gifts. Throw a bow on it. Add a card. If you're craft-impaired, see if the store you're buying it from offers complementary gift wrap. Many do!
4. **Making dinner reservations in advance.** **Don't** wait till Friday night to browse OpenTable. Keep an eye on approaching dates and get everything sorted in advance so you're **not** scrambling last-minute when you want a great meal or greet a guest is in town.
5. **Sending thank-you cards.** **No**, a text or email does **not** qualify. Having a set of blank thank-you notes for a variety of occasions — and stamps! — is majorly adult.
6. **Handling your healthcare properly.** Prescriptions, doctor's appointments, reimbursements, oh my! Scheduling your own meetings and managing your finances kind of means you have arrived at adulthood.
7. **Remembering** names the first time around. Is anything more surprising than when someone who you've only met once recalls your name? **Don't lie:** It's impressive! Try repeating a new acquaintance's name back to him or her or thinking of a funny story about the name to help you **remember**.
8. **Tipping properly.** Whether you're traveling and need to tip the bellman or you're getting a blowout at the local salon, tipping varies depending on service. 10 to 20% is a good rule of thumb for most industries. When in **doubt**, ask.

9. **Taking care of your clothes. Iron the clothes that need to be ironed. Get clothes dry - cleaned whose tags call for it. Hang the correct items up to dry. They'll last longer, and you'll look better; we promise.**

10. **Saying "no." Turning down all of those "shoulds" will help you focus on the things that really matter.**

11. **Being on time, consistently. By now you should know if you have a **bad** case of chronic tardiness. **Stop** using it as a crutch and learn what it takes for you to arrive on time.**

12. **Having business cards in your wallet. You never know who you'll meet! It's often the connections we make out and about in the real world that yield amazing opportunities.**

13. **Exercising self - control. Whether it's resisting impulse buys or one drink too many on a school night, being able to rein it in when necessary is a good idea if you want to behave more like an adult.**

14. **Keeping, and sticking to, your to - do lists. Your adult to-do list is more than just a place for you to scribble down all of the things you need to get done. You actually have to do them.**

15. **Paying bills on time. Another thing to add to that ole planner! Bonus skill: having enough money to automate the paying of said bills.**

16. **Staying on YOUR budget. There are countless personal financing apps out there to help you stay on track with this. Download them. Stick to them. Save yourself the stress and any up-coming hardship.**

17. Having at least the basics in your kitchen at all times. A refrigerator with some fresh fruit and vegetables, plus the dry - goods basics, will ensure you are **not** eating cereal in bed every night. Goals, we know.

18. Following through. Have set plans? Told a friend you'll help with something? **Don't** flake! An important facet of this one is simply **not** over - committing yourself (see #10) so you **don't** have to flake on your commitments.

19. Taking care of small home projects. Installing curtain rods, hanging shelves and — more importantly — knowing what tools to use to ensure they **don't** come crashing down are something we should all strive for. Yes, we live in the age of Task Rabbit, but we try and we learn!

20. Paying your taxes on time. Even if you're a total amateur in the world of taxes, there's **no** time like the present time to start learning. Learn the basic terminology, get organized, stay on schedule, and seek the necessary help way and well before April 15.

21. Planning for your financial future. Are you adding money to your 401(k)? What about investing? You should be! [Start saving in your 20s](#) and you'll be way better off a few years on further down the line.

22. Sticking to whatever type of exercise works for you. By now you've hopefully suspended, cycled, and pliéd your way through enough classes that you hopefully know whether you're a classic “going for a run” kind of person or are down to try [something new](#) every other weekend.

23. Exercising basic culinary techniques. From grilling a delicious steak to making the perfect go - to vinaigrette, mastering the essentials will give you the tools you'll need to **kill** it in the kitchen for years to come.

24. Impressing with a few signature dishes. You should have a handful of signature dishes that work well for group gatherings, intimate dinners, and solo feasts and are reliably delicious. These dishes **don't** have to be anything fancy — they're meant to be effortless and versatile!

25. Being ready for last-minute drop - in guests. Guest bedroom or **not**, having the necessary fixings for last-minute guests and being able to set them up for a comfortable stay kind of feels like cushy adulthood to us.

What else would you add to this list? Sound off in the comments back to us!

<https://www.mydomaine.com/adult-life-skills>

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Here Are the **33 Life Skills** Your Kid Needs to Know to “Adult”

People think of learning as something that happens primarily in the classroom but our children learn how to be an “adult” by watching us, by being with us while we do our errands and by taking **note** of how we behave in any given situation. When they go off to live their lives we wonder how they will figure everything out. The following are thirty-three basic **life skills** that hundreds of parents agree young adults should have mastered by the time they leave us to lead their own lives.

33 Life Skills College Students Need to Master

- 1) They should know how to craft a handwritten **note**, place it in an envelope, address said envelope, stamp it and mail it. And, while we are on the topic of mail, they should be able to pick up a package from the post office. **Tip: If you are mailing something oversized or heavy, it may need extra postage ([let the nice mailperson at the post office weigh it](#)).**

- 2) They should know how to find their polling place and vote or if they are out-of-state they should be registered to vote by absentee ballot. This will require their mailing, addressing and stamping skills.

- 3) They should know how to use a phone for making phone calls, like calling to make a reservation at a restaurant. Texting is great but **not** always available and knowing how to communicate over the phone is an important life skill.

Tip: If you text someone that you are standing at their door and they **don't respond, "HEY" try ringing the doorbell.**

4) They should know how to get cash because sometimes you need it. We all use less cash than we used to, but having a bit of cash on you is always helpful. **Tip: You can get cash back from the grocery store if you use a debit card.**

5) Some food items are sold by the pound, fish, deli meat and cheese to name a few. A young adult should have a rough idea what a pound of sliced deli meat looks like.

6) They should know [where in the car the car manual is kept](#) and that if there is an issue they should refer to the manual for guidance. They should be able to fill their tires with air, pump gas and know what to do in the event of a flat tire. **Tip: Manual is usually in the glove box which is in front of the passenger seat.**

7) They should be able to read a map and follow directions without using GPS.

8) They should know that if their stomach is upset or if they are recovering from a stomach flu, it is best to eat a bland diet for a few days which may mean **no** Doritos. They should be familiar with the BRAT diet (**bananas, rice, apple, toast**). **Tip: hot water with lemon is very soothing.**

9) They should be able to write and deposit a check which would require them to also know where to endorse a check.

10) They should know the basics of how to do laundry (**darks - cold, whites - hot**), and where the detergent goes. **Tip: cotton shrinks in the dryer and colors bleed in hot water.**

11) They should know the basics of the dishwasher; liquid dish detergent is **not** for the dishwasher and certain items **can't** go in the dishwasher. **Tip: most items say somewhere on them if they are dishwasher safe.**

12) They should know how to [sweep with a broom](#).

13) They should know how to pack a suitcase and how to check the weather for their destination so they know what kind of clothes they need.

14) They should know their social security number by heart. They will need it-often.

15) They should know that Tupperware is **NOT** disposable, it is reusable.

16) They should have a copy of their insurance card and carry it with them at all times. You should have a conversation with them about your deductible.

17) They should know that if they park in a tow zone, there is a possibility that their car will be towed. **Tip:** leaving a **note** on the windshield asking the police **not** to tow your car - will **not** work.

18) They should know the basics of over – the - counter medications. Advil, Tylenol and Motrin are analgesics (**they will treat mild to moderate pain and reduce fever**). None of them should be mixed with alcohol. Follow the dosage directions on the bottle and take the smallest dose that helps you. **Tip:** If you have any **questions** the pharmacist is a great resource and almost always happy to help.

19) They should know how to fill a prescription. **Tip:** Once again the pharmacist is a good resource.

20) They should know how to tie a suit tie. **Tip:** YouTube is a great teacher.

21) If you live in an apartment off campus, you may have to pay for your own utilities (**electric, heat, air conditioning**). **Tip:** Utilities can be expensive so pick a reasonable temperature for winter and summer and **don't** leave all the lights on.

22) They should know the very basics of cooking like how to bake a potato, boil water and how to open a can of soup and heat it up in a pot on the stove. **Tip:** you must remove the soup from the can and put it into the pot to heat.

23) They should know the basic shelf life of foods. A meal you cooked and refrigerated three weeks ago should be tossed. **Tip:** If in **doubt**, throw it out.

24) They should know how to change light bulbs and batteries.

25) They should understand that they may have to apply to many internships/jobs to get one. **Tip:** Get your resume done early.

26) They should know what does **NOT go in a microwave** (especially foil and metal).

27) They should know **not** to sit in an un-ventilated, closed garage with the car running. This life skill is literally life or **death**. **Tip:** it could **kill** you.

28) They should know that when you put something **hot** or wet on most surfaces, you should use a trivet.

29) They should know when you tip and what percentage is the standard for what service.

30) They should be able to book their own flights, check their baggage and check-in to their flight.

31) They should know that “U” is **not** an acceptable form of “you” in work you hand in for your classes. **Tip:** Words in your academic work need to be spelled out.

32) They should have some idea how to do their taxes or at least know what paperwork they need to collect for someone else to do their taxes. **Tip:** There are a lot of online programs that make figuring out simple taxes easy.

33) They should know that the bathroom sink is **not** the place to toss food. It gets clogged easily. **Tip:** It’s always helpful to have a plumber’s number handy.

What **life skills** have we left out? Post them for all of us, thanks.

<https://grownandflown.com/33-life-skills-college-kids-adult/>

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ADULT **LIFE SKILLS** CLASSES – BRIDGE MINISTRY

The second part of our vision involves reaching beyond housing and assisting with education in many other areas. A lack of basic **life skills**, education, and experience using those skills can contribute to low **self-esteem** and a lack of desire to continue in a **positive** direction. It is a vicious cycle and it is one that the Bridge ministry would like to help break.

While some women are in need of low - income housing to help them save money, that is only one area that must be tackled in Bridging between the world and Christ. Our ministry offers opportunities for women to learn skills that they may have never learned. The classes available include:

- Housing
- Managing Money
- Healthy Relationships
- Raising Children
- Domestic Skills
- The Value of Work
- Bible Study

<https://www.thebridgewesttn.org/adult-life-skills-classes/>

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24 life skills every functioning adult should master before turning 30

Life skills aren't as obvious as they may seem.

To clarify things, we put together a list of some important competencies to have under your belt by the time you turn 30.

Those include public speaking, giving a good handshake, and cooking basic meals.

There's **no** handbook for adult life.

Somehow you're just supposed to know that you should have more money coming in than going out and you **shouldn't** wear a fuzzy orange sweater to a job interview.

We've put together our own handbook of sorts for anyone transitioning from their 20s to their 30s, which lists many of the skills you'll need to survive as an adult in the modern world.

It's based on the Quora thread, "What are some of the most useful skills to know?" as well as scientific research and expert opinion.

We **can't** promise we've outlined every skill, but if you've mastered these, you're off to a darn good start:

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1. Accepting feedback gracefully



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"For most of us it is hard to hear how we made a mistake or could have done something better," writes Quora user Pedram Keyani.

"An amazing skill (**which you can learn through practice**) is to set aside your emotional response in the moment and focus on the information presented to you. Some of it will be valid and some of it invalid but let your brain decide that, **not** your ego."

Depending on what kind of feedback you're receiving, there are different strategies for responding with a cool head. For example, if your boss points out what she thinks is an error and you're **not** sure she's correct, you can say, "I **hadn't** thought of that, and I'm going to look into it right away."

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2. Apologizing sincerely



To **err** is human — but to craft a believable apology **isn't** a universal skill.

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The apology "needs to be sincere, **not** qualified, **not** quantified, and also needs [to] outline how X will **not** happen again," [Keyani says](#).

According to one CEO, there's a six-step strategy for successfully saying you're sorry:

1. Act quickly.
2. Apologize in person.
3. Explain what happened.
4. Show how you are going to avoid the problem in the future.
5. Apologize.
6. Make restitution.

Keyani gives an example of what you might say if you were tardy for an appointment:

"I'm sorry I was late for the meeting. It must have been frustrating because you spent a lot of time preparing and got up early. I did a poor job accounting for traffic and **didn't** give myself enough buffer. That is my **bad** and I'm going to give myself an extra 10 minutes instead of five moving time forward."

3. Managing your time wisely

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There will probably never be a time in your life when you **aren't** juggling multiple personal and professional priorities. [Time-management skills](#) are a must, unless you want to feel constantly frazzled.

Perhaps the most important time-management lesson is that you should stick with one task at a time. [Research suggests](#) that multitasking is generally counterproductive, because the brain expends energy as it readjusts its focus from one activity to another.

You'd be wise, too, to [limit the hours you spend working](#). Decades ago, Henry Ford discovered that productivity started to decline after employees logged more than 40 hours per week. Other research suggests that, after three weeks, at 60-hour workweeks become less productive.

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4. Using keyboard shortcuts

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"Since most of the work we do nowadays involves computers," [says Arpit Jain](#), "using keyboard shortcuts definitely gives you an edge and saves you a lot of time."

Jain posted a list of some of the handiest shortcuts in her [Quora answer](#). For example, simultaneously pressing the "Alt" and "F4" keys when using Microsoft windows lets you close a selected item or program. Keep the list somewhere close to your computer at work to supercharge your productivity.

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5. Saying 'no' respectfully

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Many of us fear the word "no" because we **don't** want to let other people down. But when you're already swamped and your coworker asks you to take an hour to help him with his project report, "yes, of course" might **not** be the best answer.

"It might sound a cliché, but saying **NO** when needed can save you lot of time, confusion, guilt, attachment, commitments, stress and other social evils," [writes Yogi Raj](#).

There's another [Quora thread](#) dedicated to learning how to say "no," where [Eva Glasrud writes](#), "we routinely overestimate the cost of saying 'no.'"

According to Glasrud, the best way to muster up the confidence to turn down a request is to recognize that "there are some things you can never have back. Your time, your health, your virtue, your life. **Don't** mess around with those things. It's fine for people to ask — most likely, in their mind, they're trying to help introduce you to a great person or opportunity or meaningful cause. And it's just as fine for you to say 'no.'"

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6. Empathizing with others

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A number of Quora users mentioned the importance of learning to empathize with other people — to listen to them and try to see things from their perspective.

Psychologists say empathy is a fundamental part of human interaction. In fact, people who lack the ability to empathize and take an interest in other people are often narcissists.

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7. Communicating through **body language**

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"Sometimes your **body language** tells people everything they need to know before you ever open your mouth," writes Dean Bokhari.

Experts have highlighted specific **body language techniques** that can make you more likable. For example, **don't** break eye contact with your conversation partner, even after they've finished speaking. And make sure **not** to fidget or touch your face too much, which can give the impression that you're **lying** or anxious.

You can also [read other people's body language](#) to help figure out what they're thinking and feeling. For example, if they mirror your [body language](#), the conversation is probably going well. If they smile but there are **no** crinkles around their eyes, they might be faking it.

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8. Making friends in any environment

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[Maveesha Tahsin says](#) she thinks of forming relationships as a skill, as opposed to leaving things to chance.

That skill is especially important to develop during young adulthood, once you're off the college campus, where it's generally easy to forge close friends.

One way to [make friends as a grown-up](#) is to trade confidences. [Research](#) suggests that "self disclosure" predicts liking, closeness, and relationship building. Another, surprisingly simple, tactic is to simply spend more time with the people you'd like to

befriend. According to the "[mere exposure effect](#)," we tend to like things and people we're familiar with.

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9. Mending your clothes

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Button popped off your shirt at work? There's **no** need to panic if you're handy with a needle — which you should be.

"Learn how to stitch that button to your shirt collar or sew back the tear on your sleeve from the edge of the table," [writes Zehra Alvi](#). "You will save a lot of money by just knowing how to handle that two-centimeter sword."

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10. Speaking a second language. (Well maybe?)

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Learning a second language "opens up the mind to an entirely new way of thinking," says [Noe Villela](#). You'll notice and appreciate parts of the world you never before experienced.

It's also possible that learning a new language can make you smarter — though the jury is still out on this issue. Some [studies have found](#) that being bilingual can improve cognitive skills, but [more recent research](#) disputes these findings.

One of the best ways to learn a new language is through immersion. Get started with this [free online tool](#) that replicates the immersion experience.

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11. Sticking to a budget

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"It's amazing how many people **can't** do the simplest of things — like balance a checkbook, fill out a tax form, make sure that there's more coming in than going out, [\[set\] aside reserves for contingencies,](#)" [writes Miles Fidelman.](#)

Let's start with "making sure that there's more coming in than going out," which is essentially about adhering to a budget. We recently rounded up the [best budgeting tips](#) from readers who have shared their budgets with Business Insider.

For example, you'll want to anticipate any major costs in the near future - like if you're planning to have a kid or go back to school. It's also wise to set aside an [emergency fund](#) with several months' worth of expenses in case the unexpected occurs.

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12. Using basic Photoshop

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There's **no** need to call in a professional to touch up the headshot you're posting to your personal website — you can do that yourself, using a few basic Photoshop tools.

"In the professional world few things have helped me more than knowing Photoshop," says [Brad Sanzenbacher](#).

13. Spending time alone

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As an adult, you should be able to spend a full day alone without going crazy for want of social interaction.

[Take a tip from Sanzenbacher](#), whose partner travels often for grad school:

"I approach being alone with a very specific list of things that only I want to do. I go to weird museums, see movies that only I want to see, take mini-road trips, or see bands that only I like."

If you're planning to [live alone](#), which many Americans do today, you should accept that you will occasionally feel lonely. It's nothing to be ashamed of or upset by, but it might be a signal that you should incorporate some more socializing into your daily schedule.

14. Public speaking

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You may **not** ever be required to perform in a Super bowl halftime show, but you'll almost certainly be tasked with making presentations at work. For that reason, it's important to hone your public speaking skills.

"The ability to speak confidently to a large mass of people is a skill to be learnt," writes Ramachandra Bhakta in a since-deleted answer. "It makes a lasting impression and brings you to the notice of several people at once."

If the mere prospect of walking your coworkers through a Powerpoint gives you nightmares, there are [strategies to quell your fear](#).

One research-backed tactic is to reframe your anxiety as excitement, which can make you seem more competent and persuasive.

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15. Negotiating

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Several Quora users cited negotiation skills as important for any professional.

If you're negotiating your salary (which you should do), the best strategy both for getting what you want and still coming off as friendly is to [ask for a range including and above your target number](#). For example, if you're aiming for a \$100,000 salary, you'd suggest a \$110,000 to \$120,000 salary.

Another trick is to frame your proposal in terms of [what you're giving the other person](#) as opposed to what they're losing. So instead of saying, "I want \$10,000 for my car," you'd say, "I'll give you my car for \$10,000."

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16. Cooking basic meals

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You **don't** need to be Julia Child to sustain yourself, or to impress fellow guests at a potluck.

"Know how to cook at least five dishes," [writes Erin Nakano O'Quinn](#). "These are likely to be dependent upon the culture you live in, but be able to cook at least one vegetarian dish, a breakfast dish, a dish that you can serve to a group of people, a dessert, and a starch. Try to be able to do these without a cookbook, and you can look like a rock star wherever you go."

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17. Making small talk

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Conversation skills always come in handy, whether you're chatting up cuties at your local bar or networking at a professional conference.

One of the most important rules of making small talk is to demonstrate interest in your conversation partner and let him share information about himself. Another tactic is to flatter your partner, so that she feels better about herself after having spoken to you.

18. Backing up your electronics

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Having your phone **die** or your computer stolen is nerve - wracking enough. Saying goodbye to all your important information with those gadgets is even **worse**.

Be responsible and back up your data. We've rounded up [all the tools you'll need](#).

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19. Asking for help

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There's nothing shameful about asking for a little advice or assistance, especially at work.

In fact, [research suggests](#) that soliciting advice can make you look more competent. That's likely because people feel flattered that you turned to them in the first place.

If you're looking for general career advice, entrepreneur and author [Tim Ferriss told Inc.](#), it's best to ask someone who became successful quickly and against the odds, instead of someone with a more conventional story.

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20. Picking up a date

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Approaching an attractive stranger and starting a conversation is a terrifying prospect for pretty much every normal person.

But there are ways to reduce both your anxiety and the chance that you'll come across as a bumbling fool.

One study found that men tend to prefer direct approaches, like "You're cute — can I buy you a drink?" Women, on the other hand, generally prefer more open - ended **questions**, like "What do you think of this band?"

Very few people in the study said they preferred standard pick - up lines — so it's best to avoid those, **no** matter how clever you think you are.

We're **not** supposed to judge books by their covers, but it's **no** secret that hiring managers judge job candidates by their appearance.

So avoid wearing too much makeup and definitely **don't** show up wearing a hat. Instead, you'll want to dress relatively conservatively. Even your shoes should be clean and tidy.

The color of your clothes matters, too: According to a CareerBuilder survey, blue and black are the best colors to wear to a job interview, while orange is the **worst**.

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21. Waking up on time

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In college, rolling out of bed five minutes before class starts and showing up late because you **stopped** to get a latte is (sort of) understandable.

In the professional world? **Not** so much. Pull it together and figure out a personal strategy for getting up and out the door on time.

It really starts with your nighttime routine — so try doing something relaxing like taking a **hot** shower or meditating before bed.

In the morning, [experts generally advise against hitting "snooze"](#) and going back to sleep. Instead, hit the snooze button once and use the time until your alarm goes off again to turn on a lamp and do some light stretching.

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22. Giving a good handshake

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[One poll found](#) that 70% of people **don't** feel confident in their ability to give a proper handshake.

But when you meet your company's CEO for the first time, you **don't** want to present her with a limp noodle — especially since a weak handshake suggests that you're insecure.

The best shaking strategy is to get a good grip, with your elbow nearing a right angle. Be sure to smile and make eye contact as well.

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23. Power napping

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You've heard it a thousand times: Most people need [seven to eight hours](#) of sleep a night.

But pressing work deadlines, family obligations, and the siren call of your Facebook newsfeed mean that you probably **don't** get as much sleep as you need.

Enter the [power nap](#). It's just 10 minutes long and you sit slightly upright, so that you **don't** wake up groggy from a deep sleep. This brief rest period can leave you feeling refreshed and alert.

<https://www.businessinsider.com/life-skills-every-adult-should-master-2015-10#24-power-napping-24>

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3 Basic Life Skills for Adults You **Didn't** Learn in School (**But Should Have**).

Reading, writing, arithmetic, sure...but adulting? Most of us **didn't** learn basic **life skills** for adults in school — even in college.

In high school, trade school, college and beyond, we're so focused on training for our careers we never really learn the basics of home management, like budgeting, cleaning routines, planning meals, or simply how to be a grownup. Yet, we spend way more of our lives **OUTSIDE** of work than we do on the job.

How many of us hit adulthood with **no** clue? Is this you...?

- You got a credit card offer in the mail at eighteen and started creating a wardrobe that would make Gossip Girls proud. Except you're **not** 18 anymore, and you never actually **stopped**.
- You take out student loans, because that's what you think you're supposed to do, but **didn't** completely understand that those loans meant you'd be poor for like forever. (**Especially when added to those credit cards!**)
- You **don't** have the time to cook (**and if we're being honest, raw chicken scares the crap out of you**) so you end up in fast food more nights than you would ever admit to your friends.

- Your schedule seems packed with appointments and obligations, but you're forgetful, chronically late, disorganized, and always forgetting important events.
- Your house? Well, it's a total disaster. Dishes, laundry, junk.... Sometimes it seems like it's easier to buy new clothes (or even dishes) than wash it all. Except for that point where you **don't** have any money and lots of debt.

Then there's navigating everything else – husbands that **don't** understand why you **can't** get the laundry done (insert eye roll here), adorable kids that suck up almost every second of your time (and your money), and your social life (or lack thereof).

Seriously — why **didn't** we spend 12 years in high school learning this stuff?!?

All of those bullet points above? I KNOW them. Why? Because I've been there. I was chronically disorganized. I had a messy house and plenty of debt. I fought with my husband EVERY DAY over the state of the house and how much money we spent. (I **married a spender, and I wasn't much better**). I loved the Chick-Fil-A drive-thru, and any attempts I made to start a new program, routine or get organized failed within a few days.

But, I knew my **hot** - mess life **wasn't** working. It was stressful, especially after I had my first baby. I was overwhelmed and frustrated. It was **killing** my marriage and I spent most days looking at everyone else who seemed to have it all together and thinking “Why am I broken? What's **wrong** with me?”

I wanted to stay at home with our, soon to be first child, but our budget was out of control, our house was a mess, and Jon and I fought constantly.

I was determined though.

I started where we all do — with Google. Then I hopped on Pinterest. I looked for any (and all) of the **life skills** courses out there I could find. But here's the problem, there are a lot of **life skills** courses out there focusing on ONE area, like budgeting, marriage, or parenting. But there **aren't** any courses that teach you everything in one home management system.

And **worse**, they **don't** explain to you the order in which you tackle those skills.

There's two different types of skills, simple (like laundry), and complex (like meal planning). Almost all of the courses taught you how to tackle one complex skill, but they didn't teach or explain the simple skills you need to master in order to have success at the complex skills.

Which is why I was constantly failing every single time I tried to change.

It's like sending a kindergartner who eats glue into calculus and being disappointed when he can't pass.

I spent the next two years of my life learning about basic life skills and my personality and how to get the organizational results that I wanted, despite my chronic disorganization.

I a/b tested everything and found what works. We reduced our spending by over 23,000 our first year, I got to quit my job and stay home with our first born child by his first birthday, and then I made up my old salary at home by running a home daycare, which let us pay off our over \$30,000 of debt.

Then in the free time that I had from getting our home (and let's be honest, my life) in order, I started a blog to help other women who felt like I did.

That little blog turned into a big blog that has helped over 15 million readers and has been featured in Forbes, Entrepreneur, Motley Fool, Fox Business, and Country Living.

I took everything I'd learned about how to finally get your life organized and poured it into one comprehensive course (that's not available now, [your best bet is to join the waiting list here](#)) called [Hot Mess to Home Success](#). It walks through the basic life skills you need to know.

We start small with simple skills (like laundry, dishes, keeping a schedule, and automating as many home tasks as possible), leaving nothing to chance. Then we build on those simple skills to learn the complex skills (like budgeting, realistic meal planning, and short cut cleaning).

We walk you through a plan that works for your life and personality (not the life of some imaginary superwoman on Pinterest) to get from where you are to where you want to be.

Even if you're chronically disorganized and have tried and failed before.

[Hot Mess to Home Success](#) works because it teaches you how to work with your unique personality to get you what you really want, while it shows you how to automate and create short cuts with everything else. I know it works because it worked for me, and then I taught others. I've helped hundreds of others get their life under control and take their home back from chronic disorganization.

The **bad** news, of course, is that because it takes a her clean effort to be able to serve so many students and get them the results they need, that we open the doors to **[Hot Mess to Home Success](#)** only once per year.

Join the **[waiting list for Hot Mess to Home Success here](#)**.

In the meantime, let's get you started with small changes you can make now to start seeing results.

Here are three basic **life skills** for adults that you never learned in school.

1. Basic Finances: Start By Reducing Your Grocery Spending

As the Busy Budgeter, I guess you could say budgets are kind of my jam. That said, I **wasn't** always great at maintaining a budget. Starting a budget, sure! Sticking with a budget? Eh. **Not** so much.

See, I'm impulsive. That's just my personality. If I want something, it's really hard to tell myself **no**. More often than **not**, I just buy it, budget be damned. I tried for YEARS to use willpower to get my spending under control and it never worked. (**shocker right?**)

You can learn how to **[set up a realistic budget here](#)** (created specifically for people like **me who suck at budgeting**), but if you need to go even simpler than that...

Don't worry about your budget. Keep doing what you're already doing and **ONLY** tackle the grocery budget. Print out your bank activity for the last full month (**Like October 1st – October 31st**) and add up every single charge that was used to feed you.

Write down somewhere prominent (**where you'll know where to find it next month**) how much you spent on groceries last month.

Now, your only goal this month is to spend less on groceries. That's it. If you're able to do it... send me an email at **Rosemarie@busybudgeter.com** with the subject line

“ROCKED IT!” and tell me how much you spend last month and how much you spent this month and I'll send you a little present.

Hint: Hint: If you have **no** time to cook, you can reduce your spending by a lot if you stick with [“no recipe needed” 15 minute meals](#). This is a game changer! We have a ton of [cheap and easy 15 minute meals you can find here](#).

Create a list of five or six 15 - minute meals you can make quickly and then you can add in a few for breakfasts and lunches.

That's your first very basic meal plan. ([Trust me it's a lot easier to stick to when your meal plan requires no recipes and dinner is only 15 minutes away!](#))

If you want to get more in-depth, then you can sign up for my [free 90 Day Budget Boot Camp](#).

26. Basic Home Management: Start with Dishes & Laundry

When you get overwhelmed staring at a messy house with every closet and space full of clutter and you're really just trying to keep the floors and tables free of stuff... ignore it all and just focus on your dishes and your laundry.

You see, when you're facing a pile of nasty, crusty dishes in the sink, there's **no** way to use your kitchen.

That sink full of dishes **bleeds bad** into other parts of your life... now making dinner **won't** take 15 - minutes. The meal will only take 15 minutes but first I need to empty the dishwasher and shove clean dishes into the overstuffed cabinets and then I need to wash the dirty dishes, but they've been left so long that they're super gross and **won't** get clean unless I scrub them.

And then you think, “Or I can just **stop** by Chick – Fil - A on the way to soccer practice?” Problem solved! Except then your house stays messy, you stay overwhelmed, you eat 900 calories for dinner, you spend money that you could have bought something better with ([fall boots?](#) [Life or year planner?](#) [hobby lobby trip?](#)) and you face the exact same dilemma tomorrow night.

So for the next month, I want you to only focus on doing the dishes every day and leaving the sink clear when you go to bed.

If you're side - eyeing the sink right now and wondering how to tackle it, you should see the [easiest routine to wash dishes and never get behind again](#).

If you still struggle with getting the dishes done every night, and your budget allows, I want you to go buy a giant pack of recyclable paper plates, cups and silverware.

You'll still need to wash the dish you use to cook, but it's a lot less overwhelming. The point is that I need you to see what life is like without a giant pile of dishes in your sink.

The other area to tackle is the mountain of laundry. I know, it feels like the **worst** job in the world, but laundry is SO much more manageable if you keep up on it regularly. When you do a small [load of laundry on a regular basis, it takes almost no time at all \(seriously, I've timed it\)](#). All you're doing is washing the clothes you wore yesterday... that's it!

As I outline in my post, [the secret to never getting behind on laundry again](#) is to establish a routine and stick to it. Start by throwing in one load per day until you're caught up and used to a regular routine. By learning these two basic **life skills** for adults, you're on your way to becoming an official grownup... or at least **not** a home management disaster.

27. Basic Meal Planning: Go With Your Gut

How many times have you looked up meal plans, bought a whole bunch of fancy ingredients and then ended up ordering pizza while real food rotted in your fridge?

Maybe you even signed up for one of those meal-in-a-box deals where you get all the ingredients delivered to your door, but then gave up after your first meal took 45+ minutes ([and cost \\$30!?](#))

Wondering how I know? Because girl, I've been THERE. Oh my gosh, I've SO been there.

See, I'm **not** a gourmet by any means. I'm **not** really a foodie. I like the foods I like — regular stuff like tacos, pizza, and hamburgers. But I also want to be healthy and I want to encourage my kids to make healthy choices too.

Here's the deal, we have a lot of options available to us and we **don't** have to make monumental life changes in order to see results. If you love fast food, sub out the fries with

prepacked baby carrots and ranch dip or whatever healthy side you like. Come home and make your own.

You can follow a healthy(ish) meal plan and **not** go all crazy about it. You can create meals ahead so even if you hate cooking, you only need to be at the stove once a week. You can plan meals around your pantry and eat foods you love — even boxed macaroni and cheese.

The whole secret is to plan meals you like. If you love going to Subway for lunch with your work buddies, for example, plan it into your weekly menu.

Bring along an apple or a bag of carrots for your sides to save money and calories. Order a pizza but skip the wings, breadsticks, and lava cakes and add a salad and apples to enjoy alongside.

There are many different types of meal planning, but the key to success is to only plan the foods you and your family enjoy. If you guys love spaghetti night or taco night, keep it in regular rotation. Eat what you like and enjoy those meals regularly.

It's simple but the key to successful meal planning (**aside from fixing and eating only what you enjoy**) is to simply plan it out. If you know a certain day is crazy busy and you're going to succumb to fast food anyway, it's totally fine to just plan to eat fast food that day. Simply budget it in and plan ahead.

If you want to cook all your meals on the weekend, plan them out so you're successful (**we used Freezeasy to do this for years!**). If you shop without a plan or wait until you're starving, you'll always make less-savvy choices.

For more on meal planning, look over [basic meal planning for beginners](#).

Hint: If you're on a bare bones budget and need to eat SUPER healthy (**or have allergies**) this system of making [74 healthy freezer meals in four hours](#) lets you make food for weeks that are allergy friendly and ridiculously healthy. (**But let's keep it real - not as delicious as Big Macs**).

Do You Want More Basic **Life Skills** for Adults?

Are you looking for a more in-depth guide to basic **life skills** for adults? Do you want the whole system full of detailed tips and a step-by-step guide to improving your life and your **life skills**?

If you're ready to get your life under control, join me for [Hot Mess to Home Success](#), an easy home management plan for the chronically disorganized.

In the meantime, if you're ready to get a jumpstart on more basic **life skills** for adults, check out the [FREE 3-Day Home Rescue Challenge](#). In just three days you'll start to learn all the basic **life skills** you need but were never taught in school. These are skills every adult should know (**but most don't**).

If you're ready for a rescue, take the challenge today!

[Help! I'm ready for the FREE 3-Day Home Rescue Challenge!](#)

<https://www.busybudgeter.com/basic-life-skills-for-adults/>

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5 Important Types of Life Skills All Adults Need

What are **life skills**? People have different views about which **life skills** are most essential for success. However, what they do agree on is that we all need these skills for life in one form or another to address the issues that occur daily at work, school and home.

These skills have become particularly important in a world that's experiencing. They can help build self-confidence and encourage wise decisions. Consider this list of **life skills** for adults below and why they're important.

- **Resilience:** All of us fall occasionally. Resilience involves how well we accept obstacles, learn from our mistakes and recover. Our mistakes often provide the best life lessons – so long as we **don't** allow them to defeat us.
- **Communication:** Resolving conflict with other people is essential at home and at work. Communication takes place increasingly by text, email and social media channels. It's important to master these types of written skills. But spoken communication is equally important. That means **remembering** to look people in the eye and being respectful of other opinions even while clearly expressing your own.
- **Mindfulness:** We're often so focused on our mental and written to-do lists that we focus too much on the next task instead of addressing the present.

That causes us to spend too much time fretting about what we still need to do. Mindfulness means connecting with your surroundings and the people around you in a more meaningful way. Science shows mindfulness can help you focus more efficiently on the tasks at hand and also has benefits for physical and mental health.

- **Collaboration:** In grade school, we learned how to play well with others. As adults, we still need to utilize these collaboration skills in our careers. At work, being able to share opinions and team up with others on projects will increase your effectiveness and productivity. In your personal life, it'll lead to more **positive** relationships.
- **Inquisitiveness:** Children ask a lot of **questions**, and that enables them to learn. But some adults **stop** asking **questions** occasionally because it takes time, or they **fear** that someone else will consider them less smart. But inquiry is a sign of intelligence.
- It shows others that you're thinking about issues and events and that you're open to new ideas. Asking **questions** helps you develop your mind and discover new skills and interests.

The value of **life skills**

Strong **life skills** can help you manage every day and more stressful situations skillfully, leading to career advancement. Improved mindfulness can improve your personal time management, while effective communication and collaboration skills can help you rally a team around a project. Inquisitiveness may help you see a problem differently and find solutions that save you or your company time and money – even old problems can require new thinking to solve.

Many companies see these types of **life skills** as increasingly important for leadership positions in their organizations.

Basic **life skills** resources available

As you consider what skills you'd like to develop or improve in your life, you'll find many resources available. These can include books, audio courses and online programs.

You can approach each of these skills individually or commit to improving all of the areas by working on each one a little bit each day.

One of the most effective ways of figuring out the skills you'd like to gain or change is to ask the people you regularly spend time around. Coworkers, friends or even a **mentor** at work, for example, can give you objective assessments of the skills you're working on. There are a few helpful ways to approach this. Schedule a specific time to talk with a coworker instead of asking in passing or just **stopping** them in the hallway; this is more convenient for them, and it also sets aside time for both of you to get more deeply involved in the conversation. Come prepared with specific **questions**, too. "What steps do you think I can take to improve my public speaking skills?" will get you a more specific answer than "Do I have good office skills?"

Whichever path you take, improving **life skills** will create a greater sense of fulfillment in both your life and your career advancement. Take some time to think about which ones are most relevant for you.

If you're looking for more help, Nationwide offers a number of products and services that can make your home and work life easier to handle. Visit the Nationwide website or [contact an agent](#).

<https://blog.nationwide.com/career-and-life-skills/>

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The **Life Skills** YOU need Before – Next in your life.

Life Skills 101

The transition from college to the real world can be rocky. You're on your own, with a new job (**if you're lucky**) and a pile of responsibility. But you also have more freedom than ever, to take control of your finances, to make a fresh start with healthy habits, to make new friends and express yourself through your clothes and your home. We want to help. Here's some practical advice you **didn't** learn in school.

Relationships

Love, marriage, kids — life **doesn't** follow a set timeline. So **don't** expect it to. | [Read more](#)

How to make and keep friends as an adult | [Read more](#)

Work

Hitting the schmooze button: A guide to non-phony networking | [Read more](#)

Want to pay off debt and build your finances faster? Look to the side hustle. | [Read more](#)

Money

What 20 - somethings should know about saving for retirement | [Read more](#)

Five apps for saving and investing | [Read more](#)

Fashion

Skip the ‘fast fashion,’ and other first - job wardrobe advice from an expert | [Read more](#)

Health

New diploma? New job? Here are four healthy habits to start right now. | [Read more](#)

Long - term birth control is the most reliable. So why do so few young women use it? | [Read more](#)

What to know about your health insurance options | [Read more](#)

Food

Three simple recipes that will make a newbie look like a pro | [Read more](#)

The tools and ingredients every adult should have in the kitchen | [Read more](#)

Home

Finding that first apartment can be scary. But it **doesn't** have to be. | [Read more](#)

Five things every adult should know how to do around the house | [Read more](#)

10 items that will make a first apartment feel like home | [Read More](#)

Reader Advice

What is one thing you wish you knew before graduating from college?

Washington Post readers answered. | [Read more](#)

<https://www.washingtonpost.com/graphics/lifestyle/how-to-be-an-adult/?noredirect=on>

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31 LIFE SKILLS EVERY FUNCTIONING ADULT SHOULD MASTER

Somehow you're just supposed to know that you should have more money coming in than going out and you **shouldn't** wear a fuzzy orange sweater to a job interview

Life is funny.

No one gets a handbook upon turning 18, complete with all the rules they'll need to memorize and competencies they'll need to acquire.

Somehow, you're just supposed to know that you should have more money coming in than going out and you **shouldn't** wear a fuzzy **orange** or **lime green** sweater to a job interview.

Fortunately, we've put together our own handbook of sorts, which lists many of the skills you'll need to survive as an adult in the modern world.

It's based on the Quora thread, "What are some of the most useful skills to know?" as well as scientific research and expert opinion.

We **can't** promise we've outlined every skill you might need, but if you've mastered these, you're off to a good start:

1. Accepting feedback gracefully

"For most of us it is hard to hear how we made a mistake or could have done something better," writes Quora user Pedram Keyani. "An amazing skill (**which you can learn through practice**) is to set aside your emotional response in the moment and focus on the information presented to you. Some of it will be valid and some of it invalid but let your brain decide that, **not** your ego."

Depending on what kind of feedback you're receiving, there are different strategies for responding with a cool head. For example, if your boss points out what she thinks is an **error** and you're **not** sure she's correct, you can say, "I **hadn't** thought of that, and I'm going to look into it right away."

2. Apologizing sincerely

To **err** is human, but to craft a believable apology isn't a universal skill.

The apology "needs to be sincere, **not** qualified, not quantified, and also needs to outline how X will **not** happen again," Keyani says.

According to one CEO, there's a six-step strategy for successfully saying you're sorry:

1. Act quickly.

2. Apologize in person.
3. **Explain** what happened.
4. Show how you are going to avoid the problem in the future.
5. Apologize.
6. Make restitution.

Keyani gives an **example** of what you might say if you were tardy for an appointment:

I'm sorry I was late for the meeting. It must have been frustrating because you spent a lot of time preparing and got up early.

I did a poor job accounting for traffic and **didn't** give myself enough buffer. That is my **bad** and I'm going to give myself an extra 10 minutes instead of five moving forward.

3. Managing your time wisely

There will probably never be a time in your life when you **aren't** juggling multiple personal and professional priorities. Time - management skills are a must, unless you want to feel constantly frazzled.

Perhaps the most important time-management lesson is that you should stick with one task at a time. Research suggests that multitasking is generally counterproductive because the brain expends energy as it readjusts its focus from one activity to another.

You'd be wise, too, to limit the hours you spend working. Decades ago, Henry Ford discovered that productivity started to decline after employees logged more than 40 hours per week. Other research suggests that, after three weeks, 60-hour workweeks become less productive.

4. Using keyboard shortcuts

"Since most of the work we do nowadays involves computers," says Arpit Jain, "using keyboard shortcuts definitely gives you an edge and saves you a lot of time."

Jain posted a list of some of the handiest shortcuts in her Quora answer. For example, simultaneously pressing the "Alt" and "F4" keys when using Microsoft Windows lets you close a selected item or program. Keep the list somewhere close to your computer at work to supercharge your productivity.

5. Saying 'no' respectfully

Many of us **fear** the word "**no**" because we **don't** want to let other people down. But when you're already swamped and your coworker asks you to take an hour to help him with his project report, "Yes, of course" might **not** be the best answer.

"It might sound a cliché but saying **NO** when needed can save you lot of time, confusion, guilt, attachment, commitments, stress and other social **evils**," writes Yogi Raj.

There's another Quora thread dedicated to learning how to say "**no**," where Eva Glasrud writes, "we routinely overestimate the cost of saying '**no**.'"

According to Glasrud, the best way to muster up the confidence to turn down a request is to recognize that there "are some things you can never have back. Your time, your health, your virtue, your life. **Don't** mess around with those things. It's fine for people to ask — most likely, in their mind, they're trying to help introduce you to a great person or opportunity or meaningful cause. And it's just as fine for you to say '**no**.'"

6. Empathizing with others

A number of Quora users mentioned the importance of learning to empathize with other people — to listen to them and try to see things from their perspective.

Psychologists say that empathy is a fundamental part of human interaction. In fact, people who lack the ability to empathize and take an interest in other people are often narcissists.

7. Communicating through **body - language**

"Sometimes your body language tells people everything they need to know before you ever open your mouth," writes Dean Bokhari.

Experts have highlighted specific **body - language** techniques that can make you more likable. For **example**, **don't** break eye contact with your conversation partner, even after they've finished speaking. And make sure **not** to fidget or touch your face too much, which can give the impression that you're **lying** or anxious.

You can also read other people's **body - language** to help figure out what they're thinking and feeling. For example, if they mirror your **body - language**, the conversation is probably going well. If they smile but there are **no** crinkles around their eyes, they might be faking it.

8. Making friends in any environment

Mayeasha Tahsin says that she thinks of forming relationships as a skill, as opposed to leaving things to chance.

That skill is especially important to develop during young adulthood, once you're off the college campus, where it's generally easy to forge close friends.

One way to make friends as a grown-up is to trade confidences. Research suggests that "self - disclosure" predicts liking, closeness, and relationship - building. Another, surprisingly simple, tactic is to simply spend more time with the people you'd like to befriend. According to the "mere exposure effect," we tend to like things and people we're familiar with.

9. Mending your clothes

A button popped off your shirt at work? There's **no** need to panic if you're handy with a needle — which you should be.

"Learn how to stitch that button to your shirt collar or sew back the tear on your sleeve from the edge of the table," writes Zehra Alvi. "You will save a lot of money by just knowing how to handle that two-centimeter sword."

10. Speaking a second language

Learning a second language "opens up the mind to an entirely new way of thinking," says Noe Villela. You'll notice and appreciate parts of the world you never before experienced.

It's also possible that learning a new language can make you smarter — though the jury is still out on this issue. Some studies have found that being bilingual can improve cognitive skills, but more recent research disputes these findings.

One of the best ways to learn a new language is through immersion. Get started with this free online tool that replicates the immersion experience.

11. Sticking to a budget

"It's amazing how many people **can't** do the simplest of things — like balance a checkbook, fill out a tax form, make sure that there's more coming in than going out, [\[to set\]](#) aside reserves for contingencies," writes Miles Fidelman.

Let's start with "making sure that there's more coming in than going out," which is essentially about adhering to a budget. We rounded up the best budgeting tips from readers who have shared their budgets with Business Insider.

For **example**, you'll want to anticipate any major costs in the near future — like if you're planning to have a kid or go back to school. It's also wise to set aside an emergency fund with several months' worth of expenses in case the unexpected occurs.

12. Using basic Photoshop

There's **no** need to call in a professional to touch up the headshot you're posting to your personal website — you can do that yourself, using a few basic Photoshop tools.

"In the professional world few things have helped me more than knowing Photoshop," says Brad Sanzenbacher.

You can sign up for a free 30 - day trial [here](#) or download the free app for iOS that lets you retouch photos.

13. Spending time alone

As an adult, you should be able to spend a full day alone without going crazy for want of social interaction.

Take a tip from Quora user Brad Sanzenbacher, whose partner travels often for grad school:

I approach being alone with a very specific list of things that only I want to do. I go to weird museums, see movies that only I want to see, take mini-road trips, or see bands that only I like.

If you're planning to live alone, which many Americans do today, you should accept that you will occasionally feel lonely. It's nothing to be ashamed of or upset about, but it might be a signal that you should incorporate some more socializing into your daily schedule.

14. Public speaking

You may **not** ever be required to perform in a Super Bowl halftime show, but you'll almost certainly be tasked with making presentations at work. For that reason, it's important to hone your public - speaking skills.

"The ability to speak confidently to a large mass of people is a skill to be learnt," writes Ramachandra Bhakta. "It makes a lasting impression and brings you to the notice of several people at once."

If the mere prospect of walking your coworkers through a PowerPoint gives you nightmares, then there are strategies to quell your **fear**. One research-backed tactic is to reframe your anxiety as excitement, which can make you seem more competent and persuasive.

You can also strike a "power pose" before the presentation — one example is to stand with your legs wide and your hands on your hips to make you feel more like a leader.

15. Negotiating

Several Quora users cited negotiation skills as important for any professional.

If you're negotiating your salary — which you should do — the best strategy for getting what you want and still coming off as friendly is to ask for a range including and above your target number. For example, if you're aiming for a \$100,000 salary, you'd suggest a \$110,000 to \$120,000 salary.

Another trick is to frame your proposal in terms of what you're giving the other person as opposed to what they're losing. So instead of saying, "I want \$10,000 for my car," you'd say, "I'll give you my car for \$10,000."

16. Cooking basic meals

You **don't** need to be Julia Child to sustain yourself or impress fellow guests at a potluck.

"Know how to cook at least five dishes," writes Erin Nakano O'Quinn. "These are likely to be dependent upon the culture you live in, but be able to cook at least one vegetarian dish, a breakfast dish, a dish that you can serve to a group of people, a dessert, and a starch. Try to be able to do these without a cookbook, and you can look like a rock star wherever you go."

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17. Making small talk

Conversation skills always come in handy, whether you're chatting up cuties at your local bar or networking at a professional conference.

One of the most important rules of making small talk is to demonstrate interest in your conversation partner and let him share information about himself. Another tactic is to flatter your partner, so that she feels better about herself after having spoken to you.

18. Backing up your electronics

Having your phone **die** or your computer stolen is nerve-wracking enough. Saying goodbye to all your important information with those gadgets is even **worse**.

Be responsible and back up your data.

PC World has a comprehensive guide to backing up pretty much everything, including what exactly to back up and how often to do it. And we've rounded up all the tools you'll need.

19. Asking for help

There's nothing shameful about asking for a little advice or assistance, especially at work.

In fact, research suggests that soliciting advice can make you look more competent. That's likely because people feel flattered that you turned to them in the first place.

If you're looking for general career advice, entrepreneur and author Tim Ferriss told Inc., it's best to ask someone who became successful quickly and against the odds, instead of someone with a more conventional story.

20. Picking up a date

Approaching an attractive stranger and starting a conversation is a terrifying prospect for pretty much every normal person.

But there are ways to reduce your anxiety and the chance that you'll come across as a bumbling fool.

One study found that men tend to prefer direct approaches, like "You're cute — can I buy you a drink?" Women, on the other hand, generally prefer more open - ended **questions**, like "What do you think of this band?"

21. Dressing appropriately for a job interview

We're **not** supposed to judge books by their covers, but it's **no** secret that hiring managers judge job candidates by their appearances.

So avoid wearing too much makeup and definitely **don't** show up wearing a hat. Instead, you'll want to dress relatively conservatively. Even your shoes should be clean and tidy.

The color of your clothes matters, too: According to a CareerBuilder survey, blue and black are the best colors to wear to a job interview, while orange is the **worst**.

22. Waking up on time

In college, rolling out of bed five minutes before class starts and showing up late because you **stopped** to get a latte is — sort of — understandable.

In the professional world? **Not** so much. Pull it together and figure out a personal strategy for getting up and out the door on time.

It really starts with your nighttime routine, so try doing something relaxing like taking a **hot** shower or meditating before bed.

In the morning, experts generally advise against hitting "snooze" and going back to sleep. Instead, hit the snooze button once and use the time until your alarm goes off again to turn on a lamp and do some light stretching.

23. Giving a good handshake

One poll found that 70% of people **don't** feel confident in their ability to give a proper handshake.

But when you meet your company's CEO for the first time, you **don't** want to present her with a limp noodle — especially since a weak handshake suggests that you're insecure.

The best shaking strategy is to get a good grip, with your elbow nearing a right angle. Be sure to smile and make eye contact as well.

24. Power napping

You've heard it a thousand times: Most people need seven to eight hours of sleep a night.

But pressing work deadlines, family obligations, and the siren call of your Facebook News Feed mean that you probably **don't** get as much sleep as you need.

Enter the power nap. It's just 10 minutes long and you sit slightly upright, so that you **don't** wake up groggy from a deep sleep. This brief rest period can leave you feeling refreshed and alert.

Hopefully, you work at an office with nap rooms — if **not**, you can always head to your car or a vacant conference room.

25. Writing well

Whether you're sending an email to a friend or submitting a project report to your boss, the ability to convey your thoughts in writing is crucial.

"Learning to write well involves **not** just mastery of grammar," says Janis Butevics, "but the development of the ability to organize one's thoughts into a coherent form and target it to an audience in the most effective way possible."

If you're hoping to become a better writer, take a tip from Benjamin Franklin, who reportedly taught himself to write well by copying the style of essays published in the

English gentleman's magazine *The Spectator*. Specifically, Franklin would read an essay, summarize it, and then try writing his own version to see if his was better than the original.

26. Driving

Douglas Dea admits that, if you live in a city, you can certainly avail yourself of the public transportation available.

"But when you get away from the city, being able to drive and drive well is important," he writes. "The world really opens up for you."

If you **haven't** yet gotten your license, quit relying on friends and family to give you rides and take this crucial step on the path to adulthood. Find out more about driver's education in your state here.

27. Performing CPR

If you know basic CPR, says Tanya Keeter, "you can save the life of your family members, friends and strangers."

If you've forgotten what you learned in high - school health class, the American Heart Association website lets you search for online and classroom training sessions in your neighborhood.

28. Defending yourself

It's important to know how you'd handle yourself in a dangerous situation.

Mircea Dimian recommends learning Krav Maga, a self-defense system developed for the Israeli army. Dimian calls it "the only worthy defensive art of fighting for those who **don't** embrace violence."

One woman who studied Krav Maga created her own self-defense system for women, the Soteria Method, and some of her techniques involve fighting off an attacker with your high - heel shoes.

29. Managing up

If you want your boss to love you, it's important to figure out what will make them look good to their bosses — and then help them achieve those goals.

The term is "managing up," and we learned about it from Dave Kerpen, founder and CEO of Likeable Local. It will make your life and your relationship with your boss a whole lot easier.

"Think of managing up as the 'Platinum Rule' for organizations," Kerpen writes in his book, "The Art of People." "Think like your manager and you will reap the benefits of getting your way when you need it most."

30. Memorizing important information

Between the names of new acquaintances you met at a networking event, the items on your grocery list, and the vocabulary words for the foreign language you're trying to learn, you've got a lot to remember on a daily basis.

Here's one technique that can help: the method of loci, or "memory palace."

The strategy dates back thousands of years, and the US memory champion even recommends it as an easy way to boost your memory capacity. The idea is to associate each item you're trying to remember with a specific image and place.

For example, say you're trying to remember the names of all the US presidents.

First, pick out furniture in your home, then assign numbers to each piece. Next, create images that incorporate a president's name and a piece of furniture — so for **example**, if No. 1 is a table, then imagine someone washing the table with soap and water because it sounds like Washington. Finally, practice until you have it perfect.

Weird, yes. But effective? You bet.

31. Practicing self - compassion

Beating yourself up over your failures **won't** get you anywhere.

Instead, says Emma Seppala, science director of Stanford's Center for Compassion and Altruism Research and Education, you should treat yourself as you would treat a colleague or friend who has failed. For **example**, you might remind yourself that mistakes are normal and that they **don't** mean you're a **bad** person.

One strategy for practicing self - compassion is to write yourself a comforting letter — again, as though you're writing to a friend. Another strategy is to come up with a self-compassion phrase that you repeat when you're struggling.

By caring for yourself the same way you care for other people, Seppala says you'll experience less anxiety and depression and you'll have a better chance of bouncing back from stressful situations.

Read more: <https://www.independent.co.uk/life-style/31-life-skills-every-functioning-adult-should-master-a6991966.html>

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GOD GAVE THIS MAN INSTRUCTIONS AFTER TAKING HIM TO HELL & HEAVEN (HE SPOKE WITH GOD & AN ANGEL) !!

Video post => **Jun 28, 2016**

♣ [(1.) SUPERNATURAL EXPERIENCES/VISIONS FROM GOD | ♣ MY VISIONS OF GOD: <https://goo.gl/dPtYFx> <https://goo.gl/2Mbgn> These are my testimonies of how God visited me in open visions and gave me a message and a prophecy. My ENCOUNTERS WITH **DEMONS**: <https://goo.gl/AW57my> <https://goo.gl/6pxJz6>

These are my testimonies of how I was attacked by **demons**. ✓ [(2.) 2000+ FULFILLED BIBLE PROPHECIES] ✓ (Here are some prophecies that the Bible said would come to pass before the End Times): (1) People will **deny** that GOD created the universe and that HE judged them through Noah's flood. (2 Peter 3:3, 5, 6)

Atheists are now claiming that the universe created itself out of nothing. (2) The message of the Gospel will reach all the nations. ([Matthew 24:14](#))

Remember that Christianity started out with only a few dozen followers. Jesus prophesying that HIS message will reach the world is proof of its divine inspiration. (3) Jews will return to Israel, their homeland. ([Ezekiel 34:13](#)) (4) Israel will be a nation for the 3rd time. ([Amos 9:14 - 15](#)).

(5) There will be money hungry preachers that **deceive** Christians and lead them away from the **truth**. (2 Peter 2:1 - 3) (6) Scoffers will mock the Second Coming by claiming these signs have always been around. (2 Peter 3:3, 4) ~ WE KNOW THAT THE BIBLE IS INSPIRED BY GOD BECAUSE IT HAS CORRECTLY PREDICTED THE FUTURE OVER AND OVER AGAIN ~ □ [Speaking of end times, God gave me visions about the rapture, the antichrist, and tribulations. Obama is the future antichrist. He will be revealed after the rapture of the bride of Christ. And the rapture will be covered up by some sort of an alien abduction theory.

If the rapture happens and you get **left behind**, **remember**, aliens **didn't** abduct those people, God raptured those Christians to **heaven**.] □ ▲ [(3.)

NEAR **DEATH** EXPERIENCES/**HEAVEN** & **HELL** TESTIMONIES] ▼ Near **death** experiences prove Christianity!

We find testimonies of former **atheists**, **Buddhists**, **Muslims**, etc. claiming they **died**, went to the afterlife but were saved and brought back by Jesus Christ. There are countless testimonies just on YouTube alone and the people that ventured into the afterlife describe the Christian concept of life after **death** (**heaven** & **hell**).

If NDE's were open to interpretation, we would find testimonies of people saying that when they **died**, they met Allah or Muhammad or Buddha. But since we only find testimonies of people saying they were saved by Jesus, we have additional evidence that Christianity is the **truth**. When Muslims **die**, they **don't** hallucinate about Allah and when Hindus **die**, they **don't** hallucinate about reincarnation. What we see is the **truth** of Christianity being preached by those that **died** and came back.

Here are some testimonies:

<https://goo.gl/tm4myD>

<https://goo.gl/7RVhx1>

<https://goo.gl/PibnTY>

<https://goo.gl/tghpA9>

<https://goo.gl/ket6gj>

♥[(4.) PRESERVATION OF THE BIBLE]♥ Because we have 5000+ ancient manuscripts of the Bible, we have a great deal of evidence that the contents of each book of the Bible have been preserved and that the Bible has **not** been changed to make up for prophecy. The ancient manuscripts date all the way back to around 250 BC and verify with the modern Christian Bible. Check out this site to see ancient manuscripts:

<http://goo.gl/JVmWHm>

♦[(5.) FACTS FROM THE BIBLE THAT HAVE BEEN VERIFIED BY MODERN SCIENCE]♦ (**Remember**, these facts were written thousands of years ago): (1) The Earth free floats in space. (**Job 26:7**) At the time, people thought the earth sat on a large animal. (2) The Earth is round. (**Isaiah 40:22**) At the time, people thought the earth was flat. (3) **Blood** is the source of life. (**Leviticus 17:11**) Up until the 1700s, people were **bled** because they thought that would get rid of their **sickness**. They should have listened to the Bible. (4) Air has weight. (**Job 28:25**) (5) Air has a cycle. (**Ecclesiastes 1:6**) ► Do you know where you are going when you **die** (**heaven** or **hell**)?

I encourage you to come to Jesus Christ TODAY. HE **died** so you can be forgiven. Believe in HIM, confess your **sins**, and repent of your **sins** (**turn away from your sins**). Many Christians nowadays believe the **lie** of once saved always saved. They think they can commit whatever **sin** they want and still make it to **heaven**. **Don't** be deceived, there is a **hell**. Those that **died** and came back, testify of its existence.

◀ ❀❀❀ (PLEASE COPY/PASTE THIS DOCUMENT ANYWHERE OR PRINT IT OUT AND GIVE IT TO PEOPLE. HELP BRING AS MANY AS YOU CAN TO CHRIST.) ❀ ❀ ❀ PLEASE SUPPORT PERSECUTED CHRISTIANS:

<https://goo.gl/cu5oDk> ♦ <https://goo.gl/hHcIjH> ♦ <http://goo.gl/NFwEkD>

<https://www.youtube.com/watch?v=Pn27qO3fFks> 21 min

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Mary K Baxter Explains Her Visions Of Heaven & Hell.

Jesus Shows Her 40 Nights Of HELL

What happens to a miss carriage or a baby or a child under the age of accountability?

What happens to a teen ager who dies under the age of accountability?

What is hell really like?

When YOU die, or after your death, then it is too late. You only need to do one thing, that is to accept Jesus!

Why don't YOU wake up and seek out Jesus for YOU? That is before YOU die.

<https://www.youtube.com/watch?v=OnWccqofFXI> 1 Hour 8 min

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Overdosed woman and she went to hell. Here's what I saw

[Megan Griffith](#) => Sep 30, 2017

<https://www.youtube.com/watch?v=fOptqAW8z5Y> 15 min

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She died, went to hell and heaven, then woke up at the morgue - Christian Testimony

[CHRISTIANS OF THE WORLD](#) => Jun 22, 2018

MUST SEE! Incredible testimony from Paulina who shares about when she **died** in a bus accident and went to **hell**, and then to **heaven**, she had an encounter with Jesus and then woke up at the morgue. 2,714,920 views

https://www.youtube.com/watch?v=pn_S43SlnPY 42 min

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Trump is the Last President! You are the Last Generation! - Over 1, 200,000 views.

Anonymous Bread => If people **truly** knew what the bible **truly** they are, I mean people **wouldn't** be pushing religion with it. **No** man knows the hour or time of the coming is correct. However the statement has been twisted and used to lead people astray. For my people have been deceived and have lack of knowledge will be lost. Christ is already here. The waking has begun. Trump will get a second term.

Those that have **not** prepared them self's (**part of the 144,00**) will be forced to get the rfid chip and be slaves. You can pray all you want it **won't** save you from what's coming and what Trump will do to the people in his second term.

If you are **not** awake to what's going on around you then you will be **truly** lost.

I've been walking the journey for over 5 - years now and see what the **true** meaning of the bible is. It's a guide to being free and being part of the 144,000. Its **not** what Churches preach to you. They themselves are lost and do **not** know the meaning behind the **truth**.

<https://www.youtube.com/watch?v=zuNiJF-eumw> 35 min

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Healing Prayer For Eyesight And Vision Problems - Mel Bond

Healing Prayer For Eyesight and Vision Problems by Mel Bond. Mel Bond prays for your eyes, eyesight, blindness, macular degeneration, detached retina, cataracts, floaters, color blindness, eye disease, and vision problems.

Please send prayer requests to Mel Bond at: <https://melbond.com/contact/>

Visit Mel Bond's Website at: <https://melbond.com/> or Mel Bond's YouTube Channel: <https://www.youtube.com/c/MelBond1>

<https://www.youtube.com/watch?v=ygbXmmQfXbY> **3 min**

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How To See In The [Spirit](#) World - Mel Bond - Christian Teaching From Marion, Georgia

Mel Bond teaches people How To See In The [Spirit](#) World. Mel Bond teaching from Marion, Virginia. Visit <https://melbond.tv> or call (636) 327-5632 for Mel Bond Miracle Services, Crusades, or resources.

Send prayer requests to Mel Bond: <https://melbond.tv/contact/>

This video covers Gifts of Discerning Of [Spirits](#), [Healing](#), Working Of Miracles, and How To Release The Anointing Of God.

<https://www.youtube.com/watch?v=vrHk3ixLDU8> **1 Hour 14 min**

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MAN DEAD FOR 90 - MINUTES VISITED HEAVEN AND CAME BACK!

THIS IS WHAT HE SAW IN HEAVEN

♣ [(1.) SUPERNATURAL EXPERIENCES/VISIONS FROM GOD] ♣ MY VISIONS OF GOD: <https://goo.gl/dPtYFx> <https://goo.gl/2Mbgfn>

These are my testimonies of how God visited me in open visions and gave me a message and a prophecy. My ENCOUNTERS WITH **DEMONS**:

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These are my testimonies of how I was attacked by demons. ✓ [(2.) 2000+ FULFILLED BIBLE PROPHECIES] ✓ (Here are some prophecies that the Bible said would come to pass before the End Times): (1) People will deny that GOD created the universe and that HE judged them through Noah’s flood. (2 Peter 3:3, 5, 6) Atheists are now claiming that the universe created itself out of nothing.

(2) The message of the Gospel will reach all the nations. (Matthew 24:14) Remember that Christianity started out with only a few dozen followers. Jesus prophesying that HIS message will reach the world is proof of its divine inspiration. (3) Jews will return to Israel, their homeland. (Ezekiel 34:13) (4) Israel will be a nation for the 3rd time. (Amos 9:14 - 15). (5) There will be money hungry preachers that deceive Christians and lead them away from the truth. (2 Peter 2:1 - 3) (6) Scoffers will mock the Second Coming by claiming these signs have always been around. (2 Peter 3:3, 4) ~ WE KNOW THAT THE BIBLE IS INSPIRED BY GOD BECAUSE IT HAS CORRECTLY PREDICTED THE FUTURE OVER AND OVER AGAIN ~ ■ [Speaking of end times, God gave me visions about the rapture, the antichrist, and tribulations. Obama is the future antichrist. He will be revealed after the rapture of the bride of Christ.

And the rapture will be covered up by some sort of an alien abduction theory. If the rapture happens and you get **left behind, remember**, aliens **didn't** abduct those people, God raptured those Christians to heaven.]▣ ▲[

(3.) NEAR **DEATH** EXPERIENCES/**HEAVEN** & **HELL** TESTIMONIES]▼ Near **death** experiences prove Christianity! We find testimonies of former atheists, Buddhists, Muslims, etc. claiming they **died**, went to the afterlife but were saved and brought back by Jesus Christ. There are countless testimonies just on YouTube alone and the people that ventured into the afterlife describe the Christian concept of life after **death (heaven & hell)**. If NDE's were open to interpretation, we would find testimonies of people saying that when they **died**, they met Allah or Muhammad or Buddha. But since we only find testimonies of people saying they were saved by Jesus, we have additional evidence that Christianity is the **truth**. When **Muslims die**, they **don't** hallucinate about Allah and when **Hindus die**, they **don't** hallucinate about reincarnation. What we see is the **truth** of Christianity being preached by those that **died** and came back. Here are some testimonies:

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(6) There are **hot** water vents at the bottoms of deep seas. (**Job 38:16**) This fact **wasn't** verified until the 20th century with submarine technology.

► Do you know where you are going when you **die (heaven or hell)**?

I encourage you to come to Jesus Christ TODAY. HE **died** so you can be forgiven. Believe in HIM, confess your **sins**, and repent of your **sins** (**turn away from your sins**). Many Christians nowadays believe the **lie** of once saved always saved. They think they can commit whatever **sin** they want and still make it to **heaven**. **Don't** be deceived, there is a **hell**. Those that **died** and came back, testify of its existence. ◀

<https://www.youtube.com/watch?v=IWqHRLjNZbE> 17 min

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More => Life Skill Questions

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WHY GO TO CHURCH?

A **Church** goer wrote a letter to the editor of the old newspaper and complained that it made **no** sense to go to **Church** every Sunday.’ I’ve gone for 30 years now,” he wrote, “and in that time I have heard something like 3,000 sermons. But for the life of me I **can’t remember** a single one of them. So, I think I’m wasting my time and the pastors are wasting theirs by giving sermons at all.” This started a real controversy in the, “Letters to the Editor” column, much to the delight of the editor. It went on for weeks until some old new wrote this clincher:

“I’ve been married for 30 years now. In that time my wife has cooked some 32,000 meals. But for the life of me, I **cannot** recall the entire menu for a single one of those meals. But I do know this: They all nourished me and gave me the strength I needed to do my work. If my wife had **not** given me those meals, I would be physically **dead** today. Likewise, if I had **not** gone to **Church** for nourishment, I would be **spiritually dead** today!”

When you are **DOWN** to nothing. God is **UP** to something! Faith sees the invisible, believes the incredible and receives the impossible! Thank God for our physical and spiritual nourishment!

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Why Go To Church - Want To Know 13 Reasons? By: David Hopkins

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Why Go To Church

Have you ever wondered why I go to Church? Or if you **can't** think of any real profound reasons to go to Church, try these thirteen beneficial reasons out for size.

It's **not** necessary to go to Church in order to get saved and therefore go to heaven but going to Church still has very important benefits that can help improve your life and keep it in order.

Below are **13 reasons plus** why we should attend Church services on a regular basis.

1. Because it is an act of obedience to God and it honors the Lord's Day. **Remember** the Sabbath day, to keep it **Holy (Exodus 20:8)**
2. Because we need to belong to a community of faith that includes our brothers and sisters in Christ who are trying to live out the gospel just like we are.
3. Because we will benefit from being taught and led in worship by others, rather than always depending on ourselves to read and study the bible.
4. Because we need regular reminders of our standing in Christ, help in acknowledging and confessing our **sins**, and the teaching about God's truth.
5. Because we need help in praying, tithing and fasting.
6. Because we need help to face the issues of life and faith as presented through the teachings of the Bible.
7. Because we need to hear how believers in the past struggled, grew and lived out their faith from different perspectives.
8. Because we need to belong to a community of faith that includes our brothers and sisters in Christ who are trying to live out the gospel just like we are.
9. Because we will benefit from being taught and led in worship by others, rather than always depending on ourselves to read and study the bible.
10. Because we need regular reminders of our standing in Christ, help in acknowledging and confessing our **sins**, and the teaching about God's **truth**.
11. Because we need help in praying, tithing and fasting.
12. Because we need help to face the issues of life and faith as presented through the teachings of the Bible.

13. Because we need to hear how believers in the past struggled, grew and lived out their faith from different perspectives.
14. Because we need to hear about the experiences of other contemporary believers.
15. Because we need to hear reminders of God's love.
16. Because we need an alternative to the constant messages of a culture that ignores God.
17. Because we need to experience artistic and creative expressions of the faith, such as music, praying, fasting and tithing.
18. Because believers need help to reflect on the past week and see it as a small part of the journey of life.
19. Because we need a conscious break from work, family problems, and self-interests in order to concentrate on the Lord.

In brief summary, the strategies and schemes of the **devil** are well thought out and proven to work better than the marketing strategies of rich corporations like Microsoft.

Therefore, we need other people we can count on to help us make it through tough times when they arise.

Our chances of finding people we can count on in Church are far better than finding someone we can count on anywhere else in the world.

Plus, going up against these strategies without proper guidance will lead to unnecessary mistakes being made on our part.

In conclusion, going to Church while also doing our own personal bible study at home on a regular basis helps us to get confirmation of God's message and what HE wants us to do with our lives.

Therefore, we need other people we can count on to help us make it through tough times when they arise.

Why I Still Go to Church => 5 reasons I still attend, and I believe in, Church. It's easy to come up with reasons to **not** go to Church.

There are so many. Sleep, football, birthday parties, and errands. Theological differences, hypocritical Church leaders, spiritual doubts. You want an excuse **not** to go? It **shouldn't** be hard to find one.

A recent post titled **“Why Nobody Wants to Go to Church Anymore”** lists just some of the reasons Americans **don’t** go to Church anymore, many of which are relevant and personally relatable given that I have gone through lengthy periods of withdrawal from religious community.

And yet I still go to Church. And, perhaps more importantly, I still **want** to go to Church.

Like many others, I have been skeptical and uncertain about the role of religion and the Church in my own life and in our society. I have **doubted** my faith.

I have fallen away from the Church. I have been disenchanted with all religion, and I have experienced firsthand betrayal at the hands of “religious” folk.

And yet I still go to Church, I still want to go to Church, and I still **believe in** the Church.

The reasons **not** to go pale in comparison to the reasons why I — a **doubting**, skeptical, pragmatic, optimistic believer — still want to go to Church and why I still believe in the Church, despite the abundance of evidence telling me all the reasons I **shouldn’t** go. Here are five of the reasons I still go:

As humans, we thrive on connection and shared experiences. We learn in schools, we work in offices, we live in neighborhoods and we socialize with friends. Certainly, we can — and should — have **spiritual** experiences outside of the Church environment and we can participate in any number of individual **spiritual** practices, but there is a kind of **spiritual** connection that comes only from a shared **spiritual** practice.

Spiritual connection **cannot** be fully honored in solitude; a shared **spiritual** experience is essential.

And many times, a shared spiritual experience is created by going to Church (**though it can also be created anytime a group of people comes together in faith, including house Churches, small groups, covenant circles and Bible study groups**).

Just like cheering for your favorite sports team in a stadium packed with 80,000 other fans is vastly different than watching the game on television in your living room, **spiritual** connection is vastly different when experienced with other members of a **spiritual** community. In the same way that listening to a favorite band play live in concert enhances the musical experience, so too does religious community enhance the **spiritual** experience.

In Church, standing shoulder to shoulder with other human beings in reverence and awe as we hold hands and sing and pray, as we lock eyes and shake hands, sharing in all of

these **spiritual** practices together, enhances our **spiritual** connection in a way that individual **spiritual** practices alone could **not** do.

Church provides a safe and mature environment for **spiritual** and religious education.

As children, we were continually learning. Like little sponges, we absorbed information from any and all sources — parents, teachers, friends, peers, strangers, books and television, just to name a few. Yet, as adults, we allow our “life” education — including our faith development and **spiritual** awareness — to fade.

Shared **spiritual** practices enhance **spiritual** connection.

We socialize with those who share the same opinions as us and are often unwilling to consider the viewpoints of others. We turn a blind eye or make assumptions about faiths and cultures different than our own. And we neglect to discover — and nurture — our own personal and authentic faith.

We avoid religious conversations with friends and family because of the discomfort that it might cause, we swallow religious doctrine that is fed to us or we shun religion altogether.

Certainly, there are Churches that force feed their congregants **fear** - based dogma, which is one of the many reasons that Americans are leaving the Church.

But there are many Churches that stimulate and encourage faith development and religious education that extend beyond one’s own faith to include the faiths of others.

Not only is my awareness about my own faith bolstered by my experiences at Church, but so is my awareness and understanding of a number of other faiths and belief systems.

Without the safety and security that a mature Church community provides, many Americans (**including, paradoxically, those who favor religious tolerance**) remain in the dark about other faiths, cultures and beliefs. Church can provide a safe and responsible way to deepen one’s own faith development, as well as facilitate an awareness and respect for other faiths.

Church reinforces social and civic accountability

Church provides a **spiritual** framework for my kids.

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If YOU like or YOU got some help from this part or YOU know of someone this part will help from the part above. Copy it and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

[extra@marriagesecondtimeplus.org/](mailto:extra@marriagesecondtimeplus.org)

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Join up with a volunteer non – profit program.

Volunteering is a great way to meet new people, get some exercise, and involve yourself in a local community **positive** project that can lift your **spirit**.

It also comes without a cost (**or very little**) to you and can provide a lot of entertainment and a fulfilling day when you’re in the right mindset.

I’ve come to spend more and more of my time **volunteering**, serving on various committees and people helping groups in the community. I am on a few local area towns and Church committees. It is hands - down the best thing I have ever done.

Be a volunteer with your local **Lions Club** or other Non - Profit Org. and you will feel much better about yourself. Be only a volunteer – for a time - if later you wish, you may later to join this local **Lions Club** it is later and it is up to you. You’ll be meeting other people who share your interests, which gives you an easy opener when striking up a conversation. Meet many new people and also maybe meet the next Him or Her for YOUR life. This Web Blog is sponsored by a **Lions Club**.

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Note: Yes. Both single people, people dating and married people have reviewed (**Well Pre – viewed**) these “Web Site Parts” and its PDF so far. As a summary of the parts and up - coming part drafts; most people are telling us that this information is also needed and wanted for them, yes, those married people too and many people found this as new information as they **didn’t** even know about this stuff.

Subscription: Then one may have a Subscription as over age 18 Adult (**including the open part**) or the open Web Site part for only a small fee of \$3 for each month. If you like these ideas and tips – please tell a few others.

Marriage Second Time Plus . Org => A new Web Site:

A new Web Site: <http://marriagesecondtimeplus.org/>

Also, may like to visit: www.Tri-CountyRegion.US

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Nine - Minutes in Heaven

During a minor surgery Crystal took a nine minute journey into **heaven** which restored her faith in God.

WATCH more stories: <http://share.cbn.com/5ds46>

<https://www.youtube.com/watch?v=GMN28qbWvmQ> **8 min**

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99 Reasons You Should go to Church This Weekend.

I grew up attending Church. Many of my earliest memories are times spent at the Church building, with Church people, or in Church services. So, when I meet people who **aren't** regular attenders it's a surprise to find that sometimes they don't really know why you might be a part of it.

I got to thinking about this.

Why do we go to Church? What benefit is there in attending Church regularly... for me, for you, for others?

One thing leads to another, and I realized the reasons are endless. I started to list them and soon discovered that the exercise was a huge blessing.

So, why go to Church? I've listed 99 reasons below.

Some of these reasons are serious and thought provoking, others are just fun... they're not in any particular order and perhaps a portion of them **won't** apply to you. Either way though, I hope you too will be encouraged by my sharing of this list.

More than that – I pray it inspires you to **not** only attend Church this weekend, but to serve and contribute. And let's all remember to invite others who may **not** know the incredible blessing that being a part of a local Church can be.

Why go to Church? Here's my list of 99 reasons you should go to Church this weekend:

The shared **spiritual** connection created in religious community makes it nearly impossible to ignore our shared human connection. By attending a Church that supports causes that are in line with my values, social and civic accountability are bolstered.

It is certainly possible to educate children about religion, faith and **spirituality** outside the Church environment, but children learn much more by what we do than what we say. By attending Church together as a family, my husband and I are showing our children that **spiritual** community and faith are important values to our family. We are demonstrating that faith development is a lifelong journey. Could give out five to Church folks each week.

1. The Bible indicates it's what we should do. (**Hebrews 10:25**)
2. You will have the opportunity to worship God.
3. You will likely have some of life big **questions** answered.
4. The preaching of the Bible will help set direction for your life.
5. You will probably make some new god friends.
6. You'll probably see some old friends.
7. Being there is a sign of your discipleship.
8. Being there will encourage your pastors and leaders.

9. You'll be encouraged in your walk with God.
10. You'll likely encourage other people in their walk with God.
11. If you're single, you may meet someone. (**Looking for a good mate? Look for a GREAT life mate?**)
12. It will help you define what you believe.
13. It will help you understand the Bible.
14. If you have kids, it will teach them to value God and His Church.
15. People who attend Church usually live longer (**I didn't make this one up... google it!**)
16. It will give you an outlet for service and ministry.
17. It can help you develop personal leadership.
18. You'll sing inspirational songs that will carry you during the week.
19. It will encourage you that God is good (**if it doesn't, it should**).
20. It will help you to look outside yourself.
21. It will provide an opportunity to give financially to those in need.
22. You'll receive love from other people.
23. You'll be able to show love toward others.
24. You'll hear about the great things God is doing in HIS Church locally and throughout the earth (**or world**).
25. You'll be prayed for.
26. You will be able to pray for others.
27. You're likely to hear and be encouraged by answered prayers.
28. You will be able to give praise reports and share stories of God working in your life.
29. You will be able to worship God with other likeminded people.

30. It's an opportunity to introduce a friend who **doesn't** know Christ.
31. You've probably got nothing better to do. (**Watching TV, or sleeping-in don't count as better!**)
32. Your family need you to go.
33. It really honors God.
34. Because gathering is part of what it means to be a Christian.
35. Because it's good to have your views and opinions challenged.
36. Because we all need regular reminders of our position in Christ.
37. It will help you acknowledge and confess your **sins**.
38. It helps you to be in the world, but **not** of it.
39. It will help you end one week, and starts the next, with the right focus.
40. It's a break from work.
41. It will help you re - order your priorities.
42. It's where your real friends are.
43. It will help you put your life story, into the grand narrative of scripture.
44. It will remind you that you have nothing to **fear**.
45. It helps take your focus off yourself and over onto God.
46. It helps bring perspective and feeds the soul.
47. Because gathering strengthens your faith.
48. The discipline of going will help you be disciplined across all areas of life.
49. It will allow for support in times of need.
50. It promotes stability in your life.
51. It helps to promote a happy marriage.

52. It gives you something great to do with your kids.
53. It will help you to improve your **self - esteem**.
54. It will help your interpersonal skills.
55. It will help increase your ability to cope with the trials of life.
56. It will help you to be a happy person.
57. It will positively influence future generations.
58. It will provide you with an opportunity to share in communion.
59. It will allow you to take an active role in missions work.
60. It will help you be a better member of your local community.
61. It will help develop your children's **self - confidence**.
62. Your children will learn the Bible Stories.
63. It may keep you out of trouble.
64. It will help give you a sense of purpose.
65. It will shape your vision of the future.
66. It will give you eternal hope.
67. It will help you to know what you believe.
68. It will help you to know what you stand for.
69. It will encourage creativity.
70. It will allow you to be disciplined, mentored and pastored.
71. Because you'll learn about Jesus and have the opportunity to get to know HIM.
72. Because you want to go.
73. It's a pleasant experience.

74. It will give you the opportunity to express yourself in song.
75. It beats staying at home and being alone.
76. You get to put your Sunday best on... (or your skinny jeans on - depending on the Church).
77. You'll find acceptance.
78. You'll be loved.
79. You can love others there.
80. Real forgiveness is found there.
81. The gathering of God's people will help draw you closer to God.
82. You'll meet likeminded people.
83. Jesus will be there.
84. It will remind you that you're **not** alone.
85. It will help the process of sanctification.
87. You're likely to learn something about God, the Bible, yourself, and others.
88. Growth of the fruit of the **Spirit** will likely happen.
89. It will bring with it tangible and intangible blessing.
90. It's a declaration that you're a Christian.
91. It will give you something interesting to talk about on Monday at work.
92. Because being planted will help your life to flourish.
93. It reflects a life lived beyond yourself.
94. It will bring joy to your life.
95. A miracle you need may come to pass.

96. You've been promising someone that you'd go and it's time to make good on your word.

97. Because it's the right thing to do.

98. Because faith without works is **dead**.

99. It will literally change your life for eternity!

100. Over 87% of the new jobs a person wants – today - they will find is from someone within their local church. Businesses are encouraged to find their new needed people from right here in this local church, first.

Why go to Church this weekend? You'd be crazy **not** to go, especially with all these reasons to be there!!

While we're talking about reason for going to Church, have you ever thought about how you should behave when you get there? [Click below here for why you should be enthusiastic in Church.](#)

So, why do you go to Church? Let me know in the comment section below. Over to you... Rich

Why I Go To Church Even When I **Don't** Feel Like It

What leaving and returning taught me about Church.

Read more at: <http://www.relevantmagazine.com/god/church/why-i-go-church-even-when- i-dont-feel-it#9i4zgzUq1sudgPDd.99>

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Todd White - Interview - What If **No One** Gets **Healed**? - 385,512 views

<https://www.youtube.com/watch?v=LE96DqEDAfQ> **15 min**

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Todd White / Lynn Marie 🙌 What to do When the Devil Attacks - 61,855 views -
March 29, 2020

<https://www.youtube.com/watch?v=afrt8H70G6s> 1 Hour 50 min

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I have the same memories as many evangelicals who grew up in Church at the same time I did: felt-board Bible stories, Sunday school donuts, praise chorus lyrics on overhead projectors.

Even before I was old enough to do much besides doodle during sermons, Church was a fixture in my life. I was sometimes bored and sometimes enjoyed myself but going to Church **wasn't** a choice I had — it was just what everyone did.

As I got a bit older, I realized that **not** everyone went to Church, but I gathered that being someone who did was a moral imperative. It meant I was taking my faith seriously, being a good person and making God happy (**or maybe I was avoiding God's anger**). By the time I was old enough to join the youth group, other factors reinforced my involvement: Church was where my friends were, where the cute boys were and where much of my social life took place.

Heading off to college meant that my parents **no** longer took me to Church, and my social life was **no** longer headquartered there, but I still saw my attendance as a basic requirement of following Jesus. Where else could I grow in my faith and find my **spiritual** community?

Over the next few years, however, something strange happened. I followed Jesus right out of Church and into the streets, communing with homeless people over slices of pizza and hearing sermons in the words of the people who lived in the shelter on skid row where I served breakfast on Sunday mornings. Jesus showed up in all sorts of unlikely, unofficial places.

I realized that Church was **not** a place to go because everyone had their act together. It was more like a refuge where all sorts of people could gather to remind each other of the story we are all in.

I continued to journey alongside other Christians, but I **no** longer understood the importance of attending Church. It occurred to me that perhaps what was more important than how often I showed up for a Sunday service was how often I showed up for people

who were in need: quietly listening, crying with them, sharing my food and time and space and joining my voice with theirs to demand justice.

The more I learned about poverty and systemic injustice, the more frustrated I became with Churches whose weekly programming is disconnected from the world beyond their sanctuaries. I was tired of prayer without action; simplistic **spiritual** formulas without any mention of the Gospel Jesus preached: good news for the poor, freedom for the captives, sight for the blind. I lost hope that most of the Church would ever get its act together enough to closely resemble Jesus.

But then another strange thing happened. I kept following Jesus, and eventually, HE led me right back into Church. I was surprised.

There were plenty of people there working toward justice, but I realized that Church was **not** a place to go because everyone had their act together and was doing things right.

It was more like a refuge where all sorts of people could gather to remind each other of the story we were all really in — the one about how God loves us and is renewing our world and our souls in spite of all the damage that’s been done. It was more like a school for conversion where we were all stumbling through basic lessons on how to really love.

We sang about this love and this mission to be part of it; we sang about our brokenness and our hope. We looked each other in the eye. We confessed our **sins**. We shared bread and juice and remembered that we are all tied together in this dysfunctional family that God has cobbled together.

I’ve slowly learned that going to Church can be about something other than moral requirement, **fear** of punishment or even social connection.

It **wasn’t** perfect — sometimes I felt frustrated, bored or hurt — but it was good, and God was in it. Yes, Church people could be apathetic, judgmental and selfish, but so could I. And just like everyone else, I needed to be welcomed and loved anyway.

Then one day, an older Church lady put my husband and me in charge of finding people to serve communion each week. We were still “the new couple,” so I’m pretty sure she was just trying to rope us into consistent, punctual attendance — and her plan has absolutely worked.

Now that we’ve shouldered even just this tiny bit of responsibility, we recognize how many people have to show up consistently to create the prayerful, welcoming, worshipful space we experience each week. If everyone involved in leading music, running sound, teaching kids’ classes and preaching sermons only showed up on the days when they **didn’t** feel stressed, busy, tired, bored, **sad**, frustrated or enticed outside by beach weather, we **wouldn’t** have much of a Church at all.

Read more at: <http://www.relevantmagazine.com/god/church/why-i-go-church-even-when-i-dont-feel-it#9i4zgzUq1sudgPDD.99>

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Dead Boy Returns From Afterlife to Tell His Mom About Heaven

Eight-year-old Landon and his parents were driving home from Church when their car was crushed in a car crash. Landon's dad **died** at the scene, and so did Landon - twice. He was brought back to life and told his mother about his miraculous ...

► **WATCH** more stories: <http://share.cbn.com/5ds46>

► **CLICK** to experience God's love, purpose and forgiveness in your life:

<http://share.cbn.com/5ds47>

<https://www.youtube.com/watch?v=4eTKh7xM7DQ> **6 min**

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KKKK More is planned to be placed here.

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Why Go to Church

Summary: We are to encourage one another to stir up one another for love and good deeds.

Why Go To Church (Hebrews 10:24, 25)

Throughout this western world Church attendance continues to decline.

Illustration: In 1999, 39% of people regularly profess to attend Church (**34% of men and 44% of women**). In Germany less than 5% regularly attend Church and in Britain less than 15% make a habit of going to Church.

Having been in involved with helping to start more than 500 Churches in Nigeria, I can attest to the fact that in Nigeria Church attendance continues to grow every year - why is there such a difference?

Perhaps, it has to do with the simple fact that in Nigeria people appreciate the value of the following scriptural injunctions for "Do **not** forsake the assembling together with one another but encourage one another and all the more as you see the end drawing near." (Hebrews 10:24, 25)

The following are more Biblical advantages for being involved in helping your Church grow in quantity and quality.

1. The early Christian Church grew because the believers met in their homes regularly for teaching, prayer and socially encouraging fellowship times. (Acts 2:41-47)

A. The first century Christians enjoyed the blessings of the Lord daily adding to their numbers - as those who were saved. The Lord gives blessings without adding any sorrows. Let us share these blessings with others who are hungry for real solutions for their problems.

B. The first century believers devoted themselves to studying the teachings of Jesus. Are we doing this today?

C. The early Christians often shared the Lord's Supper together as a way of cementing their vertical (**between individuals and God**) and horizontal relationships (**between individual to another**) together. To share a meal with someone and see how much you can minister to them according to their felt, perceived and social needs.

D. The early believers were filled with awe and wonder in their joint worship of the Lord. Let us worship and rejoice in our awesome God who reigns in power and love.

Let us never lose the wonder of HIS grace and the majestic splendor that is amazingly wonderful.

E. The early Christians were together and shared things in common for one another's benefits.

Theirs was a socially inter-dependent fellowship in a holistic lifestyle. Let us recognize that the hand **cannot** say to the eye, I have **no** need of you. (I Corinthians 12:10-15)

F. The first Christian fellowships revolved around prayer, witnessing and praise. Let us worship the Lord but also let our joy spill over to share with those around us.

G. The early believers continually gave thanks in fellowships that encouraged one another during times of great persecution from the local and regional governments. Thankful people are fun to be around because they are connected closely to the source of every good thing.

H. The first believers enjoyed favor with all the people because of their corporate witness that came from a **Holy Spirit** inspire dunity that showed Christian love. Jesus knows how to help us grow in wisdom and stature and in favor with God and men. (**Luke 2:52**)

2. Public worship has a greater witness to the non-Christian world, which longs for a similar sense of belonging, acceptance and tolerance for one another's frailties.

Read more at: <http://www.christianpost.com/news/why-going-to-church-is-important-part-1-106017/#bsXwDp6C3KcSX1e.99>

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Some people claim to be Christians but **don't** attend Church. They say, "Well, I **haven't** found a Church I like yet, and I work, and Sunday is my only day off!" But if you really love God, you will love HIS people and long to be with them.

The Bible indeed commands us to go to Church, and - even more - to be a functioning part of it. **Hebrews 10:24 – 25** says, "And let us consider one another in order to stir up love and good works, **not** forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching" (**NKJV**).

I like the way the New Living Translation puts it: "Think of ways to encourage one another to outbursts of love and good deeds. And let us **not** neglect our meeting together, as some people do, but encourage and warn each other, especially now that the day of his coming back again is drawing near." The Bible does **not** say: **Don't** forsake the assembling of yourselves together unless Sunday is your only day off, or unless you want to run in a triathlon, or unless it's a great beach day, in which case you are excused, because you just **don't** need fellowship as much as other Christians do.

Yes, if you love God, you will love HIS people and long to be with them. If you **don't** really love God, you **won't** love HIS people. Some will say "I'm so over the Church; people are critical and judgmental. It's so full of hypocrites!" My response to that is: There is always room for one more! Understand, I am **not** justifying hypocrisy of any kind, but honestly, we have all been hypocritical at times.

But that is **not** a reason to **not** attend Church. The Church has its flaws because people are in it. However, Jesus both started and loves the Church. HE **died** for it.

Being in fellowship is a proof that you are indeed a child of God. It says in **1 John 3:14**, "We know that we have passed from **death** to life, because we love each other. Anyone who does **not** love remains in **death**" (**NIV**). **Psalm 133:1** says, "Behold, how good and how pleasant it is for brethren to dwell together in unity!" (**NKJV**).

Not going to Church is a proof that something is **wrong** with you **spiritually**. We read in **1 John 2:19**, "These people left our Churches because they never really belonged with us; other - wise they would have stayed with us. When they left us, it proved that they do **not** belong with us" (**NLT**).

Studies show that if you **don't** go to Church for a month, the odds are almost 2 to 1 that you **won't** go for more than a year. Being a vital and active part of the Church is something we pass on to our kids.

A study once disclosed that: If both Mom and Dad attend Church regularly, 72% of their children remain faithful in attendance; if only Dad attends regularly, 55% remain faithful; if only Mom attends regularly, 15% remain faithful; and if neither attend regularly, only 6% remain faithful.

What legacy will you leave your kids? Are you committed to demonstrating to them that going to Church is important.

Read more at: <http://www.christianpost.com/news/why-going-to-church-is-important-part-1-106017/#euJHKS8qS0tE8IL.99>

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Why Go to Church? ([Another view.](#))

Dr. Craig L. Blomberg serves as Distinguished Professor of New Testament at Denver Seminary.

Dr. Blomberg completed his PhD in New Testament, specializing in the parables and the writings of Luke - Acts, at Aberdeen University in Scotland. He received an MA from Trinity Evangelical Divinity School, and a BA from Augustana College. Before joining the faculty of Denver Seminary, he taught at Palm Beach Atlantic College and was a research fellow in Cambridge, England with Tyndale House.

In addition to writing numerous articles in professional journals, multi - author works and dictionaries or encyclopedias, he has authored or edited 20 books, including *The Historical Reliability of the Gospels*.

Interpreting the Parables, commentaries on [Matthew](#), [1 Corinthians](#) and [James](#), *Jesus and the Gospels: An Introduction and Survey*, *From Pentecost to Patmos: An Introduction to Acts through Revelation*, *Neither Poverty nor Riches*:

A Biblical Theology of Possessions; Making Sense of the New Testament: Three Crucial Questions; Preaching the Parables; Contagious Holiness: Jesus' Meals with Sinners; and Handbook of New Testament Exegesis.

“And let us consider how we may spur one another on toward love and good deeds, **not** giving up meeting together, as some are in the habit of doing, but encouraging one another — and all the more as you see the Day approaching” (Hebrews 10:24-25; TNIV)

In our consumer culture, I **shouldn't** be surprised that people treat Church like a product.

But I confess I continue to be surprised how long time, faithful Churchgoers can suddenly “kick the habit” with seemingly little regret! Whether it's a recent, young Denver Seminary graduate who was training to be a Church leader or a middle-aged individual who just got tired of putting up with someone or something undesirable in their local congregation, people are abandoning regular Church attendance in record numbers.

Hebrews 10, however, takes such a departure very seriously indeed.

In the context of growing persecution of Christians in Rome in the early – to – mid - 60s, one could almost understand why Jewish believers might want to play down their distinctives as followers of Yeshua and retreat to a form of worship indistinguishable from orthodox Judaism. They would thus retain their unique privilege as a religio-civitas, and **not** be forced to offer a pinch of incense in honor of Caesar as “Lord and God” as everyone else had to do.

Once Nero unleashed his official, state - sponsored persecution against Christians in 64, they would be immune from imprisonment and martyrdom. Today, one can empathize with believers from North Korea and China to Iran and Afghanistan to Morocco and the Maldives, who might similarly hide their Christian identities and **not** gather regularly for worship and instruction with other believers, lest they be arrested and / or be **killed**.

Ironically, it is precisely in such contexts where we also hear stories of great faith, great perseverance, and great sacrifice for the sake of Christ and fellow Christians, including for gathering together with them.

It's here in the U.S., in the Western world more generally, where so much less is at stake that we offer up such pathetic reasons (**at least I suspect God considers them pathetic**) for **not** joining together with fellow believers on a regular, weekly basis. And almost all of the excuses are anthropocentric rather than Christocentric. That's a fancy way of saying we've in essence reworded the well-known praise song to make it say, “It's all about me, Lord,” rather than “It's all about you, Jesus!”

We all know the excuses. We **don't** like the style of worship or music. We **don't** like the preaching. We **don't** like the new time for Sunday School. We **don't** like the way the Church spends our money.

More seriously, we **don't** like certain people we have to see when we go. The list seems almost endless. Yet the other irony is that we in the West, especially in the United States, have far more choices of Churches than anybody has ever had anywhere else in the history of the world! Before the advent of modern transportation, the two major criteria for why a given person belonged to Church X (**rather than Church Y**) was because it was (a) the closest Church to where they lived (b) in their denomination.

Before the Protestant Reformation, only (a) applied, except in those comparatively few places where both Roman Catholicism and Eastern Orthodoxy existed side-by-side. One generally learned to work things out with the same group of people over a long period of time.

Today we are victims of our plethora of choices. Now hear me well. I'm grateful for those choices.

There do come times when Churches have substantially changed their beliefs or practices that for a person to be faithful to their own basic convictions they must move to a different congregation. If that happens, then move!

But **don't** just **stop** going anywhere.

Hear me, too, please, when I say that "Church" as the New Testament defines it can be a house - Church, it can be independent of all denominational affiliation, and it can take many creative forms and gather at many different times. I'm **not** saying all believers have to gather on Sunday morning, in a distinctive Church building, with one prescribed liturgy or order of service. **Not** by a long shot.

But consider the implied hubris (a fancy Greek word for "arrogance") implied by the person who claims to be a Christian, claims to be in submission in **Scripture**, and yet also claims that **no** existing expressions of Christianity anywhere close to them are sufficiently God-pleasing for them to favor those gatherings with their presence!

Hebrews supplies the key to how to change one's attitude in such situations. One goes to Church **not** for what one can get but what one can give. Spur one another on toward love and good works and encourage one another. One of the occupational hazards of having studied the Scriptures to the extent that I have, and having visited as many diverse expressions of God's family of faith worldwide as I have, is that it's hard for any given worship service to affect me emotionally at the very core of my being with something that fairly jumps out at me and says, "Yes, that's exactly how we should be doing things." I occasionally experience a little something along those lines, but I stress the words "a little."

But it **doesn't** take much at all to get me pumped with the idea of going to see friends and acquaintances, and to meet new people, whom I can encourage and love and teach.

If I keep track of how much attention, gratitude and concern I am showed in return, I usually go away depressed (**except when I'm a guest speaker somewhere, because at least some people have been trained to do such things**). But if I remind myself that I **shouldn't** be trying to keep track of such things, then I usually feel fulfilled. But even that is an anthropocentric criterion. I need to keep reminding myself that I go and do what I do simply because that's what God wants and it's what he has made me for.

Dr. Craig L. Blomberg serves as Distinguished Professor of New Testament at Denver Seminary.

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Fifteen Things God **WON'T Ask: - (Author Unknown)**

1. God **won't** ask what kind of car you drove => but will ask how many people you drove who **didn't** have transportation.
2. God **won't** ask the square footage of your house => but will ask how many people you welcomed into your home
3. God **won't** ask about the fancy clothes you had in your closet => but will ask how many of those clothes helped the needy.
4. God **won't** ask about your social status => but will ask what kind of class you displayed.
5. God **won't** ask how many material possessions you had => but will ask if they dictated your life.

6. God **won't** ask what your highest salary was => but will ask if you compromised your character to obtain that salary.
7. God **won't** ask how much overtime you worked => but will ask if you worked overtime for your family and loved ones.
8. God **won't** ask how many promotions you **received** => but will ask how you promoted others.
9. God **won't** ask what your job title was => but will ask if you performed your job to the best of your ability.
10. God **won't** ask what you did to help yourself => but will ask what you did to help others.
11. God **won't** ask how many friends you **had** => but will ask how many people to whom you were a **true** friend.
12. God **won't** ask what you did to protect your rights => but will ask what you did to protect the rights of others.
13. God **won't** ask you if you loved your Grandma and Grandpa => but will ask you if you stayed with them a week each spring and each fall – if you had a relationship with them.
14. God **won't** ask in what neighborhood you lived in => but will ask how you treated your neighbors.
15. God **won't** ask about the color of your skin => but will ask about the content of your character.
16. God **won't** ask how many times your said deeds matched your words => but will ask how many times it **didn't**.

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Why do YOU go to Church?

I've asked this **question** at least once in a sermon in every Church I've served. Why do we go to Church?

I think it's an incredibly important **question** right now because there are, quite frankly, so many other options on a Sunday morning – far more than when I was a kid and multiples more than when my parents were children.

Consider: you might want instead to sleep in, or catch up on some work, or go shopping, or meet a friend for coffee at Starbucks, or run through some email, or read the paper (**online or the old paper and ink variety**), or go to your kid's soccer match or hockey game, or see what you missed this week on your DVR, or watch a film on demand or.... The list goes on and on.

Which makes me curious. Why do those of us who still go to Church – which remains the one activity done by more people than any other in the U.S. – actually go?

There are a lot of reasons, I realize, perhaps as many as people in attendance.

And while some of those reasons – to make a parent, spouse, or significant other happy, for instance – reflect more external motivations than internal, I think there are still lots of internal reasons folks choose to spend part of their Sunday morning at Church. Some go for community, while others because it's an important part of their identity. Some go to see friends, while others hope for guidance in how they live. And soon.

But while there are lots of good reasons to go to Church, the one that gets me out of bed and to the sanctuary most frequently is a sense of need, even desperation. I realize that might sound odd. But here's the thing: I've come to believe that the good news is just too hard to believe for more than about 7 days in a row.

Think about it. Each and every week, we hear the news that the God who created and still sustains this vast cosmos **not** only knows that you and I exist... but actually gives a damn. More than that, that God cares deeply and passionately about our ups and down, ins and outs, hopes and heartbreaks, successes and failures. And even more than that, that God cares about us enough to send Jesus that we might know and believe just how much God loves us.

Do you see what I mean?

That news is so good it almost sounds too good to be **true**. And while it might sound great on Sunday, by Friday – and some weeks, let's face it, by Monday afternoon – it seems very hard to believe.

And so, we come back to Church week in and week out to hear the good news of God's love, forgiveness, and grace, that we might leave encouraged to believe it – and, even harder, to live it – for one more week.

I recently came across a video of Pope Francis asking and answering a similar **question**. Why do **sinners** go to Mass, he asks? The key word in his answer is right in the middle of his question: “**sinners**.” The people who go to Church **don’t** go because they think they’re perfect but because they – we – know ourselves to be in need of Christ’s forgiveness and look forward to being renewed your time in worship. In just over two minutes, Pope Francis gets to the heart of the matter. =>

That we go each week to hear of God’s forgiving love and leave trying to live into that forgiveness, love, and a world of new possibility. It’s a great message for Lent and, quite frankly, for just about any time.

According to recent Pew Research data, only 35% of American Christians consider attending religious services as an essential part of their faith. 1 Only 228% listed ‘helping out in your congregation’ as essential.

It appears that the majority of self - proclaimed Christians do **not** know how to answer the **question**, “Why go to Church?”

We can point to several reasons for this: the rise of secularism in society, a celebration of individual autonomy paired with a rejection of institutional faith and authority, and “finding God other places.”

For some Christians, the reason for avoiding Church is **spiritual**, flowing from a lack of understanding the importance of Church for **spiritual** vitality and public witness.

Frequency of Church attendance is also in decline among weekly attenders and people who attend yearly, presumably on Easter Sunday and Christmas.

- 2 Others claim that they **don’t** need religion to be “**spiritual**” or have been so hurt by the Church that they swear it off altogether. 3 The hurt may be real but avoiding Church will only bring them more pain.

Seeing the complacency of many Christians deeply **saddens** me when I think of brothers and sisters overseas who sacrifice much to gather with God’s people. One pastor our organization trains in Central Asia rents a bus for Church services.

This **isn’t** to bus in visitors to their Church building — it is their Church building — they circle the city late at night in the bus to avoid being caught by the police.

Unfortunately, for many in more comfortable settings, Church **isn’t** a priority.

Why Go to Church? 50+ Things You Miss Out On By **Not** Attending Church

Sleep, your kid's soccer game, Netflix, football, or the lake house take priority, pushing Church to the margins of life — if **not** out altogether. When we push God's agenda and people out of our lives, we reap the consequences.

If you are already involved in a Church, may the Lord remind you of all of the blessings given to you through HIS people. If you need a Church, scroll down for several online Church directories.

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50 Plus Things You Miss Out On By **Not** Attending Church

You miss out on obedience to the command to **not** give up meeting together 2 ([Hebrews 10:24 - 25](#)).

You miss out on loving God in your obedience, and as a result, experiencing HIM more deeply ([John 14:21](#)).

You miss out on loving Jesus by loving the bride HE laid HIS life down for ([Ephesians 5:25 - 27](#); [Acts 20:28](#)).

You miss out on hearing God's Word faithfully proclaimed, and thus growing in faith ([2 Timothy 4:1 - 2](#); [Romans 10:17](#)).

You miss out on hearing God's Word applied specifically to you, your culture, and community ([1 Corinthians 2:5](#); [2 Timothy 4:1 - 2](#)).

You miss out on learning how to read the Bible better by sitting under gifted teachers and preachers ([1 Timothy 3:2](#); [Titus 1:9](#)).

You miss out on being equipped to discern **dangerous** and **deceitful** doctrines that **negate** or **distort** the gospel ([Ephesians 4:11-14](#); [Galatians 1:6 - 9](#)).

You miss out on encouraging others, stirring them toward love and good works, and receiving encouragement from others ([Hebrews 10:25](#)).

You miss out on using your gifts to build up the body of Christ for the glory of God ([1 Peter 4:10 - 11](#); [Ephesians 4:11 - 14](#)).

You miss out on being built up by others faithfully using their gifts (1 Peter 4:10 - 11; Ephesians 4:11 - 14).

You miss out on sitting under God's appointed leadership over you (Ephesians 4:11 - 14; Hebrews 13:7).

You miss out on submitting to the leaders God has placed over you, and thus submitting to God (Hebrews 13:17).

You miss out on being shepherded during the joys and trials of life (James 5:13 - 14; 1 Peter 5:1 - 2).

You miss out on following your pastor's **example** (1 Timothy 4:12; Hebrews 13:7; Titus 2:7).

You miss out on agreeing to be accountable for your actions through Church discipline, which is an extension of God's discipline (Matthew 18:15 - 17).

You miss out on performing the ministry of showing up, that is, encouraging others by your presence and commitment (Hebrews 10:24 - 25; Acts 4:32 - 33).

You miss out on being equipped for the work of ministry by ministers called by God and the fruitfulness that comes from having been better equipped (Ephesians 4:11 - 14).

You miss out on giving and receiving prayers for **spiritual** growth and personal needs (James 5:16).

You miss out on receiving the blessing and instruction of corporate prayer (1 Timothy 2:1 - 2; Acts 6:1 - 6)

You miss out on caring for the poor and needy as the Church. Or, receiving care if you are needy. (Acts 11:29, 2 Corinthians 8:4, 1 John 3:17.)

You miss out on serving others and taking your eyes off yourself (Romans 12:9 - 13).

You miss out on being in the center of God's will, which is revealed as we obey and renew our minds in His **truth** (Proverbs 3:5 - 6; Romans 12:1 - 2; 1 Thessalonians 5:15 - 18). You miss out on celebrating the gospel through **baptism** (Romans 6:4).

You miss out on regular participation in the **Lord's Supper** to join saints throughout history to celebrate the saving work of Christ and anticipate HIS future reign (1 Corinthians 11:23 - 26; Mark 14:22 - 25).

You miss out on practicing the one another's with brothers and sisters in Christ ([John 13:34 - 35](#); [Ephesians 4:12](#); [Romans 12:10 - 16](#); [Galatians 5:13](#); etc.).

You miss out on corporately singing songs of praise to God ([Colossians 3:16](#)).

You miss out on being a testimony to the gospel's saving and transforming power to the lost world ([John 13:34 - 35](#)).

You miss out on uniting across barriers of race and economic status to stand united in the gospel and make friends you **wouldn't** ordinarily know ([Ephesians 2:11 - 22](#); [Ephesians 4:3](#); [James 2:1](#); [Revelation 5:9](#)).

You miss out on speaking the truth in love to other believers believing and/or practicing unbiblical doctrines ([Ephesians 4:15 - 16](#)).

You miss out on bringing God delight as HIS gathered people ([Zephaniah 3:17](#); [Psalms 149:4](#)).

You miss out on rejoicing at seeing new brothers and sisters brought to faith ([Acts 16:5](#)). You miss out on inviting non-Christian friends and family to Church to hear about Christ ([Matthew 28:18 - 20](#); [Colossians 4:5](#)).

You miss out on welcoming others as Christ has welcomed you ([Romans 15:7](#)).

You miss out on experiencing how God's love is perfected in us through HIS body ([1 John 4:12](#)).

You miss out on allowing God's Word, God's **Spirit**, and God's people to help you grow in Christ-like maturity ([2 Timothy 3:16 - 17](#); [Psalm 19:7](#); [Ephesians 4:11 - 14](#)).

You miss out on experiencing the **Holy Spirit** dwelling in the fellowship of the Church ([2 Corinthians 13:14](#)).

You miss out on receiving continual reminders of your position and identity in Christ ([2 Corinthians 5:17](#); [Titus 3:3 - 7](#)).

You miss out on being influenced by Godly men and Godly women who love Jesus more than the world, 1 and in turn influencing others ([Titus 2:1 - 8](#)).

You miss out on seeing how Jesus, the head of the Church, works through HIS body to accomplish HIS mission in the world ([Ephesians 5:23](#); [Colossians 1:18](#)).

You miss out on making your closest friends those who pursue Christ from pure hearts ([2 Timothy 2:22](#)).

You miss out on being reminded to live a God - centered life focused on HIS plans for YOU, and for the world and your place in them; **not** the other way around ([Ephesians 1:3 - 7](#)).

You miss out on understanding with all of the saints the immeasurable love of Christ ([Ephesians 3:18](#)).

You miss out on the opportunity to give to God back a tithe or offering from what HE has given you ([2 Corinthians 9:6 - 8](#)).

You miss out on the opportunity to let the Word of Christ dwell richly within you through songs, and hymns, and spiritual songs ([Colossians 3:16](#)).

You miss out on bringing joy to your leaders who will give an account for shepherding you ([Hebrews 13:17](#)).

You miss out on sharing in the sufferings of the body of Christ by grieving with those who grieve and bearing one another's burdens ([2 Corinthians 1:3 - 5](#); [Romans 12:15](#); [Galatians 6:2](#)).

You miss out on making known God's wisdom to rulers and authorities in the **heavenly** places through the Church ([Ephesians 3:10](#)).

You miss out on potentially being called by God to vocational ministry ([1 Timothy 4:14](#)).

You miss out on teaching others, in word and deed, how to follow Christ ([Titus 2](#)).

You miss out on visibly demonstrate a growing commitment to Christ and HIS gospel.

You miss out on receiving help fighting **sin** and help others fighting **sin** ([1 Peter 2:11](#); [James 5:16](#); [Galatians 6:1 - 2](#)).

You miss out on collectively support missions around the world ([Philippians 4:16 - 17](#)).

You miss out on seeing how the Church is built and strengthened when each member of the body functions as it should, making the body mature by building it up in love ([1 Corinthians 12:12 - 20](#); [Ephesians 4:16](#)).

You miss out on displaying unity in Christ that both glorifies God and accords with a life changed by the gospel ([Ephesians 4:3 - 6](#); [John 17:22 - 23](#)).

And there are so many more you could add... this list serves as a starting point. **Bottom line:** As each and every one of us need, we need the Church.

When Jesus appeared to Saul on the road to Damascus, HE **didn't** say, "Why are you persecuting my Church?" HE said, "Why are you persecuting me?" ([Acts 9:4, emphasis mine](#)). HE so identifies with the Church that an attack on HIS people is an attack on HIM.

Could Jesus be saying to you **not** only, "Why are you avoiding my Church?" but also, "Why are you avoiding me?"

My desire is **not** to force legalistic rules on anybody; rather I hope and pray the Lord will awaken those missing out on Church to long for a richer relationship with HIM as experienced through a vibrant connection with HIS body.

Where to go from here?

1. Trust in Jesus Christ. Jesus **died** on the cross to reconcile rebels to God the Father and make a **Holy** people for Himself. Believe in HIM and in HIS plan for you, which includes the Church.

2. Study Scripture for a biblical view of the Church. I recommend starting in Ephesians. Ephesians does an excellent job unfolding God's glorious purposes for the Church in Christ and brings sense to why God would command for us to **not** give up meeting together ([Hebrews 10:24 - 25](#)).

3. Read a book that will stir your heart to love the Church. I recommend the following: Why We Love the Church by Kevin DeYoung and Ted Kluck

What is a Healthy Church Member? Thabiti Anywailbe "How to Walk into Church" by Tony Payne

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"Stop Dating the Church" by Joshua Harris

3. If you **don't** currently attend a healthy, Bible-preaching Church, find one. You may consider searching one of the following Church directories:

4. Marks, The Gospel Coalition, Sermon Audio, The Gospel Coalition's Spanish-language directory or IgleRed ([Latin America](#)). Or if moving somewhere new, ask your pastor for a recommendation.

5. Get involved. Commit yourself to a Bible-believing congregation, join a Bible study, or even have a more mature saint disciple you — I dare you. Perhaps this is just what you need to get past doubts or weaknesses that plague you in your faith.

6. Pray for the Lord to lead you in how to best participate in your local congregation and bless others with your gifts.

A “Religion in Everyday Life” from Pew Research.

B “Church Attendance is Declining” from FamilyFacts.org.

C And there are churches that you should swear off, mainly churches that reject biblical authority and thereby undermine the gospel.

Special thanks to Brandon Myers. A faithful friend, pastor, and ‘freditor’ ([friend + editor](#)) who made this article much stronger. Follow Brandon on Twitter.

Uncle Screwtape’s Advanced Strategies against Gospel Growth 5 Lessons I’ve Learned about Fasting

Tim Keller’s 9 **Questions** for Sleepy and Nominal Christians Freedom of Conscience in a Virtueless Society: Os Guinness on the Eric Metaxas Show.

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How to **Stop** a Porn Addiction with Biblical **Truth** and the Power of the **Holy Spirit**
Teddy Roosevelt's 10 Reasons for Going to Church.

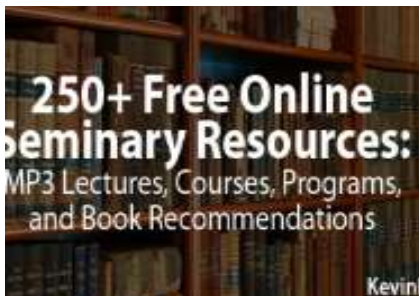
Because this election cycle needs a reminder of a different time.

Faithful Church attendance is an essential part for Christian discipleship and required by God (**Hebrews 10:24 – 25**). Even President Theodore Roosevelt strongly agreed. That's why he wrote an article for the Ladies' Home Journal in 1917 called "Shall We Do Away...

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23 Signs You May Be Captive to Your Christian Sub-Culture and Missing True Christianity

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This post is the second in a series. You can read the first 16 Signs You May Be A Culturally Captive Christian. If you read the first post in this series, you have seen several **examples** of how Christians conform to the world and are "captive" to its ideas instead...

In "Culture" Filed Under: Christian Living Tagged With: Church Attendance [...] Why Go to Church? 50+ Things You Miss Out On By **Not** Attending Church | Kevin Halloran

“According to recent Pew Research data, only 35% of American Christians consider attending religious services as an essential part of their faith. Only 28% listed ‘helping out in your congregation’ as essential. The majority of self - proclaimed Christians do **not** know how to answer the **question**, ‘Why go to Church?’” [...]

Browse Worthy: Living Christianly | Gentle Reformation says: June 9, 2016 at 9:40 am [...] Why Go to Church? 50+ Things You Miss Out On By **Not** Attending Church [...]

Servant of the Word. Husband. Blogger. Corazón Latino. Serving with Leadership Resources training pastors to preach God's Word with God's heart. Soli Deo Gloria

Can you be a Christian and **not** go to Church?

My sister-in-law does **not** attend Church nor have any fellowship apart from me but believes she is a Christian because she prays, reads the bible and believes that Jesus is Lord. But friends say she is **deceived** and **not** a Christian at all, I'm confused can you be a Christian and **not** go to Church?

Anne, I'm **not** surprised that you're confused because it is **true** to say both that you **don't** need to go to Church to be a Christian and that if you **don't** go to Church, you're **not** a Christian. Let me **explain**.

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If we were to narrow down what it means to be a Christian, the best place to look is at one of the people who Jesus said was a Christian.

If you **remember** the thief on the cross next to Jesus ([Luke 23:39 - 43](#)), Jesus promises this man that he will be with him in paradise.

This man never got to go to Church, and yet he is a Christian because he trusts in Jesus. So, in that sense it is **true** to say that you **don't** have to be a Church goer to be a Christian.

In fact, as soon as you say you “have to do something” to be a Christian you are in danger of getting the gospel message **wrong**.

However, the Bible has **no** concept of individual **spirituality** - that is Christianity is **not** something personal that has nothing to do with anyone else. That is a very modern way of thinking.

We can see it in the above passage, the way the man expresses his trust in Jesus is that shifts his allegiances to Jesus' kingdom. He sees that Jesus is the true king and joins his kingdom, he joins a group of people - those ruled by Jesus the king.

If you are a Christian, then you are a member of God's Church. The Church is now your family, and they are God's gift to us in living Christian lives. We see this in [Romans 8:28-30](#). Those who are saved are saved so that Jesus would be the big brother of many brothers. God is in the business of making a family ([have a read of Romans 8](#)). This can also be seen in the fact that most of the instructions for Christians are done in the plural, there are very few (**if any**) instructions to individuals. ([The Greek of the NT distinguishes between singular and plural 'you' English doesn't do that anymore](#)).

The Christian life was never meant to be lived solo, God has gifted each member of his Church to serve one another, and you **can't** do that solo. It is near impossible to live a Christian life alone, it runs counter to everything God has done for us.

However, some people **can't** help but live alone. The thief on the cross could **not** join a Church, he had **no** choice; but where we have a choice, we really should become a part of God's Church.

It's like someone who gets married, but never moves in with their husband. It is **true** that you can be married without living together, and there may be extreme circumstances that you can think of where someone may get married and **not** live together ([if someone is](#)

on their death bed for example). But a real marriage involves relationship. Becoming a Christian means being a part of God’s family.

So, my advice for your sister-in-law is, if she can join a Church near to her, she should do so.

If there is nothing holding her back (and there might be legitimate reasons) she should go to Church. It’s best for her and for the people who are missing out on her gifts that she may bring to that Church.

If there is some reason why she cannot get to or go to Church, then encourage her to meet regularly with other Christians to read the bible and pray (after all this is what the essence of Church is).

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Amazing Revelation of President Trump in the Bible! | Jonathan Cahn

Sid Roth with Jonathan Cahn on It's Supernatural! On this week's episode of Sid Roth's It's Supernatural!

2017: Is it possible that there actually exists a master blueprint from ancient times that we’re all following and that reveals everything that has happened, that is happening and that will happen? Hear what Jonathan Cahn has to say and find out an amazing revelation of President Trump in the Bible!

Are Our Lives Shaped by Israel Past?

Join Jonathan Cahn as he shows us the uncanny parallels between events in America today and those of ancient Israel nearly 3,000 years ago. Jonathan simply asks, “Have the dramas of Israel past found expression in the White House and America’s political scene for almost four decades?”

More importantly, are there lessons to be learned? And is there more yet to unfold?

The bottom line. If your life has already been touched by this ancient blueprint, do you have a role to play in current and upcoming events? If mistakes have been made, can future mistakes be avoided?

The Paradigm may prove to be Jonathan Cahn’s most explosive revelation, and we may never see our world the same way again. The most important question to ask could be, why?

Jonathan Cahn is a Jewish believer in Messiah and leader in the Messianic movement. His teachings and messages are known for their profound and prophetic nature and for revealing the deep mysteries of biblical **truth**. He's the senior pastor and rabbi of the Jerusalem Center in Wayne, New Jersey and is president of Hope of the World Ministries.

<https://www.youtube.com/watch?v=dl7p4f7NKXI> 22 ½ min

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If YOU like or YOU got some help from this part or YOU know of someone this part will help from the part above. Copy it and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

[extra@marriagesecondtimeplus.org/](mailto:extra@marriagesecondtimeplus.org)

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Why Go to Church? ([Another view.](#))

William Willimon, chaplain at Duke University, was invited to preach in an inner-city Church. The service, with its long preliminaries, lasted 2 1/2 hours.

When it was finally over, Willimon was exhausted and asked the pastor, "Why do these people stay in Church so long?"

His friend replied, "Unemployment runs nearly 50 percent here. This means that when our people go about during the week, everything they see, everything they hear tells them: 'You are a failure. You are nothing because you do **not** have a good job, you do **not** have a nice car, and you have **no** money.' So, I must get their eyes focused on Christ. Through the hymns, the prayers, the preaching I say to them, 'That is a **lie!** You are royalty!

You are citizens of the kingdom of God!' It takes me a long time to get them straight because the **SIN FULL** world perverts them so terribly."

The world is constantly pressuring Christians to conform to its values. We need to read God's Word and encourage one another so that we will be able to keep alive a strong sense of who we are in Christ.

Why go to Church? Because God uses the exhortation and love of fellow believers to reassure us that the world's message is a lie and that God's good news is **true**.

The world will try to pressure us To fit into its godless mold; That's why we need encouragement To keep our hearts from growing **cold**. — Sper

Seven days without Church makes one weak.

Do Christians need the Church more than the Church needs Christians?

Absolutely. God established Church. Judeo - Christian beliefs from **Genesis to Revelation** see the faithful as God's people- corporately. Paul said in **1 Corinthians** that we are a Body. A body is designed to have all of it's parts to function properly. Each is different, but important. The root word is "corpus" which means Body. We are to engage in corporate worship. So why **don't** more Christians do that regularly?

A freshman in college sits at the gathering spot on campus with a sign that reads, "Ask me about Church." She hears people say it is filled with hypocrites and shallow minded-people. She hears others say they can worship Jesus on their own, thank you very much. They read the Bible, they have quiet time with God. They **don't** need to go anywhere on Sundays. Others are anti-established religion because the Churches have too many rules and only want your money.

She hears all sorts of reasons **not** to go to Church. Her response is a simple shrug and a smile that twinkles in her eyes. "It makes me happy. It brings me peace. It lifts me up. It helps me understand God. I love my Church. All I can say is, come see for yourself."

"The Church is filled with hypocrites and narrow-minded people." **True** – but they are the ones who know they need help. I heard it said that the Church is like a **spiritual** hospital. The people inside know they are **sick** and are seeking **healing**. Some heal faster than others. Some do **not** do what the Great Physician orders. But all are admitted.

Why Go to Church?

It may seem hypocritical when we **don't** "walk like we talk", but hopefully, some the medicine of the Word is seeping in and beginning to work on our hearts and attitudes. For some it is a shot directly into the veins. For others, it is more like a slow-drip IV.

Many outsiders mistakenly see conviction as a synonym for narrow-mindedness. My Church has a motto – Come as you are but leave as God wants you to be. Christianity accepts all – but the gate to salvation is narrow. Jesus said so. HE also said HE **is** the Way, the **Truth**, **not** “a way” and “a **truth**”. The **truth** is, people **don’t** want to change. That is being narrow-minded.

I can worship Jesus on my own, thank you very much. I read the Bible, I have quiet time with God. I **don’t** need to go anywhere on Sundays. But Church is more than paying homage to God. If it **wasn’t**, we could just send a check by electronic bank transfer and stay home on Sunday morning in our PJs with our Bibles on our lap.

We need to be with fellow believers. Jesus told the disciples if they gathered in HIS name HE’d be with them. HE sent them out two by two – together – to do HIS work. God knows there is strength in the gathering of HIS people. Worshiping as a group is the standard throughout the Bible. When did we make it a “me” thing?

Last Sunday in his sermon, my youth pastor referred to the Church as Noah’s ark. We need to gather in it to be sheltered from life’s storms. Believers need to be in relationship with each other to comfort, correct, and carry each other’s burdens to the Cross. We should keep each other in check, lift each other up, and provide strength to fight the earthly battles we face in a world that **doesn’t** hold to the same values and beliefs we do. **No** soldier goes into battle alone. Even when David defeated Goliath, I bet there were soldiers praying in the background.

Jesus told Peter that he’d build his Church on HIM – the rock. Peter tells the newly converted, “Save yourselves from this crooked world.” ([Acts 2:40](#).)

Not alone... the very next verse says, “So those who received his word were baptized, and there were added that day about three thousand.” ([v.41](#)) Added to what? The Church. What did they do next? “They devoted themselves to the apostle’s teaching and to fellowship, to the breaking of bread and the prayers.” ([v.42](#)) In other words, they stuck together, **remembered** Christ together in a shared meal per HIS command at the Last Supper, and worshiped together. That is Church in its purest sense.

Satan divides, God **unites**. Jesus will never call you away from the fellowship with believers to spend time with HIM. If you ever feel like **not** going to Church, other than being very **ill** or injured, you can rest assured that is when you need to be there. Church keeps the Body functioning to ward off the **disease** of **sin**.

There will be a message you need to hear, a prayer that will be answered, or a boost of spiritual fortitude from a hymn to help you in the upcoming week. Or you may be who God uses to bless someone else. When you **don’t** go to Church, you may be causing someone to stumble. You have **no** idea who will need your smile, your prayer, or your hug that day. But God does.

They are anti-established religion because the Churches have too many rules. Hey, God has rules. They are called the Ten Commandment. One of the Commandments is to keep the Sabbath and make it **Holy**. The rest of them deal with how we are to live and worship. The Church is only following God's commands. **True**, some congregations have become a bit Pharisee-like. But humans are works in progress.

If the Church you've been attending have rules which seem too strict, seek God's counsel about that. See if they are man-made or Biblically based. Talk with your pastor. If you are still uncomfortable, **don't stop** going to worship. Find another Church.

Just make sure the Church you choose preaches the Ten Commandments of God, and of Christ Jesus – love God and to love your neighbor.

It should also spur you to change, to become more Christ like. It should be accepting of those who are **sinners**, but encourage them **not to sin** in a loving, life - changing and supportive manner.

Some people grumble that all the Church wants is money. **Not true**. Yes, it is an organization that operates solely on the financial gifts of others. However, it is God who wants your money — and also your time, and the talents HE has bestowed upon you. HE asks for only 10% of each – your money, your talents to spread and support the Body, and your time in serving HIM on earth.

That 10% to does more good when combined with others' 10%. There is power in that. The Church is the best vehicle for channeling your money.

Besides, tithing is solely a discipline to help you realize all belongs to God, **not** you. It is a minimum, but one we all should strive to meet, **not** because God needs it, but because we do. Once you begin to strive to tithe, you will find you have more control over how you spend and save your money, how you spend your time, and how you view your self - worth.

Do Christians need the Church more than the Church needs Christians? You bet. But, so does the rest of the world. Open your hearts, open your doors – and each Sunday, walk inside to be blessed and to be a blessing.

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KKKK More is planned to be placed here.

Doing more research on **Housing Life skills**.

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Doing more research on Managing Money Life skills.

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Doing more research on Healthy Relationships Life skills.

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Doing more research on Domestic Skills of Life skills.

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Doing more research on The Value of Work Life skills.

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Doing more research on Bible Study Life skills.

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Doing more research on **????? Real Life skills.**

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Doing more research on **????? Life skills.**

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Why Go To Church? by Joe Greer

I have always been perplexed by those who do **not** see the benefit of attending every assembly of the Church. It is a time of worship to God, a time for building faith and knowledge in HIS word, and a time to encourage and be encouraged by those of like mind. It is a time for **spiritual** nourishment, getting filled up ... recharged ... refocused, and prepared for challenges that this life brings.

If a local Church has planned and scheduled four hours of assemblies each week and you miss one of those hours ... well, you have missed 25% of the time you could have been with Christians in collective study and worship.

Twenty - five percent is pretty significant, but what if you miss 2 - hours ... that is 50%. Wow ... you have missed out!

Think about the Bible studies you were **not** a part of and the songs and prayers you did **not** get to participate in.

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Amazingly, some choose to only attend one hour a week. You are receiving only 25% of the **spiritual** nourishment that comes by assemblies together. You are missing so much.

Someone sent me the **note** below. I do **not** know who wrote it, but I thought it was really good ...

A 'Church - goer' wrote a letter to the editor of a newspaper and complained that it made **no** sense to go to Church every Sunday. "I've gone for 30 - years now," he wrote, "and in that time I have heard something like 3,000 sermons. But for the life of me, I **can't** remember a single one of them. So, I think I'm wasting my time and the preachers are wasting theirs by giving sermons at all."

This started a real controversy in the “Letters to the Editor” column, much to the delight of the editor. It went on for weeks until someone wrote this clincher: “I’ve been married for 30 - years now. In that time my wife has cooked some 32,000 - meals. But, for the life of me, I **cannot** recall the entire menu for a single one of those meals. But I do know this... they all nourished me and gave me the strength I needed to do my work.

If my wife had **not** given me these meals, I would be physically **dead** today. Likewise, if I had **not** gone to Church for nourishment, I would be **spiritually dead** today!”

So ... why go to Church? For one thing, **spiritual** nourishment. We all need it. **Not** one of us is so strong that we do **not** need to be edified or built up in faith. We all need it. It is amazing that those who even admittedly acknowledge weakness in faith are often those who miss the assembly of the Christians on a regular basis. Go figure.

Bible preaching draws us closer to the Savior. “Him we preach, warning every man and teaching every man in all wisdom, that we may present every man perfect in Christ Jesus.” **Colossians 1:28** We need to hear it ... often.

Christ gave gifts to the Church (**i.e. preachers and teachers**) to assure a building up in faith ... an “edifying of the body of Christ.”

To miss this teaching is to leave one lacking in “the unity of the faith and the knowledge of the Son of God” and at risk to being “tossed to and fro and carried about with every wind of doctrine.”

But when the Church grows together in truth, it “causes growth of the body for the edifying of itself in love.” **Ephesians 4:11 - 16**

And think about the building up that takes place as the whole Church assembles and works together. “And let us consider one another in order to stir up love and good works, **not** forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.” **Hebrews 10:24 - 25**

For us to be made stronger by the prayers of the saints ... for us to be admonished by voices of brethren lifted in spiritual song ... for us to be humbled and grateful for ability to give to the Lord’s work and to be encouraged by Bible preaching ... for us to be reminded of the sacrifice of Jesus our Lord as the saints eat the Lord’s supper ...we have to be at the assembly!

Theme:

Object: Scripture:

Jesus appears to his disciples - Second Sunday of Easter

Top Ten List

On the evening of that first day of the week, when the disciples were together, with the doors locked for **fear of the Jews, Jesus came and stood among them and said, "Peace be with you!" [John 20:19](#) (NIV)**

Don't Miss Church!

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If YOU like or YOU got some help from this part or YOU know of someone this part will help from the part above. Copy it and send it to someone.

If YOU have any other information on this subject above for others send the **MSTP PART Doc to:**

[extra@marriagesecondtimeplus.org/](mailto:extra@marriagesecondtimeplus.org)

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I like **Top Ten lists**. You know, those lists like "The **Top Ten** Songs of the Week" or "The **Top Ten** Movies of the Year." When your parents were choosing a name for you, they may have looked at a list of "The **Top Ten** Names for Boys and Girls." I guess there is a **Top Ten** list for just about everything you can imagine.

I have a **Top Ten** list this morning that you may **not** have heard before. It is the "**Top Ten** Reasons **NOT** to miss Church."

Every Sunday you have to decide whether you are going to get up and go to Church. Well, here is a list of the Top Ten Reasons **NOT** to miss Church. Maybe it will help you to decide.

10. Chocolate covered donuts at Sunday School (**Just kidding!**)

9. Making long - lasting friendships
8. Singing praises to God
7. Hearing a good sermon by the pastor
6. Receiving encouragement from others and giving encouragement to others

5. Bible study
4. Praying for one another
3. Growing in our faith
2. Missing Church makes it easier to miss the next week, and then the next. And the number one reason **NOT** to miss Church is...
1. You are sure to miss something special that God has for YOU! What could that something be?

Well, our Bible lesson today might help us to find out.

It was the Sunday after Jesus was crucified and his disciples had gathered together in a locked room. They were together in that locked room because they were **afraid**. They were **afraid** of what Jesus' **enemies** might do to them. The Bible tells us that, even though the doors were locked, Jesus came in and stood there with his disciples. When the disciples saw Jesus, they were very happy.

One of the disciples, whose name was Thomas, was **not** there with the others in that room when Jesus appeared to them. I **don't** know why Thomas **wasn't** there. Perhaps he had gone fishing or maybe he just decided to stay at home that day. When the other disciples saw Thomas, they told him that they had seen Jesus, but he **didn't** believe them. "Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will **not** believe it," Thomas told them.

A week later the disciples were in the house again, and Thomas was with them. The very same thing happened again.

Even though the doors were locked, Jesus came and stood among his disciples. HE turned to Thomas and said, "See my hands; put your fingers here. Reach out your hand and put it into my side. **Stop doubting** and really believe."

Thomas **didn't** need to touch the wounds where the nails had been or put his hand into his side. He fell on his knees before Jesus and said, "My Lord and my God!"

Before Jesus returned to **heaven** to be with HIS Father, HE told his disciples that when two or three are gathered together in HIS name, HE would be there with them. Each week we come together in the name of Jesus to worship and to praise HIM. So, what really important thing do we miss out on if we **don't** come to Church? We miss out on the same thing that Thomas missed out on — the chance to be with Jesus!

“Dear Jesus, we have come into this house and gathered in your name today because we want to be with you. We have come to worship and praise your name. Amen.”

Do Christians need To Go To Church?

When a person becomes a Christian, he **doesn't** just join a local Church because it's a good habit for growing in **spiritual** maturity.

He joins a local Church because it's the expression of what Christ has made him - a member of the body of Christ.

Being united to Christ means being united to every Christian. But that universal union must be given a living, breathing existence in a local Church.

Sometimes theologians refer to a distinction between the universal Church (**all Christians everywhere throughout history**) and the local Church (**those people who meet down the street from you to hear the Word preached and to practice baptism and the Lord's Supper**).

Other than a few references to the universal Church (**such as Matthew 16:18 and the bulk of Ephesians 1**), most references to the Church in the New Testament are to local Churches, as when Paul writes, "To the Church of God in Corinth" or "To the Churches in Galatia."

Now what follows is a little intense, but it's important. The relationship between our membership in the universal Church and our membership in the local Church is a lot like the relationship between the righteousness God gives us through faith and the actual practice of righteousness in our daily lives. When we become Christians by faith, God declares us righteous. Yet we are still called to actively be righteous.

A person who happily goes on living in unrighteousness calls into **question** whether he ever possessed Christ's righteousness in the first place (**see Romans 6:1 - 18; Romans 8:5 - 14; James 2:14 - 15**). So, too, it is with those who refuse to commit themselves to a local Church. Committing to a local body is the natural outcome - it confirms what Christ has done.

If you have **no** interest in actually committing yourself to an actual group of gospel - believing, Bible - teaching Christians, you might **question** whether you belong to the body of Christ at all.

52 Practical / Scientific Reasons to go to Church... Besides the obvious ones.

Reason No. 1 => Reduced **Blood** Pressure In 1989 the Journal of Religion and Health published a study on the effects of Church attendance on **blood** pressure. Researcher D.

Larson and his colleagues found that smokers who did **not** attend Church were seven times more likely to have abnormally high **blood** pressure.

Smokers who did attend Church had lower **blood** pressure, similar to nonsmokers who did **not** attend Church. Larson concluded, "If you are going to smoke, make sure you go to Church. "Larson D.W., H.G. Koenig, B.H. Kaplan, R.S. Greenberg, E. Loge, and H.A. Tyroler, "The Impact of Religion on Men's **Blood** Pressure," Journal of Religion and Health 28 (4), (1989): 265-278.

Reason No. 2 => Answers to Prayers - People go to Church to pray and worship God, but is there any evidence that prayer works?

A number of experiments have been conducted on hospital patients, showing substantial evidence for the positive effects of prayer. One such study was conducted by R. Byrd at San Francisco General Hospital. He studied 339 coronary patients over a ten - month period.

The double - blind study divided the patients into two groups. The First Group was prayed for by Church members of various denominations (**Judeo-Christian**). The people assigned to prayer were given the first names of the patients and asked to pray for them regularly throughout the ten - month period. The control group was well matched to the test group as to seriousness of **illness**, age of patient, etc. According to Byrd, the prayer group had "less congestive heart failure, required less diuretic and antibiotic therapy, had fewer episodes of pneumonia, had fewer cardiac arrests, and were less frequently ventilated." The patients, doctors, nurses and hospital staff had **no** knowledge of the purpose of the study.

Subsequent studies have confirmed this result. Byrd, R.C., "**Positive** Therapeutic Effects of Intercessory Prayer in a Coronary Care Unit Population," Southern Medical Journal 81 (1988): 826-829.

Reason No.3 => Happier Marriages Can going to Church improve your marriage? There is considerable evidence for this. Take for **example**, one study published in the Review of Religious Research in 1990. The study was conducted by M.G. Dudley and F.A. Kolinski.

They tested 228 married Bible Christian couples for private religious practice (**personal and family prayer, Bible reading**), intrinsic religiosity (**how the person feels about religion**), and religious practice (**going to Church, witnessing, financial support**). After controlling for a number of variants, the best predictor of happy marriage was found to be consistent religious practice -- including attending Church and personal and family devotion. This study is one of many that corroborate these findings across many faiths. Dudley, M.G., and F.A. Kosinski, "Religiosity and Marital Satisfaction: A Research Note," *Review of Religious Research* 32 (1990): 78 - 86.

Reason No. 4 => Better Behaved Teenagers in A major study in 1998 reviewed religion's role in reducing high-risk behavior among high school students.

The study was conducted by J.M. Wallace and T.A. Forman at the University of Michigan. A random group of 5,000 students -- a very large sample -- from 135 American high schools was selected for the study. Arrangement of high-risk behaviors was studied, including interpersonal violence, driving under the influence of alcohol, carrying a weapon to school, cigarette and marijuana smoking, binge drinking, and seat belt use. They also studied lifestyle behaviors such as diet, exercise and sleep patterns. The researchers found that Church attendance was associated with fewer deliberate, potentially injurious behaviors, less substance abuse, and better lifestyle choices.

Those who indicated religion was important to them were far less likely to have taken a gun to school. Wallace, J.M., and T.A. Forman, "Religion's Role in Promoting Health and Reducing the Risk Among American Youth," *Health Education and Behavior* 25 (1998): 721 - 741.

Reason No. 5 => Better Personal Health Good researchers are hesitant to draw conclusions without substantial data to back them up. One method of testing the strength of a theory is to look at many studies on one subject to see if the trends are significant and "robust." Church attendance has been shown in many studies to improve health. In 1987, researchers J.S. Levin and H.Y. Vanderpool at the University of Texas examined the validity and outcome of more than twenty-seven studies on the impact of religion on health.

They concluded that twenty of the twenty-seven studies indicated a **positive** correlation between Church attendance and health, even when factors were controlled. They noted that those who attended Church often were healthier than those who went infrequently. Levin, J.S., and H.Y. Vanderpool, "Is Frequent Religious Attendance Really Conducive to Better Health? Toward an Epidemiology of Religion," *Social Science Medicine* 24 (7), (1987): 589 - 600.

Reason No. 6 => A Longer Life Is Billy Joel right? Is it true that only the good die young? Not according to one study reported in the American Journal of Epidemiology. (The scientific and medical study of the causes and transmission of disease within a population.) The study tracked social group activities and mortality in a study of 4,175

persons over the age of thirty-eight in one U.S. county beginning in 1965. T.E. Seeman and his colleagues followed up on the group in 1982, seventeen years after the initiation of the study, noting those who had passed away between thirty-eight and forty-nine years of age. The researchers concluded that **not** being a member of a Church was a strong predictor of premature **death**, even after controlling for age, **sex**, race, baseline health, smoking, physical activity, weight, depression and perceived health status. It also predicted earlier mortality for persons over sixty as founding similar studies for that age group.

Seeman, T. E., G. A. Kaplan, L. Knudsen, R. Cohen, and J. Guralnik, "Social Network Ties and Mortality Among the Elderly in the Alameda County Study," *American Journal of Epidemiology* 126 (1987): 714-723. Schoenbach, V. J., B. H. Kaplan, L. Fredman, and D. G. Kleinbaum, "Social Ties and Mortality in Evans County, Georgia," *American Journal of Epidemiology* 123 (1986): 577-591.

Reason No. 7 => Less Suicide Among Family Members Could going to Church reduce the incidence of suicide in families?

A long-term study at Wayne State University in Detroit, Michigan by Steven Stack showed that **suicide** is reduced among families that attend Church. **Not** going to Church was the most significant factor in predicting **suicide** in families, more so than unemployment or other socioeconomic factors.

Stack, S., "The Effect of the Decline in Institutionalized Religion on **Suicide**, 1954 - 1978," *Journal for Scientific Study of Religion* 22 (1983): 239 - 252.

Reason No. 8 => Less Alcohol Abuse Among College Students Alcohol abuse can be a problem for college students. Going to Church does seem to have an impact on their alcohol use and abuse. A study conducted by H. Wechsler and M. McFadden in New England and published in the *Journal of Studies on Alcohol* is one of many studies showing the beneficial effect of religious practices with regard to alcohol use. 7,170 students at thirty-four colleges were surveyed. Attendance at Church was found to be inversely proportionate to alcohol consumption. The study suggested that students who attend Church are less likely to drink heavily.

The effect of Church attendance on alcohol use has been demonstrated in men and women of many age groups. Wechsler H., and M. McFadden, "Drinking Among College Students in New England: Extent, Social Correlates, and Consequences of Alcohol Use," *Journal of Studies on Alcohol* 40, (1979): 969 - 996.

Reason No. 9=>Improved Self - Image Can going to Church improve your self - esteem? In 1996, M.C. Commerford and M. Reznikoff studied residents of four 200-bed nursing homes in New York City. Among their findings was that public religious participation had

a more **positive** influence on how people felt about themselves in their later years than "intrinsic religiosity" -- that is, believing oneself to be religious but **not** participating in religious activities."

Commerford, M.C., and M. Reznikoff, "Relationship of Religion and Perceived Social Support to Self-Esteem and Depression in Nursing Home Residents," *Journal of Psychology* 130 (1996): 35 - 50.

Reason No. 10 => Boosted Immune Systems As communicable diseases such as tuberculosis make a comeback, one might presume that going to public facility like a

Church could increase the chances of catching the disease. According to a study by G.W. Comstock, H. Abbey and F.E. Lundin in 1970, however, the incidence of TB in the 1960s was higher among those who did **not** attend Church. The study, based on a survey (**an unofficial census of newly reported cases of TB between 1960 and 1964**) of Washington county, Maryland showed that those who attended Church at least weekly had the lowest incidence of tuberculosis, fifty - seven cases per 100,000, compared to eighty - four cases per 100,000 for those attending Church monthly.

Those attending Church less than twice per year had a rate of 138 cases per 100,000. Thus, the more frequent the attendance, the more pronounced the effect.

The study confirmed results of an earlier study that showed positive TB skin tests were more frequent among children whose parents attended Church less frequently. Comstock, G.W., H. Abbey, and F.E. Lundin.

"The Non-official Census as a Basic Tool for Epidemiologic Observations in Washington County, Maryland," in *The Community as an Epidemiologic Laboratory: Casebook of Community Studies*.

Baltimore: John Hopkins Press. 1970. p. 73 - 97.

Reason No. 11 => Improved Personal Satisfaction and Happiness - Is it going to Church that makes life better, or would membership in any supportive organization have the same positive effect? S. J. Cutler compared personal satisfaction and happiness of people in sixteen types of voluntary organizations, including Churches. The study, involving more than 830 persons, was published in the *Gerontologist* in 1976. Of the various types of memberships examined, only those with Church affiliation were significant predictors of satisfaction and happiness. Cutler, S. J., "Member in Different Types of Voluntary Associations and Psychological Well-Being," *The Gerontologist* 16 (1976): 355 - 339.

Reason No. 12 => Reduced Stress Going to Church could be a factor in reducing your level of stress. Several large studies show that people of religious commitment deal with

stress better than those without religious commitment. In fact, the greater the commitment, the better people were able to handle difficult trials and problems. For **example**, a study published in Social Science Medicine in 1991 suggested that among infrequent Church attendees, "new stressful life events and health problems have a **negative** impact on mental health that is buffered among frequent Church attendees.

“Williams, R.W., D.B. Larson, R.E. Bucker, R.C. Hackman, and C.M. Pale, "Religion and Psychological Distress in a Community Sample," Social Science Medicine 32 (1991): 1257 - 1262.

Reason No. 13 => Decreased Juvenile Delinquency Parents who get their children ready for Church each week know that at times it can be a struggle.

Studies show the effort may be worth it. The Journal of Research in Crime and Delinquency published a study by R. Stack and D.P. Doyle in 1982. Using a nationwide **sample** of 1,799 boys below the age of eighteen, they found that the more religious the boys were, the less likely they were to be delinquent. Religious commitment was measured by the boys' own reports of the importance of religion to them and by their frequency of Church attendance. The effect was notably stronger in communities where religious commitment was more prevalent; suggesting that where there is a critical mass of Church attendance in a community, the likelihood of juvenile delinquency is reduced. Stark, R., L. Kent, and D.P. Doyle, "Religion and Delinquency: The Ecology of a 'Lost' Relationship," Journal of Research in Crime and Delinquency 19 (1982): 4 - 24.

Reason No. 14 => Higher Self - Esteem Among Teens There is evidence to show that teens that have grown up attending Church tend to have a better self - image than those without religious commitment. The Journal for the Scientific Study of Religion published a study by C.B. Smith, A. J. Weigert, and D. L. Thomas in 1979 on this subject.

The analysis of nearly 2,000 Catholic "middle class" adolescents from five cultures in Europe and North America showed strong evidence for a "**positive** relationship between adolescent **self - esteem** and total religiosity." The study measured religious beliefs and practices, including Church attendance. Smith, C.B., A. J. Weigert, and D.L. Thomas, "Self - Esteem and Religiosity: An Analysis of Catholic Adolescents from Five Cultures," Journal for the Scientific Study of Religion 18 (1979): 51 - 60.

Reason No. 15 => Stronger Marriages - We already mentioned that going to Church can help your marriage. Does frequency of attendance matter? Yes, apparently it does. Some studies indicate that the more frequent the Church attendance the better the marriage.

According to research by W. Shrum published in the Review of Religious Research in 1980, the frequency of Church attendance has a significant impact on **divorce** rates among couples in the United States. The study of 7,029 adults showed that among those who attend Church less than once per year 34 percent had been **divorced** or separated. Among those attending Church several times per year, 27 percent were **divorced** -- a small improvement. The most significant impact was for those attending monthly or more often, of which only 18 percent had been **divorced** or separated. The study controlled for age, education, age at marriage, and family income. Shrum, W., "Religion and Marital Instability: Change in the 1970's?" Review of Religious Research 21(1980): 135 - 147.

Reason No. 16 => Greater Resistance to **Cancer** Studies indicate that going to Church has a **positive** impact on health. Some researchers have used modern research techniques to attempt to discover how this is so.

A study presented to the American Psychological Association in 1998 showed some interesting relationships between Church attendance and immune system functioning.

The researchers looked at the religious practices of 112 women with breast **cancer**. The average age of the women was fifty - three years, and those in the study group had metastatic breast **cancer** on average for two years.

The researchers found that those who were highly religious or attended Church often had stronger immune systems, including greater number of T - helper cells, lymphocytes, and other beneficial **disease** - fighting cells. They concluded that "**spirituality** is **positively** associated with immune status."

Reason No. 17 => Ability to Cope with Disaster - After a natural disaster, medical emergency, or other personal **crisis**, many people report that their faith in God helped to carry them through. Is there any scientific evidence to support this?

There is, according to an extensive review of research on sociological support groups published in Psychosomatic Medicine in 1996. The review showed that having a religious "support group," or a relationship with clergy, fellow congregation members, or God, could have a significant impact on reducing **negative** stress responses to environmental or personal disasters, such as a life - threatening **illness** or natural **disaster**.

The study, conducted by T.E. Seeman and B.S. McEwen, showed that having a strong religious support structure had a positive influence on neuroendocrine regulation in persons experiencing high stress situations. Seeman, T.E., and B.S. McEwen, "Impact of Social Environment Characteristics on Neuroendocrine Regulation," Psychosomatic Medicine 58 (1996): 459 - 471.

Reason No. 18 => Decreased Underage Drinking - Alcohol consumption, especially heavy drinking among teenagers, has been associated with many other high - risk behaviors and contributes significantly to the high **death** rate among teens each year.

How do you prevent teens from drinking? Parents who take their children to Church may have hit on a solution. A study by R.P. Schlegel and M. D. Sanborn of 842 male and female teenagers shows an interesting relationship between religious affiliation and alcohol consumption. The study published in the Journal of Studies on Alcohol showed that Protestant and Catholic teens that have a strong religious affiliation are less likely to be heavy drinkers. The study found that boys who were religious but **no** longer attend Church had higher rates of heavy drinking. Schlegel, R.P., and M.D. Sanborn, "Religious Affiliation and Adolescent Drinking," Journal of Studies on Alcohol 40 (1979): 693 - 703.

Reason No. 19 => More Happiness and Excitement in Old Age - Want to have excitement in your old age? A 1980 study by L.Y. Steinitz, published in the Journal for the Scientific Study of Religion, showed that Church attendance is related to happiness, self-

rated health, satisfaction with circumstances (**city, family, health**), and even excitement in the life among older persons. Steinitz surveyed 1,493 people over the age of sixty - five and determined Church attendance was the most important religious factor in predicting happiness.

Reason No. 20 => Healthier Communities - Do communities that have more active Church goers have healthier citizens than less religious communities? There is evidence that they do.

For **example**, a study by J.W. Dwyer, L. L. Clarke and M. K. Miller in 1990 measured the effect of community religious affiliation in 3,063 U.S. countries on cancer mortality rates.

Communities with high populations of "conservative Protestants among others had the lowest mortality rates." Even those who are less religious, but live in active religious communities, may experience health benefits.

Some researchers believe this may result from "diminished exposure to or increased social approval of behaviors related to cancer mortality." It is interesting to **note** that the results were valid even after controlling for fifteen of the major known causes of **cancer**. Dwyer, J. W., L. L. Clarke, and M. K. Miller, "The Effect of Religious Concentration and Affiliation on County **Cancer** Mortality Rates," Journal of Health and Social Behavior 31 (1990): 185-202.

Reason No. 21 => Long-Term Benefits - Frequent attendance at Church seems to have **positive**, long - term effects on many people.

A longitudinal study lasting more than twenty - eight years published in the American Journal of Public Health in 1997 followed 5,286 residents of a U.S. county. The researchers found that frequent Church attendees were less likely to smoke. Among those who did smoke, they more likely quit smoking. Frequent Church attendees also tended to drink less, have more social contacts, stay married, and live longer than infrequent attendees.

Frequent Church goers were also more likely to exercise and lose weight. Strawbridge, W.J., R.D. Cohen, S.J. Shema, and G.A. Kaplan, "Frequent Attendance at Religious Services and Mortality Over 28 Years," American Journal of Public Health 87 (1997): 957 - 961.

Reason No. 22 => Rising Out of Poverty - Among the most persistent of problems is poverty in the inner cities of America.

Consider the data on a problem that politicians, human rights activists and social workers have wrestled with for decades. The National Longitudinal Survey of Youth (NLSY) tracked the development of 12,686 American youths beginning in 1979. Children

whose families attended Church weekly in both 1979 and 1982 grew up to have an average family income of \$37,000 in 1993. For those whose families never attended Church in 1979 or 1982, however, their adult average family income in 1993 was \$24,361 (a difference of \$12,639). The impact of going to Church was significant for those who grew up in intact families as well as for those who grew up in broken families.

Reason No. 23 => Improved Sex Life - Going to Church obviously has a positive impact on many aspects of life, from boosting your immune spouse to improving your social life. But can it really improve your sex life? Aren't religious women "prudish," as some stereotypes suggest? A study entitled "Sex in America", published in 1995, showed very high sexual satisfaction among "conservative" religious women.

The study was carried out at the University of Chicago and the State University of New York at Stonybrook.

The study reconfirmed another study in 1997 by C. Travis and S. Sadd, entitled The Redbook Report on Female Sexuality, which concluded that very religious women achieve greater satisfaction in sexual intercourse with their husbands than do moderately religious or non - religious women. Michael, R. Y., J. H. Gagnon, E. O. Laumann, and G. Kolata. Chapter 6 in Sex in America: A Definitive Survey. Boston: Little Brown. 1995. Travis, C., and S. Sadd. The Redbook Report on Female Sexuality. New York: Delacorte Press. 1977.

Reason No. 24 => Influence on Future Generations - In spite of an apparent decrease in Church attendance, particularly among young people, there is evidence to show a stability of Church attendance in families across generations. A study by Arland Thornton and

Donald Camburn of the Institute for Social Research at the University of Michigan concluded:

"These data indicate strong inter-generational transmission of religious involvement. Attendance at religious services is also very stable within generations across time."

This could indicate that our individual dedication to going to Church regularly may have an impact on our posterity.

The upshot of this, for those of us who would want the benefits of going to Church for our children and grandchildren, is that we must lead by **example** if we expect future generations to do the same.

Reason No. 25 => Better Parenting Practices There is evidence to show that parents who attend Church may have better parenting practices than those who do **not**.

For **example**, J. M. Strayhorn, C. S. Weidman, and D. Larson conducted a study in 1990 of 201 primarily low-income parents of children in the Head Start program. Parents were measured on a variety of behaviors related to interacting with their children.

The results showed that parents who rated high on public and private "religiosity" (**Church attendance and related activities**) exhibited more positive parenting skills than non-religious parents. Strayhorn, J. M., C. S. Weidman, and D. Larson, "A Measure of Religiousness and Its Relation to Parent and Child Mental Health Variables," *Journal of Community Psychology* 18 (1990): 34 - 35.

Reason No. 26 => Food, Folks and Fun - There appear to be many studies that would suggest that going to Church every week, over the long haul, can contribute greatly to your social life, as well as to your health. For **example**, a 29 – year - long longitudinal study, published in the *Annals of Behavioral Medicine* in 2001, followed subjects from 1965 to 1994, measuring their health behaviors, social relationships, marital stability and mental health. The results showed that Church attendance **not** only increases survival, but also improves mental health and social relationships.

Weekly attendees showed a stronger correlation to these and other healthy behaviors than those who attended sporadically or not at all. Strawbridge, W. J., S. J. Shema, R. D. Cohen, G. A. Kaplan, "Religious Attendance Increases Survival by Improving and Maintaining Good Health Behaviors, Mental Health, and Social Relationships," *Annals of Behavioral Medicine* 23 (1), (2001): 68-74.

Reason No. 27 => Safer Communities - It seems that more and more evening news broadcasts focus on a terrible murder or other crime committed in our neighborhoods and communities. Do we need to start fearing our own neighbors now?

Not if we all go to Church. Statistically speaking, people who go to Church do **not** commit murder as often as those who **don't** attend Church. Thus, if the nice guy next door is a Churchgoing person, the chances are reduced that one day you will be seeing him on the six o'clock news being led away in handcuffs. A study by D. Lester published in Psychological Reports in 1988 is a good case in point. The study showed that the percentage of people attending Church in a community was inversely related to homicide. This study concluded, as have others, that actually - attending Church is a more important factor in reducing homicide rates than mere religious affiliation or belief.

Reason No. 28 => Reduced Welfare Dependency - It is **not** surprising to some that welfare dependency is lower among Church goers. Determining why this is so is a more complex issue.

R. Jarrell has conducted studies on inner city "at-risk" students (**primarily black and Hispanic**) who show academic promise. His studies may have uncovered an important clue. He noted a relationship between Church attendance and optimistic attitudes. Those who attend Church frequently were more likely to see a brighter future and have more serious goals than non - Church attendees. They had better relationships with their parents, felt more in control of their lives, and viewed the world as less hostile than those who did **not** attend Church.

This could help explain why Church going young people tend to be more successful in their careers and less dependent on welfare. Jarrell, R., Department of Education, Arizona State University West, personal communication, October 1995.

Reason No.29 => Fewer Drug Dealers – Is there a drug dealer in your neighborhood? Perhaps that person's parents neglected to take him to Church. It is more than a speculation, however. A number of studies show that crime, including drug dealing, is associated with infrequent Church attendance. For **example**, A. Singh found in 1979 that young religious adults in Canada were less likely to sell narcotics, gamble or destroy property.

A number of studies confirm that children whose parents take them to Church tend to avoid criminal behavior and are more likely to be involved in positive activities in the community. Singh, A., "Note: Religious Involvement and Anti - Social Behavior," Perceptual and Motor Skills 48 (1979):1157 - 1158.

Reason No. 30 => Critical Direction for Teens - A lot of delinquent and criminal behavior can be correlated to two interesting factors in the life of the young delinquent: **not** going to Church at all or going to Church until about the age of ten and then quitting. The data holds **true** for alcoholics and drug addicts as well. For **example**, one study by N. Parson and J. Mikawa published in the Journal of Psychology in 1990 showed that after controlling for family, economic and religious backgrounds, the majority of African-American men in **prison** either **never** attended Church or **stopped** going by age ten.

Teenage years are a critical time in the life of a person, and parents who continue to shepherd their children to Church each week are more likely to reap the rewards of socially adjusted children.

Reason No. 31 => Faster Healing - In previous E-mailings we have already discussed the impact of going to Church on the body's immune system. Going to Church does appear to defend us from **diseases** and help us recover more quickly. What about other types of **healing**, such as the **healing** of broken bones? It seems there is evidence for this too.

A study of elderly women in 1990, published in the American Journal of Psychiatry, showed that those of religious commitment (**including Church attendance**) recovered more quickly from broken hips. The religious women spent less time in the hospital, could walk farther at the time of their release, and suffered less **depression** than those who professed **no** religious commitment. Pressman, P. J., S. Lyons, D. B. Larson, and J. J. Strain, "Religious Belief Depression, and Ambulation Status in Elderly Women with Broken Hips," American Journal of Psychiatry 147 (6), (1990): 758 - 760.

Reason No. 32 => Less Premarital Sex Among Youth - Going to Church seems to have many positive effects on teen behavior.

Not least among those effects is the propensity for teens to avoid **premarital sexual** behavior. **Premarital sex** can have numerous repercussions for teens, including health risks and, of course, pregnancy.

Religious activity can help prevent teens from engaging in **premarital sexual** behavior, as demonstrated by J. T. Woodroof in a study of 477 freshmen students at religious colleges, published in the Journal for the Scientific Study of Religion 1985. Woodroof found that teens who attend Church frequently are half as likely to engage in **premarital sex** as those who attend less than weekly. Again, the more frequent the Church attendance, the less likely the behavior. Woodroof, J. T., "Premarital **Sexual** Behavior and Religious Adolescents," Journal for the Scientific Study of Religion 24 (1985): 343 - 366.

Reason No. 33 => Fathers Spend More Time with Children - Another interesting finding about Church going families is that fathers are encouraged, through their Church associations, to spend more time with their children. More interesting still is that they actually do.

An article published by the Hartford Institute for Religion Research, based on studies by J. Bartowski, B. Wilcox and C. Ellison, noted that conservative Christians are more likely to put family concerns ahead of career considerations, **not** only in theory but indeed. The researchers found that these fathers were more involved with their children, both at home

and within organized Church and **non** - Church activities, such as Scouts, youth **groups**, and **father - child events**.

Reason No. 34 => More Effective Child Discipline - Everyone knows that conservative religious families are more stern and strict about family rules, right? Well, partly right. A study by J. Bartowski, B. Wilcox and C. Ellison found that in conservative religious families, parents are more likely to use spanking to discipline children. They also found, however, that these parents are less likely to (**just**) **yell** at their kids or mete out arbitrary discipline.

These parents tend to rely on parenting manuals consistent with their religious beliefs and are encouraged by religious leaders and Church support groups to set clear expectations for their children's behavior and use corporal punishment only in well - defined circumstances of **outright rebellion**. They also tend to show more leniency in mitigating circumstances.

Children disciplined in this manner do **not** appear to exhibit the **negative** characteristics of children from abusive or dysfunctional families, as has been shown by C. G. Ellison in his 1996 study of 13,017 adults' in 1996. Bartowski, J. P., W. B. Wilcox., and C. G. Ellison, "Parenting and Evangelical Families," Hartford Institute for Religion Research (2001). Ellison, C. G., "Conservative Protestantism and the Parental Use of Corporal Punishment," *Social Forces* 75 (1996): 1003-1028.

Reason No. 35 => Religion and Body Health - It would be tempting, having read so much about religious people being healthy and living longer than the population at large, to begin to see Church goers as being buff and slim. Unfortunately, that's **not** quite right. Some research suggests that Church goers tend to be heavier than the average for the population. For **example**, a large survey of 3,497 adults, conducted by K. F. Ferraro in 1998 and published in the *Review of Religious Research*, showed a connection between religious behavior and a tendency to be overweight. Yet we know that obesity is a strong predictor of **poor** health and early **death**.

How can these well - documented yet opposing conclusions be reconciled? As was the case with smokers who attend Church (**shown to be healthier than non-smokers who do not attend Church**), it appears that the overall benefits of going to Church mitigate, to some degree, the **negative** effects of being overweight. Lest we think that going to Church makes us quasi-invincible, it is worth pointing out that the best results for health and happiness come when religious practice is combined with sensible health practices, as shown in a study conducted by J. E. Enstrom.

Reason No. 36 => Healthier Behaviors for Teens - Each year many thousands of teenagers are **killed** in car accidents. Seat belt use, or the lack of it, is often a factor.

In a 1991 survey conducted by W. A. Oleckno and M. J. Blacconiere, published in Psychological Reports, these researchers set out to measure wellness and health-related behaviors in young people.

Not only did they find that religious behavior predicted fewer **illnesses** and less smoking, drinking and drug abuse, but also that religious young people were more likely to use a seat belt, dramatically increasing their chances for survival in a serious automobile accident. The finding might be considered insignificant, compared to the more dramatic findings of so many other studies, unless the child who survives the crash is your own. Oleckno, W. A., and M. J. Blacconiere, "Relationship of Religiosity to Wellness and Other Health-Related Behaviors and Outcomes," Psychological Reports 68 (1991): 819 - 826.

Reason No. 37 => Caring for the Nation's Poor - As anyone familiar with government deficit spending knows, social programs are expensive and can be a nightmare to administer. The cost would be even higher, were it **not** for significant involvement by Churches in providing social assistance to the needy. A study by D. Roozen and C. Dudley known as the "Faith Communities Today" (**FACT**) showed that America's Church going families are bearing a significant amount of the social burden, with more than eighty percent of the U.S. congregations providing some form of assistance. The range of services includes financial assistance, shelters, soup kitchens, food pantries and clothing for the poor. Churches also provide elderly housing, child day care, tutoring and substance abuse counseling, along with a whole range of support groups and counseling for emotional illness and other social problems.

Inner city areas and minority groups are greatly served by religious organizations across a wide variety of denominations. Roozen, D., C. Dudley, "Faith Communities Today (**FACT**)" Hartford Institute for Religion Research (2001).

Reason No. 38 => More Affectionate Parents - How does religious activity impact the relationship between parents and children? Some research indicates the stereotype of stern, conservative Christian parents is usually debunked by the reality of more affectionate and loving parents.

A review of research by J. Bartowski, B. Wilcox and C. Ellison, published by the Hartford Institute for Religion Research, shows that conservative Christian parents tend to hug more often and give more **positive** reinforcement than other parents. They found that this, and other **positive** parenting, seemed to cancel out the **negative** effects on children associated with corporal punishment administered by these parents.

Reason No. 39 => More Good Samaritans - How would you like to live in a community where neighbors were helpful, would bring a meal to a **sick** person, and would **stop** to help a stranded motorist? If that's the neighborhood you would like to live in, perhaps you should live in a neighborhood of Church going people.

A study on a survey by L. D. Nelson and R. R. Dynes, published in the *Journal for the Scientific Study of Religion*, showed that religious devotion predicted seventy-five percent of ordinary, day – to – day helping behavior, and that Church attendance consistently indicated an increased likelihood to provide emergency assistance. It may be that the parable of the Good Samaritan has had an impact on those who have been present for the sermon. Nelson, L. D., and R. R. Dynes, "The Impact of Devotionalism and Attendance on Ordinary and Emergency Helping Behavior," *Journal for the Scientific Study of Religion* 15 (1976): 47 - 59.

Reason No. 40 => Less Alcohol Abuse Among Men - One of the great problems of modern society is the misuse of alcohol. Arguably the most abused drug, alcohol's toll on human health and on human life ranks high.

Its toll on family happiness, however, is off the charts. Alcohol abuse is related to spouse and child abuse and child neglect and can be a significant predictor of **broken** marriages. Religious attendance, or rather the lack of it, is a strong predictor of alcohol abuse among men, according to a number of studies, including that of a large random sample of 2,746 men by D. Calahan, I. H. Cisin, and H. M. Crossley. The study was published in *American Drinking Practices*. In this and in follow- up studies, Calahan and his associates determined that Churchgoing men were far less likely to abuse alcohol. Calahan, D., I. H. Cisin, and H. M. Crossley. *American Drinking Practices*. New York: United Printing Services. 1969. Cahalan, D., and R. Room, "Problem Drinking Among American Men Age 21-59," *American Journal of Public Health* 62 (1972): 1473 - 1482.

Reason No. 41 => Fewer Children Impacted by **Divorce** - In a previous reason we e-mailed we discussed that going to Church has a positive effect on marriage and significantly reduces **divorce** rates. A few decades ago it was common for married couples to avoid **divorce** "for the sake of the children." Current **divorce** rates in the United States seem to indicate this is **not** as common a practice. Is there really any impact of **divorce** on children in the long run?

One major study showed that **divorce** has serious long-term adverse effects on children. The study was done in Great Britain in 1995 by P. L. Chase - Lansdale, A. J. Cherlin and K. E. Kiernan. They followed 17,414 babies born in 1958 until they were twenty - three - years old. The results showed that children whose parents were **divorced** when the children were between the ages of seven and sixteen showed a 36 percent greater likelihood of psychological problems by the time they reached the age of twenty-three than the control group. Children whose parents **divorced** before they reached the age of seven showed a whopping 58 percent greater likelihood of such problems.

Reason No. 42 => Easier School Adjustment and Less Peer Pressure - What impact does family Church attendance have on how young people adjust at school?

A study by E. R. Oetting and F. Beauvais published in the Journal of Counseling Psychology in 1987 showed that among eleventh and twelfth graders, identifying with religious beliefs was positively related to strong family relationships and the ability to adjust well in school.

The study also showed that these qualities are negatively associated with peer pressure related to drug abuse. Oetting, E. R., and F. Beauvais, "Peer Cluster Theory, Socialization Characteristics, and Adolescent Drug Use: A Path Analysis," Journal of Counseling Psychology 34 (1987): 205 - 213.

Reason No. 43 => Better Maternal Influence - We have noted that fathers who attend Church often have a significant impact on their children, and that absent fathers (**even emotionally absent fathers**) can be a predictor of juvenile delinquency in children. What about mothers?

A study by V. A. Foshee and B. R. Hollinger published in the Journal of Early Adolescence in 1996, made some interesting observations. They looked at the effects of maternal influence on 1,553 teenagers (**ages twelve to fourteen**). They found that children of religious mothers were less likely to use alcohol. Perhaps more interesting were the results of comparing the children of mothers who did **not** attend Church, but who felt religion was important, to the children of mothers who did attend Church.

The study revealed that, for the most part, only mothers who actually made the weekly trip to Church had a significant effect on their children's alcohol use.

Reason No. 44 => Blessings for those Who Pray - Each week millions of people go to Church, in part to be reminded to pray. We have **noted** that many studies show that prayer helps people heal, even when they **don't** know they are being prayed for. S. Alar also found this to be true in a study that was published in Alternative Therapies in Health and Medicine in 1997. He looked at the power of intercessory prayer on anxiety, depression and self-esteem in 406 adults who he divided into a subject (**prayed - for**) group and a control (**not prayed - for**) group. Ninety other adults were assigned to pray for the subjects, with very positive results for the prayed-for group.

Alar found something else, though, that had **not** been detected in similar studies. The ninety adults who prayed for the subject group also improved in health! Alar, S., "An Experimental Study of the Effects of Distant, Intercessory Prayer on Self-Esteem, Anxiety, and Depression," Alternative Therapies in Health and Medicine 3 (6), (1997): 38 - 53.

Reason No. 45 => Survival of Cardiac Surgery - Many factors are involved in surviving heart surgery, including seriousness of condition, the physical strength, age of the patient, AND going to Church. A 1995 study of 232 people over the age of 55 by T. E. Oman, D. H. Freeman and E. D. Manheimer showed that those who took **no** comfort or strength in their religion were three times as likely to **die** within six months of surgery as those who did find

comfort and strength in their religion. More striking were the results of those who **not** only found comfort and strength in their religion but were also very active in participation.

They were dramatically less likely to **die** in the six months following surgery, suffering a mortality rate of two and a half percent, compared to a 21 percent mortality rate for their non - religious counterparts.

Oxman, T. E., D. H. Freeman, and E. D. Manheimer, "Lack of Social Participation or Religious Strength and Comfort as Risk Factors for **Death** After Cardiac Surgery in the Elderly," *Psychosomatic Medicine* 57(1995): 5 - 15.

Reason No. 46 => Reduced Delinquency - The impact of going to Church for teenage males has been demonstrated to be very **positive**. We have already reviewed striking evidence that boys who **quit** going to Church by age ten are far more likely to become involved in delinquent behavior or be incarcerated for criminal activity.

There may be more to the story, however. C. W. Peek, E. W. Curry and H. P. Chalfant studied 817 high school students. The results were published in the *Social Science Quarterly* in 1985. They found that as religious activity decreases, serious delinquent behavior, aggression, theft and vandalism all increased. Apparently, even for those boys who do **not** entirely quit going to Church, the frequency of their Church activity has a direct impact on their behavior. Whatismore, the **positive** effect of going to Church may be enhanced significantly if both parents of the child belong to the same Church and both attend regularly, as attested to in a very large study of 21,720 junior and senior - high school students by A. L. Rhodes and A. J. Reiss.

Reason No. 47 =>A Sense of Purpose - Is there a purpose to our existence? Some people have observed how curious it is that millions of us go about our daily lives, year after year, without knowing why.

A number of studies have been conducted to determine whether people have a sense of purpose. G. Richards did a survey of 345 members of a non- denominational prayer group published in the *Journal of Psychology and Theology* in 1991. He found, as other researchers have, that people who pray find a greater sense of purpose in life. Other studies have confirmed this finding, and one large study conducted by C. G. Ellison, D. A. Gay and T. A. Glass linked this sense of purpose with greater life satisfaction. Richards, D.G., "The Phenomenology and Psychological Correlates of Verbal Prayer," *Journal of Psychology and Theology* 19 (1991): 354 - 363. Ellison, C. G., D. A. Gay, and T. A. Glass, "Does Religious Commitment Contribute to Individual Life Satisfaction?" *Social Forces* 68 (1989): 100 - 123.

Reason No. 48 => Fewer School Shootings - As a stunned nation contemplated the seemingly senseless act of **murder** at Columbine and similar event sat other schools across

the country, psychologist J. Garbarino was carefully examining the behavior of these and other troubled young people.

In his book, "Lost Boys", he observed a distinct lack of moral development as one of the common denominators for child criminal behavior.

Delinquent children do **not** adapt well in school, have low self - esteem (**making them ultra-sensitive to criticism**), are physically or emotionally distanced from their parents, and feel unsafe in their communities. All of these factors, along with numerous other variables in juvenile criminal behavior, have been shown to be influenced by Church attendance and religious observance. Garbarino, J. "Lost Boys: Why Our Sons Turn Violent and How We Can Save Them." New York: New York Free Press. 1999.

Reason No. 49 => Friendlier People - Are religious people friendly? Certain stereo types of religious people suggest they are of a stern and judgmental nature. Some research, however, shows that religious people may be fun to hang out with.

For **example**, the 1992 National Survey of Black Americans, conducted by C. G. Ellison and published in the journal Social Forces, indicates that among a national sample of 2,107 black adults, those who held strong personal beliefs about religion measured higher on attributes of personal friendliness and empathy. These researchers controlled for physical characteristics, age, gender, education, income and self - esteem. They also found that those who relied on religion for moral guidance were generally more open and friendly and less suspicious during interviews than those for whom religion was **not** important.

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Matthew 13:12-13 => "For to him who has will more be given," HE told them, "and he will have great plenty; but from him who has **not**, even the little he has will be taken away. That is why I use these illustrations, so people will hear and see but **not** understand.

Matthew 25:29 => For the man (**or woman**) who uses well what he (**she**) is given - shall be given more, and he (**or she**) shall have abundance. But from the man (**or woman**) who is unfaithful, even what little responsibility he (**or she**) has shall be taken from him.

Note: For those who use (money) wisely and invest well, will have more. And will be given even more to MY Children.

Mark 12:43 - 44 => HE called HIS disciples to HIM and remarked, "That poor widow has given more than all those rich men put together! For they gave a little of their extra fat, while she gave up her last penny."

Luke 21:4 => For they have given a little of what they **didn't** need, but she, poor as she is, has given everything she has."

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2019 Prophecies About Trump, The Wall & America!

Cindy Jacobs, Hank Kunneman and Larry Sparks share about the year ahead. What is next for the U.S., Russia, Israel, Korea, President Trump and the border wall? Want to know what God is saying? “What’s in store for me in 2019?” Find out now!

What is the **Holy Spirit** Saying for 2019? Transition. **No** More Delay! Surprises.

2019 Prophetic Outlook brings you words of prophetic wisdom and direction for the coming year — by way of the trusted voices of Cindy Jacobs, Larry Sparks and Hank Kunneman, among others.

Cindy Jacobs (**CD**) says that 2019 is a transition year, a bridge year, and she prays and decrees powerful prophetic words over you.

Cindy also shares her recent word delivered at the Global Prophetic Summit. Cindy sees a year of visitation, of birthing. God is saying “I’ve got this.” And HE is saying it to you!

Larry Sparks (**CD**) brings word of breakthrough: “**No** More Delay” for 2019. Larry teaches on what causes delay and how to break delays by aligning yourself with God’s prophetic purposes.

Hank Kunneman (**CD**) says God is doing a divine set - up with divine surprises for 2019. Hank shares how to “**not** misread the signs” as the year develops. Follow what God is doing!

Their 3-CD set has over 150 minutes of content! Then take another breath as Larry Sparks adds more powerful perspectives for the year in Prophetic Words for 2019 (**book**) with contributions from:

James Goll, Bill Hamon, Michael L. Brown, Patricia King, Lana Vawser, Robert Henderson, Charlie Shamp, Jennifer LeClaire, Nate & Christy Johnston, R. Loren Sandford, Adam F. Thompson, Rebecca Greenwood, Rich Vera, Germaine Copeland, Jane Hamon, Tim Sheets and Fiorella Giordano.

2019 Prophetic Outlook will get you aligned with what the Spirit is saying for the year ahead!

https://www.youtube.com/watch?v=UuNiZ6H_sI8 26 min

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Reason No. 50 => Fewer Criminals - We have referenced a number of studies showing how young people who do **not** attend Church are more prone to delinquent and criminal behavior. What about Church attendance when they are adults? A study of 550 men in a metropolitan area in the Midwestern United States by T. D. Evans, E. T. Cullen, R. G. Dunaway and V.S. Burton, published in the journal *Criminology*, is typical. The men were white, having an average age of 41 and an average income of \$30,000 per year. They were measured on a variety of religious behaviors and whether they had committed one or more of 43 criminal activities in the past year. They found religious activity was significantly and inversely related to criminal activity.

Evans, T. D., F. T. Cullen, R. G. Dunaway, and V. S. Burton, "Religion and Crime Re-examined: The Impact of Religion, Secular Controls, and Social Ecology on Adult Criminality," *Criminology* 33 (1995): 195 - 217. Fernquist, R. M., "A Research **Note** on the Association Between Religion and Delinquency," *Deviant Behavior* 16 (1995): 169 - 175.

Reason No. 51 => Greater Longevity - As has been demonstrated by numerous studies, going to Church impacts our life in many positive ways. For **example**, we socialize more, have more friends, have more concern for others, and do more volunteer work -- all of which have been shown to contribute to health and happiness.

Couldn't we just skip going to Church and engage in these other health-promoting behaviors to achieve the same results? R. G. Rogers conducted a study of a 1984 national health survey, with a follow-up in 1991. Rogers' study is interesting because he controlled for many of the variables associated with promotion of good health, including family issues, health variables, demographics, social support and volunteerism. He even controlled for social activities such as attending movies, concerts and the theater.

His calculations still showed the stronger impact of attending Church on health, over and above mere socializing. These findings support earlier findings by J. N. Edwards and D. L. Klemmack, who showed that in a random sample of 507 adults over the age of 45, participation in voluntary organizations other than Churches was **not** related to life satisfaction.

Reason No. 52 => The Big Picture: How Religion Fares in Scientific Studies - Individual studies and experiments indicate that going to Church and other religious activities clearly have a **positive** impact on individuals, families and communities. But how

does religion fare in the big picture? Does every study on religion turn up positive results? The answer is **no**. The overall picture, however, is very **positive**.

For **example**, one study by E. C. Craigie, D. B. Larson and I. Y. Liu published in the *Journal of Family Practice* in 1990 looked at 52 clinical studies on religion and found that 25 were associated with positive implications, 30 were neutral, and 9 had **negative** implications.

These clinical studies examined a broad range of 64 "religious" variables ranging from traditional prayer and Church attendance to simple meditation. Broader interpretations of what constitutes religious activities tended to dilute the results. When the focus of the studies analyzed was narrowed specifically to religious worship, relationship with God, and related social support, the researchers noted that 24 of 27 cases were associated with positive outcomes. Once again, going to Church shows itself to be a significant factor.

Conclusion => Is going to Church is good for you? Is religion a fading phenomenon in America? Is it a relic of the past with **no** future? A TV - land view of America might lead us to conclude that religion has **died** out.

It is **true** that Church membership has dropped from a high of 75 percent in 1947 to a low of 65 percent in 1988 and 1990? If this were an election, however, 65 percent would be considered a fairly substantial majority. It must also **not** be overlooked that there are still half a million Churches, temples, and **mosques** in the United States. Belief in God, contrary to what many think, has remained quite stable.

The authors of one study, entitled "Religion: The Forgotten Factor in Cutting Youth Crime and Saving At - Risk Urban Youth," wrote: "Belief in God remains the norm in America, with levels of belief ranging between 94 percent and 99 percent over the past 5

decades." Individually, the studies published in this book are interesting, but certainly they do **not** constitute proof of anything. Collectively, however these and dozens of other similar studies constitute a significant body of evidence that going to Church is good – is good for you, good for your health, good for your marriage, good for your children, good for your community, and good for your country. And the more you attend the better the results seem to be. What's more, the good effects may last for generations.

Many from time to time have wondered, "What can I do, as one person, to make this world a better place?" Perhaps we have found one answer:

Go to Church!

Aw, Mom, Do I Have To Go To Church? - by Pastor Art Kohl

Introduction: Less children today are attending Sunday School and Church regularly in America than ever in our history as a nation, in respect to population, of course.

Many parents **don't** believe that regular Church attendance is necessary for their children anymore. This is tragic!

Moms and Dads, do we make our children brush their teeth?

Do we make them wash?

Do we make them eat?

Sleep?

Do we make them go to school, etc.?

WELL, YES, OF COURSE! Why? Because, it's important!

Let me ask you this, "Is Church important for a child?" Yes or **No**?

Before you say **no**, may I remind you that 95% of confined criminals in our jails have received **no** REGULAR religious training during their childhood? Now answer the **question**.

Why Kids **Don't** Want To Go To Church 48

Having a Church which puts much emphasis on children ministries, as a Pastor, I've observed 3 major reasons why children **don't** want to attend Church. With the reasons, I'll try to present some solutions.

1. Entertainment - The Church **cannot** compete with the entertainment world today. Kids are being brought up today by TV, movies, VCRs, computers, sports, etc. Hollywood has millions of dollars to produce fast - paced entertainment. As a result, being entertained has become a life - style. Our children are lacking the character and discipline today to sit still, listen and learn, whether it be in the schoolroom or Church. If they are **not** entertained, they are bored.

The tragic result is this: If a child has the option to quit something he is bored with, he will always quit. Why?

He or she does **not** have the discipline to stick it out. His or her character has been trained to only do things that are entertaining.

What will happen to that child when he or she becomes bored with high school? Or his or her job? Or marriage, etc.? They will **quit!**

Parents should teach their children that life **isn't** all entertainment. TV has brought about the slow **death** of the mind. It has **dulled** our senses and **robbed** us of the ability to think. It's easier to allow someone else to do our thinking for us. Restrain it! Also, parents should make their children go to Church.

Ah, you say, "I'm **not** going to force my children to go to Church like I was." Did you really turn out so **bad**? Are your morals, standards and convictions higher than your children? Are your parent's higher than yours? Are our grandparent's morals higher than ours?

Do you **remember** how moral your great - grandparents were? Where were these morals taught? Where did this country receive this heritage?

Want your teens to get their teen morals, standards and convictions building from others out on the street or would you rather have them get those teen morals, standards and convictions from the Church teens?

FROM THE CHURCH! AND! FROM THE BIBLE!

If you **don't** make your children go to Church, what will their children be like?
MORALS ARE PRESERVED BY PEOPLE PROPERLY TAUGHT!

3. **Peer Pressure** - "I'll let my children decide for themselves what they believe," declare many parents. Friends, there is **no** such thing! **ALL** of us are the product of the influences of people around us. I believe Abe Lincoln once said, "You'll be the same person you are a year from now except for the people you meet and the books you read." Of course, today is different because we have more than books influencing us through the eye-gate.

It **doesn't** take much peer pressure before children bow to it. Nobody wants to be different. Even adults are controlled by peer pressure to some extent.

We call it "keeping up with the Joneses" or "being sociable" or "the good old American way." **No** one wants to be an oddball.

Children are controlled by children. Look at the way they want to dress or the way they eat, or the music they listen to, or the shows they watch. Parents, did you teach them to like these things? **No**. Who did? **THEIR PEERS**.

Because most children do **not** attend Church, the pressure is put on children to believe that it is "normal" practice by their peers. **No** one, **not** even a child, wants to be abnormal.

Children need to be taught that peer pressure is **not** a good basis to make decisions on. If this is the foundation of their decision making, they will follow the crowd into **premarital** or **illicit sex, drugs, drunkenness, etc.** **Don't** allow what other children do to be the guide for what you allow your children to do! Especially concerning Church attendance.

4. **Hypocrisy** - Nothing has harmed the message or the power of the Church as hypocrisy has. I'm talking about people who go to Church for 1 hour a week and act "religious" and then live like the **devil** the rest of the week. **CHILDREN CAN SEE RIGHT THROUGH HYPOCRITES**, so can everyone else.

There is nothing that has turned children away from the Church more than hypocrisy! Friends, it is the power of our **example** that gives power to what we are trying to teach. "Do as I say, **not** as I do" NEVER WORKS! Kids **hate** that! Many parents I've heard say, "Well, my children **don't** want to go to Church anymore." And I'll say, "I bet if you started coming, they would keep coming." Usually, the only teenagers we can keep coming to our Church are the ones whose parents come all the time themselves and are honestly trying to live by God's Word. Parents let's start being **GOOD examples** again for our children's sake!

II. Biblical Responsibilities of Parents

"Train up a child in the way he should go: and when he is old, he will **not** depart from it." **Proverbs 22:6** " And these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and thou liest down, and when thou wisest up." **Deuteronomy 6:6 - 7** "**Not** forsaking the assembling of our selves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching." **Hebrews 10:25**. Enough said.

III. So What Is The Church Anyways?

I Timothy 3:16 says that the Church is the "pillar and ground of the **truth**." The **truth** is the Word of God and what it says. Get yourself **AND YOUR CHILDREN** into a Bible - believing, preaching **AND PRACTICING CHURCH**, where **truth** is taught without apology or compromise.

Moms and Dads, you have a knowledge of God. Your children have less. Will the next generation have any?

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Why go to Church? Author Unknown

If you're **spiritually** alive, you're going to love this! If you're **spiritually dead**, you **won't** want to read it.

If you're **spiritually** curious, there is still hope!

A Church goer wrote a letter to the editor of a newspaper and complained that it made **no** sense to go to Church every Sunday. "I've gone for 30 - years now," he wrote, "and in that time I have heard something like 3,000 sermons. But for the life of me, I **can't** remember a single one of them. So, I think I'm wasting my time and the pastors are wasting theirs by giving sermons at all."

This started a real controversy in the "Letters to the Editor" column, much to the delight of the editor. It went on for weeks until someone wrote this clincher: "I've been married for 30 years now. In that time my wife has cooked some 32,000 meals.

But, for the life of me, I **cannot** recall the entire menu for a single one of those meals. But I do know this... They all nourished me and gave me the strength I needed to do my work. If my wife had **not** given me these meals, I would be physically **dead** today. Likewise, if I had **not** gone to Church for nourishment, I would be **spiritually dead** today!"

When you are **DOWN** to nothing, God is **UP** to something!

Faith sees the invisible, believes the incredible and receives the impossible! Thank God for your physical **AND** our spiritual nourishment!

When **satan** is knocking at your door, simply say, "Jesus, could you get that for me?" --

I think everyone should read this! **Don't** you? If so, please share it with others.

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But humans are always works in progress.

If YOU like or YOU got some help from this part or YOU know of someone this part will help from the part above. Copy it and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

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May like to **STOP** here and view the following two Videos.

Daughter of **Satanist** High Priest Tells of Her Experiences!! A little girl was actually used to "breed" babies for her father to SACRIFICE in his rituals as a **satanist** high priest!! See how she overcame this! **12 – minutes 23 - seonds**

<http://www.youtube.com/watch?v=ZOj76xrG62k>

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700 Club Interactive - **December 4, 2018**

A career criminal faces eighty years in prison with the possibility of parole. In prison he gives his life to Jesus and begins experiencing miracles. **26 min**

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The **spirit** of the Seventh Commandment

Jesus Christ expanded on the Seventh Commandment to show the **spirit** of the law. HE said even looking lustfully is mental **adultery**: “You have heard that it was said to those of old, ‘You shall **not** commit **adultery**.’ But I say to you that whoever looks at a woman to **lust** for her has already committed **adultery** with her in his heart. If your right eye causes you to **sin**, pluck it out and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into **hell**” (Matthew 5:27 - 29).

Some people in the first century, as today, felt that natural appetites must be fulfilled. The apostle **Paul** described this approach and countered it in his first letter to the Corinthians. “Foods for the stomach and the stomach for foods [**this was their argument**], but God will destroy both it and them. Now the body is **not** for **sexual** immorality but for the Lord, and the Lord for the body” (1 Corinthians 6:13). Paul explained that the God who created our bodies and who wants to live in us, wants us to be pure.

We must flee from **sexual immorality**: “Flee **sexual** immorality. Every **sin** that a man does is outside the body, but he who commits **sexual** immorality **sins** against his own body” (1 Corinthians 6:18). We must **not** give in to **sexual lust** and temptation, following the **example** of Joseph who fled from the advances of his master’s wife (Genesis 39:6 - 20).

All **sex** outside of marriage prohibited

Any type of **sex** outside of marriage is prohibited. Paul said **premarital sex**, **adultery**, **homosexuality** and other **sins** would keep a person out of the **Kingdom of God**: “Do you **not** know that the unrighteous will **not** inherit the kingdom of God? Do **not** be deceived.

Neither **fornicators**, nor **idolaters**, nor **adulterers**, nor **homosexuals**, nor **sodomites**, nor **thieves**, nor covetous, nor **drunkards**, nor **revilers**, nor **extortioners** will inherit the **kingdom of God**” (1 Corinthians 6:9 - 10).

But God provides a way out of wrong **sexual** lifestyles and **sins** through **repentance** and **conversion**: “And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the **Spirit** of our God” (1 Corinthians 6:11). God offers to wash away our **sinful** past and give us a clean, pure heart.

Sex in marriage is pure and good: “Marriage is honorable among all, and the bed undefiled; but **fornicators** and **adulterers** God will judge” (Hebrews 13:4). **Don’t** let society cheapen **sex** into a biological drive, an itch to be scratched or a hedonistic extreme sport.

Read Solomon’s **warnings** about the lure of immorality and its consequences compared to the joy of committed love ([Proverbs 5:1 - 20](#)).

Solomon’s poetic conclusion is: “Let your fountain be blessed and rejoice with the wife of your youth. As a loving deer and a graceful doe, let her breasts satisfy you at all times; and always be enraptured with her love. For why should you, MY son, be enraptured by an immoral woman, and be embraced in the arms of a seductress?” ([Proverbs 5:18 - 20](#)).

Study more about what the Bible says is **sexual sin** and why, as well as how to overcome it, in our article “[Questions About Sex Answered From the Bible](#).” See also these related resources that show how to apply the Seventh Commandment today: “[Is Pornography a Sin?](#)” “[Is Fantasy Harmless?](#)” “[Freedom From Addiction: Pornography](#)” “[Fighting the Works of the Flesh: Adultery](#)” and “[Fighting the Works of the Flesh: Sex Outside of Marriage](#).”

Spiritual adultery

God considers **adultery** as unfaithfulness to the marriage covenant, and so HE uses it as a type of **spiritual unfaithfulness**. Some of the most poignant descriptions of God’s love also portray the treacherous betrayal of God’s love and faithfulness by those who turn from HIM.

[Ezekiel 16](#) is an extended analogy about God’s love for HIS people, and their **spiritual adultery** against HIM and the terrible consequences.

God compared Israel to an abandoned girl HE cared for and then married and cherished: “‘I swore an oath to you and entered into a covenant with you, and you became MINE,’ says the Lord GOD. ...

“‘You were exceedingly beautiful and succeeded to royalty. Your fame went out among the nations because of your beauty, for it was perfect through MY splendor which I had bestowed on you,’ says the Lord GOD.

‘But you trusted in your own beauty, played the harlot because of your fame, and poured out your harlotry on everyone passing by who would have it’” ([verses 8, 13 - 15](#)).

Such **spiritual adultery** in ancient times often involved literal idols ([Ezekiel 23:37](#)), but today can involve anything that comes ahead of God in our lives, whether money, possessions, hobbies, entertainment or religious beliefs and customs **not** taught in the Bible.

<https://lifehopeandtruth.com/bible/10-commandments/adultery-seventh-commandment/>

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Where are you really headed? Well a few couples are already there.

You get retired and have a little steady income and “Wala” you spend the summers on the river.

How the Mississippi shantyboats helped build a culture

“I do **not** know much about gods; but I think that the river IS a strong brown god — sullen, untamed and intractable” - “Dry Salvages”, T.S. Eliot

Long before Wes Modes began planning a journey down the Mississippi, he started building a traditional barge - bottom houseboat in a California backyard out of rustic reclaimed materials (e.g. **old fences buildings and chicken coops**).

Once his shantyboat was complete he hatched a plan to transport it across the country from Santa Cruz to Minnesota to begin a “Huck - Finn style” journey down the iconic American river.

Following in the footsteps of Harlan and Anna Hubbard, whose eight-year journey down the Mississippi and Ohio rivers was chronicled in Harlan’s book “Shantytown”, Modes launched his own float 70 - years later. His “Secret History of American River People” is part personal adventure and part research project, collecting stories of “river people” along the banks.

Complete with lofted bed, compost toilet and full - kitchen (**propane - powered camp stove and plumbed sink**), his 10 – by – 8 - foot houseboat cabin serves as both floating home and mobile office for his summertime sojourns.

After two summers on the Mississippi recording stories for his “Secret History of American River People”, Modes (**along with first mate Lauren Benz**) set out to tackle the 652 - mile Tennessee River from Knoxville to Paducah, Kentucky. We caught up with him in Knoxville, which he pointed out is also the setting for Cormac McCarthy’s semi - autobiographical shantyboat novel “Suttree”.

Nearly everywhere he goes, Modes has discovered that the times of shantyboat living have largely disappeared. “I just finished an interview with somebody,” he explained from Volunteer Landing in Knoxville. “He was saying when he was a kid growing up in the sixties there were people living along the banks of some of the creeks and the river, but by the mid – to - late seventies those people were all gone.

And by the eighties they had renewed the riverfront and by the nineties... all those people who used to live along the rivers in little homemade shacks and shanty boats were instead displaced.”

Modes uses crowdfunding to help pay for his trips where he hopes to tell the stories of people who **don't** usually make the history books.

“I think that’s kind of like this idea of postmodern history in which you’re examining the little tales of people, the tales of you and I, the relationships in our lives, and the adventures we’d had and the hardships we’ve endured. Those are a form of history that is just as valid and just as legitimate as history with a capital H: history that makes the dominant narrative of the people who generally are the victors and the people who win and the people who write the history books.”

Secret History of American River People: <http://peoplesriverhistory.us/>

Wes’ crowdfunding for 2017: <https://www.kickstarter.com/projects/...>

Original story: <https://faircompanies.com/videos/how-...>

<https://www.youtube.com/watch?v=OttgPFvGQYI> 19 min

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8 Keys to Knowing God’s Will For Your Life

When I was a young man, I seemed to continually wrestle with knowing God’s will for my life. I wanted more than anything to follow HIS plan. Interestingly, now that I’m “old” (currently 47 - years - old), I still wrestle with doing HIS will in my life. I have come to learn that this is **not** just something that a young person does early in life; it is a lifelong pursuit in order to stay in the exact center of HIS plan and to trust in it!

So, then, how can we know God’s plan for our lives?

Over the past twenty - five years that I have been in ministry, I have discovered eight vital keys to knowing God’s will and plan for your life. Here they are:

1) **Walk** with God.

For starters, if you are interested in knowing God’s plan for your life, then you must learn to walk with God. You need to develop a relationship with HIM. Christianity is all about relationship rather than just religion.

And so, you must cultivate your relationship with God. You must seek to know HIM and **not** just seek to know about HIM.

You will cultivate that relationship best by spending time in HIS Word, taking time for prayer, and taking every opportunity you can to be involved in Church and small group [Bible](#) study opportunities. When you seek these disciplines in your life, God will begin the first steps to revealing HIS plan to you. [Proverbs 3:5 - 6](#)

⁵ Trust in the Lord with all your heart and lean **not** on your own understanding; ⁶ In all your ways acknowledge HIM, and HE shall direct your paths.

2) **Surrender** your will to God's.

Many times, when we say we are seeking God's will, what we are really wanting to say to God is this: "OK, God, here's what I'm planning to do. Now I need you to rubber stamp this, all right?" I must tell you that this is **not** really effective in finding HIS **true** will.

Before God will begin to reveal HIS will to you, you must be committed to doing whatever it is that HE desires for you to do. God will likely be slow to show you HIS plan if HE knows you will likely **not** do that plan anyway. [Romans 12:1 - 2](#)

¹ I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, **Holy**, acceptable to God, which is your reasonable service. ² And do **not** be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

Jesus was willing to **die** for us, so **shouldn't** we be willing to live for HIM?

When we surrender to HIM, that is when HE really begins to direct our steps.

3) **Obey** what you already know to be God's Will.

Many people seem to want to know what God's plan is for their lives, but they overlook the fact that 98% of HIS will is already delineated carefully through HIS Word. God is very clear about many, many aspects of HIS will. For instance, it is clearly HIS plan that we abstain from **sexual** immorality ([1 Thessalonians 4:3](#)).

If we do **not** obey the things that God has shown us clearly to be HIS will, why would we think HE would reveal any further information regarding HIS plan for our lives?

Obedience is an important first step.

4) **Seek** Godly input.

One key component to finding God's will is to seek the input of godly advisors in your life. If you **don't** currently have 3 to 4 Godly **mentors**, then I would highly recommend that you seek them out right away.

Think of it this way: you should understand that you are basically a composite of the five people you spend the most time with. So, then, it is vital that you choose those three to five people well. If you choose to surround yourself with godly advisors, they will be instrumental in helping you discern God's plan for your life.

But if you surround yourself with people who are far from God, your hope of finding HIS best for your life will be greatly diminished. [Proverbs 11:14](#)

Where there is **no** counsel, the people fall; but in the multitude of counselors there <https://goinswriter.com/tips-writing-book/e> is safety.

The Church is designed to help you greatly with this. I would encourage you to be in Church every single time the doors are opened. The more you involve yourself with a community of believers, the greater your chances will be of finding godly men and women who can help you discern God's will.

5) **Pay attention** to how God has wired you.

God has created you to fulfill a specific role in this world. There is **no** one else who can achieve completely what God has purposely created you to do.

The Apostle Peter gives us this admonition: [1 Peter 4:10](#)

As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God.

God has gifted every one of us to perform a special mission for which we alone were created. How amazing is that? Wow!

So, when you seek to discover God's will for your life, pay attention to how HE has gifted you. HIS plan for you will always be directly related to the gifts that HE has bestowed upon you. The great news is that you will automatically be good at whatever it is that HE has called you to do!

6) **Listen** to God's **Spirit**.

I experienced a major turning point in my own prayer life when I learned simply to shut up while I was praying. That may sound odd to you, and it seemed odd to me at first.

You see, I used to do all the talking when I prayed to God. But then, several years ago, I read Bill Hybel's book, "[Too Busy Not to Pray](#)". That book completely changed the way I approached God through prayer.

Since reading that book, I have added a significant component to my prayer life: listening. I take time to listen to what God might have to say to me.

Practically, the way I go about this is to bring a notepad with me when I sit down to pray. Then I write at the top of several page things like the following:

- "What is the **next step** in my career?"

- “What is the **next step** in my ministry?”
- “What is the **next step** for my family?”
- “What is the **next step** for my marriage?”
- “What is the **next step** in my education?”
- “What is the **next step** in my finances?”

During my prayer time, I meditate on **questions** such as the above. Often, God will start flooding my heart with ideas and information regarding one or more of those **questions**. I write as fast as I can as HE speaks to my heart. What a glorious experience that is to sense HIS **Spirit** on me, guiding my thoughts and words.

Through experiences like this, HE has shown me many times with great clarity what HIS will is for my life. I long for those experiences when HE speaks to me like that. Those times are truly life changing. [John 10:27](#)

My sheep hear MY voice, and I know them, and they follow ME.

²⁷) Listen to your heart.

In addition to listening to the **Spirit**, I also recommend listening to your heart. To understand my point here, consider the following passage: [Psalms 37:4 - 5](#)

⁴ Delight yourself also in the LORD, and HER shall give you the desires of your heart. ⁵ Commit your way to the LORD, trust also in HIM, and HE shall bring it to pass. (NKJV)

I love this passage, because it shows me that, when I am walking with the Lord, HE will actually let me do many really cool things that I actually love to do! When you are close to HIM, HE actually begins to shape your desires so that you desire the things that HE has already called you to do.

So then, HIS plan actually becomes a super-exciting adventure. I always have the most fun in life when I am doing God’s will. And that is because HE shapes my personal “wanter” to want to do the things for which HE has actually created me.

8) Take a look at your circumstances.

God often clearly demonstrates HIS plan for our lives by lining up circumstances in obvious ways. And HE also shows us what HIS will is **NOT** for us to do in that same way. It is **not** HIS will for you to take the job that is **not** offered to you. If you are 5’ 6” tall and weigh 125 lbs., it is **not** likely that God has created you to play professional football.

Over the years, I have discovered that God is pretty good at opening and closing doors. HE even did that for the Apostle Paul and his enterouge in [Acts](#). Take a look at this passage: [Acts 16:6 - 10](#)

⁶ Now when they had gone through Phrygia and the region of Galatia, they were forbidden by the **Holy Spirit** to preach the word in Asia.

⁷ After they had come to Mysia, they tried to go into Bithynia, but the **Spirit** did **not** permit them.

⁸ So passing by Mysia, they came down to Troas.

⁹ And a vision appeared to Paul in the night. A man of Macedonia stood and pleaded with him, saying, “Come over to Macedonia and help us.”

¹⁰ Now after he had seen the vision, immediately we sought to go to Macedonia, concluding that the Lord had called us to preach the gospel to them.

So, even Paul had to face closed doors in his ministry. God often uses closed doors to show us clearly what HE does **NOT** want us to do. And HE also uses open doors at times to show us what HE DOES want us to do. Of course, this does **not** mean that every open door is definitely God’s plan, but it does help to give you some basic direction.

A Closing Thought:

The next time you begin to ponder God’s plan for your life, I would encourage you to mull over the above eight keys. Use these principles to help you to hone in on HIS plan. And when you seek HIS will earnestly, you will find it!

The wonderful benefit to be a New Testament Christian is that God has added a “want to” to the “have to” aspect of HIS commands. The **Holy Spirit** dwelling within us convicts, prompts, and inspires a desire to follow God wholeheartedly.

<https://www.biblestudytools.com/blogs/chris-russell/8-keys-to-knowing-god-s-will-for-your-life.html>

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If you like these ideas and tips – please tell a few others.

Join up with a volunteer non - profit program.

Volunteering is a great way to meet new people, get some exercise, and involve yourself in a **positive** project that can lift your **spirit**. It also comes without a cost (or **very little cost**) to you and can provide a lot of entertainment and a fulfilling day when you're in the right mindset.

I've come to spend more and more of my time **volunteering**, serving on various committees and people helping groups in the community. I am on a few local area towns and Church committees. It is hands - down the best thing I have ever done. Be a volunteer with your local **Lions Club** or other Non - Profit Org. and you will feel much better about yourself. Be only a volunteer – for a time - if later you wish, you may later to join this local **Lions Club** it is later and it is up to you. You'll be meeting other people who share your interests, which gives you an easy opener when striking up a conversation. Meet many new people and also maybe meet the next Him or Her for YOUR life. This Web Site is sponsored by a **Lions Club**.

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Note: Yes. Both single people, people dating and married people have reviewed (**Well Pre – viewed**) this “Web Site” and its many PDF parts so far. As a summary of the parts and up-coming part drafts; most people are telling us that this information is also needed and wanted for them, yes, those married people too and many people found this as new information as they **didn’t** even know about this stuff.

Subscription: Then one may have a Subscription as over age 18 Adult (**including the open part**) or the open Blog part for only a small fee of \$3 for each month. If you like these ideas and tips – please tell a few others.

Marriage Second Time Plus . Org => A new Blog:

A new Blog: <http://marriagesecondtimeplus.org/>

Also: Check out: <https://www.tri-countyregion.us/prayeroptions.html>

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https://www.helpteaching.com/questions/Life_Skills

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Kayaking 101: How to Forward Stroke, Sweep Stroke, and Edge

Apr 11, 2019 => This is a video I've wanted to do for a while. It's surprisingly hard to teach without a student there, but I hope the information came across clearly. If you're in the Northern CA and want to do some on water instruction please give us a call. 209-224-8367

For those who need that Bending Branches Navigator Paddle in their life, Click Here:

<http://store.headwaterskayak.com/shop...>

<https://www.youtube.com/watch?v=rUYEH2cOA7c> 13 ½ min

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Next – More => Things to research

Creative thinking – Life Skills

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If you have any comments please E-Mail us: [info@marriagesecondtimeplus.org/](mailto:info@marriagesecondtimeplus.org)

Visit: Tri-CountyRegion.US

Visit a new Blog: <http://marriagesecondtimeplus.org/>

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The end of this part # 14 of the PDF part.

More will be inserted in - right here very soon in the membership Part.

Subscription: First your home may have a Subscription as over age 18 Adults for the membership web site part for only a small fee of \$1 for each month after the free 30 days in the open part. If you like these ideas and tips – please tell a few others.

Marriage Second Time Plus => **A new** “Web Site”:

Marriage Second Time Plus.Org A Lions Club with other AD sponsors **new** “Web Site”.

A new Web Site: <https://marriagesecondtimeplus.org/>

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