

Keep a **note** to where you **stopped** at in this PDF. So, you can return to the same place.

- - - - - < ^ ~ , , ~ ^ > - - - - -

### 3 Ways to Pray for Your Prodigal Child

Having a son or daughter who has decided to walk away from God, the Church, or even both can be one of the most heartbreaking things a Christian parent experiences. Whether it happens gradually or all at once, there's a potent mix of emotions that everyone feels. > **Blame.** > **Guilt.** > **Frustration.** > **Sadness.** And. > Sometimes with even **anger.**

In the famous story of the prodigal son ([Luke 15:11-32](#)), we're often encouraged to place ourselves in the position of the prodigal son as we consider how God has welcomed us home, given us what we **didn't** deserve and restored us to himself, as children of his household.

But, what of the father?

When your child walks away from the faith that you tried your best to raise them in, we suddenly get a glimpse of the story from another angle. What was this experience like for the father? Did he too have sleepless nights, wondering what he could've done differently? Did he also say things he wished he could take back? Did he **blame** himself?

Prayer is the most powerful force in the universe – and is one of the things that we can do, as we wait for God to stir the prodigal's heart. It can be hard to know what to say, so here are three points for prayer that may help shape your prayer time.

1. Pray that their eyes would be divinely opened.

Paul writes in [2 Corinthians 4:4](#) ...

**“Satan**, who is the god of this world, has blinded the minds of those who **don't** believe. They are unable to see the glorious light of the Good News. They **don't** understand this message about the glory of Christ, who is the exact likeness of God.”

Your child **isn't bad** or **wrong** and it **wasn't** your fault. We all have an **enemy**, who is actively working. Their **spiritual** blindness comes from **him**. But we have power “to demolish **strongholds** and everything that sets itself up **against** the knowledge of Christ.” We can act against this – through prayer and through Christ.

2. Pray that they would have friendships that would point them to God.

It's a **sad truth**, but often we are open to a friend yet closed to family. Your conversations about God might be a well - worn path that just goes the same way, but a Christian friend could take it in a different direction. Ask God to send Christians into the path of your son or your daughter as friends that may lead them back to HIM.

3. Pray that **Proverbs 22:6** would be **true** for your family.

“Train a child in the way they should go; even when they are old, they will **not** depart from it.”

God's promises (**which are over 7,000 promises**) are **true** and HIS word can be trusted. Even when you **can't** see it before your eyes, let this verse instill faith and hope in your heart. Who knows what tomorrow may bring?

- - ----- < ^ ~ ,     , ~ ^ > ----- - -

### Are These the Last Days?

The Bible says that in the last days many scoffers will say, “Where is the promise of HIS coming? For since the fathers fell asleep, all things continue as they were from the beginning of creation” (**2 Peter 3:4**).

On my birthday, when I was 54 - years - old, the producer of The 700 Club television program gave me a front page of the NEW YORK TIMES for the day I was born in 1930. The similarity between those days and these days is striking. There are the same kinds of trouble in the world, the same kinds of international tension, and the same kinds of money problems. So these days are **not** far different from those days. Yet, by now, we have seen the occurrences of some very significant events that convince me that these are the last days.

First of all, the nation of Israel was reborn in 1948. That nation will complete a generation of forty years in 1988. Second, the Jews now control all of Jerusalem and have since 1967. That is very significant as I have noted in previous answers. Third, we have the ability, with nuclear weapons, to obliterate all life, or to **kill**, as Revelation puts it, at least one third of all people in a single **war** (see **Revelation 9:18**).

Another thing that we have today is an incredible explosion of knowledge (see **Daniel 12:4**). Our knowledge doubles every six - years.

We have unlocked the atom and the secrets of the gene. We have come close to the heart of life itself, and in the process we have grown callous toward our fellow men and toward the Creator of life.

We are expanding our knowledge in many areas which could benefit all people by making their lives healthier and easier. But this same knowledge has dreadful potential for misuse.

Those who work in the field of genetic engineering, for instance, are **not** too far from being able to clone human beings by taking parts out of embryos in order to create some kind of master race. Other scientists are working to create computers that appear to reason like men. These could open up vistas of great blessing, but they could also bring about horrors if placed in the hands of the **wrong** people. Add to this the ability of computers to monitor the behavior of populations and to control all of the world's money.

These developments are fulfilling biblical prophecies. This tells me that we are getting very close to the time when God is going to say that the human race has gone far enough. He may be ready to step in to terminate this phase of human activity and to start another one.

That is why I firmly expect to be alive when Jesus Christ comes back to earth.

- - - - - < ^ ~ , ~ ^ > - - - - -

### 10 Tips for Managing Your Depression

1. Do **not** expect too much from yourself too soon, as this will only accentuate feelings of **failure**. Avoid setting difficult goals or taking on ambitious new responsibilities until you've solidly begun a structured treatment process.

2. Break large tasks into small ones, set some priorities, and do what can be done, as it can be done.

3. **Recognize** patterns in your mood. Like many people with **depression**, the **worst** part of the day for you may be the morning. Try to arrange your schedule accordingly so that the demands are the least in the morning. For **example**, you may want to shift your meetings to midday or the afternoon.

4. Participate in activities that may make you feel better. Try exercising, going to a movie or a ball game, or participating in church or social activities. At a minimum, such activities may distract you from the way you feel and allow the day to pass more quickly.

5. You may feel like spending all day in bed, but do **not**. While a change in the duration, quality and timing of sleep is a core feature of depression, a reversal in sleep cycle (such as sleeping during daytime hours and staying awake at night) can prolong recovery. Give others permission to wake you up in the morning. Schedule “appointments” that force you to get out of the house before 11 a.m. Do this scheduling the night before; waiting until the morning to decide what you will be doing ensures you will do nothing.

6. I get upset if your mood is **not** greatly improved right away. Feeling better takes time. Do **not** feel crushed if after you start getting better, you find yourself backsliding. Sometimes the road to recovery is like a roller coaster ride.

7. People around you may notice improvement in you before you do. You may still feel just as depressed inside, but some of the outward manifestations of **depression** may be receding.

8. Try **not** to make major life decisions (such as changing jobs or getting married or divorced) without consulting others who know you well and who have a more objective view of your situation.

9. Do **not** expect to snap out of your **depression** on your own by an exercise of will power. This rarely happens. Many Churches and communities have depression support groups. Connect with people who understand depression and the recovery process.

10. Remind yourself that your **negative** thinking is part of the depression and will disappear as the depression responds to treatment.

From New Life Ministries. Used with permission. [More from New Life Ministries](#)

Can God change your life?

God has made it possible for you to know HIM and [experience an amazing change](#) in your own life. Discover how you can [find peace with God](#). You can also send us your [prayer requests](#).

- - - - - < ^ ~ , , ~ ^ > - - - - -

Is Now the Time to Find Your Calling?

“I’ve been laid off from a job I never really liked. I’m 46 years old, and while I’m a little nervous about **not** having a paycheck, mostly I’m excited about having a chance to figure out what I really want to do with my life,” Mary exclaimed.

Like many people, Mary expressed a deep desire to “find her calling.” She longs to find a career that uses her gifts and gives her the opportunity to make a difference in some way. “Life’s too short,” she said, “to spend your time doing something that really **doesn’t** matter.”

Mary has worked for years as an administrative assistant, and **doesn’t** have a clear picture of what she would like to be doing; she just knows that she wants to do something “more creative” that “helps people in some meaningful way.” She estimates that she can afford to be out of work about three months before she needs a paycheck coming in again. So what should Mary do?

### Finding One’s Calling for the “Next Step” in Life

Since she needs a new job within a few months, Mary realized that she should start her job search as soon as possible, given the challenges of today’s job market. Her basic “game plan” is a good one: (1) find a job that’s related to what she did before, but that has more of what she wants in a job; and then, (2) once she has a paycheck coming in, she’ll spend time going through a more thorough career planning process to figure out what she really feels called to do long - term.

Mary gave herself a few days to figure out what type of work she would look for in her job search. She decided to work through the Career Master Planning stages in an abbreviated way:

**Step 1: Assess Your God - Given Design:** Mary spent time identifying the transferable skills she thinks are her most marketable skills (**that is, skills that are desirable to prospective employers**). She also thought about what being “more creative” means to her, and what that might look like in the workplace. Lastly, she made a list of how she might help people that would be personally meaningful to her.

**Step 2: Explore Career Options:** Mary spent some time using online resources to research jobs that were similar to what she had done and that used her most marketable skills.

**Step 3: Make Decisions:** Based on her self-assessment work and her career research, Mary decided that a good “next step” job target would be a Meeting/Administrative Assistant for a non-profit organization, helping to plan and organize special events. Working with special events would satisfy her creative side, while being a part of a non-profit organization with a mission she cared about would give her more of a sense of meaning in her work.

**Step 4: Take Action:** Now that she had a focus for her job search, Mary worked on developing a targeted resume for this type of work and began identifying non - profit

agencies within her geographic area to contact. She felt energized in her job search because she realized that a job in this area would move her closer to what she wanted to do.

### Discovering Your Calling is a Lifelong Journey

Change is the hallmark of today's workplace. Mergers, closures, and organizational retooling in response to economic and cultural changes in our world ensure that most people will have several jobs during their working years, either by choice or necessity.

If you are at a point of needing to reorient and reposition yourself in the work world, realize that finding your calling is **not** a one-time event; it is a journey that is taken one step at a time.

If you are out of work like Mary, and need to make a relatively quick transition, you may **not** have the time to make a dramatic career change, but you can use the above steps to find something that fits you better than your previous job.

Once you have a new job and can pay your bills, you then have the time to go through the Career Mastering Planning stages again at greater depth to determine what God is calling you to do next.

During your journey of discovering and living your calling, God will be in the business of transforming you into the person you need to be to do the work HE has designed you to do. You are called to be "you," and HE who calls you is at work within you.

The **truth** is that "God can do anything, you know - far more than you could ever imagine or guess or request in your wildest dreams! HE does it **not** by pushing us around but by working within us, his **Spirit** deeply and gently within us"(Eph. 3:20, Msg). You are **not** alone - God is at work in you and in the circumstances surrounding you. Do your part to take the next step in pursuing your calling, and God will be faithful to do HIS part.

- - - - - < ^ ~ , ~ ^ > - - - - -

### Clearing Up Career Confusion

Are you thinking about making a career change? Too often, thinking about it is as far as many people go. If you're in a career that you **don't** like, you probably daydream about doing something different that you would really enjoy. You imagine enjoying going to work, and feeling productive and fulfilled each day. In your dream job, your work fits your schedule, priorities, values and salary needs. At a deep level, you can feel the difference a new job would make in your life.

## Why People Stay Stuck in the **Wrong** Jobs

You continue dreaming day after day (**or even year after year**) about making a career change, yet **don't** do anything about it. Why? Here are the two most typical reasons:

**Confusion.** While many people know what they **don't** want to do, they are unclear about what type of work they would like to do. Or, if they have a vision of work that would fit them well, they are foggy about how to get into that career. You **can't** make a successful career change until you know specifically what change you want to make and have a game plan for the transition.

**Fear.** When people say they “**hate**” their jobs, **wouldn't** you expect they would be anxious to get into a new job? Often, however, people choose to stay in their misery because it is familiar. They choose the known over the unknown. We humans are **fearful** creatures. When faced with making a change, we tend to think about all the “what-ifs,” imagine the **worst** possible outcomes, treat those thoughts as though they are the “**truth** about how things are,” and therefore convince ourselves to stay stuck where we are.

If you are in work that is a poor fit, take a minute to ask yourself why you **aren't** taking steps to get out of it. Making the right diagnosis is the first step in fixing something.

Determine whether your inertia is due to a lack of career direction, **not** having a do-able game plan for making a change, and/or some type of **fear**. Once you tell yourself the **truth** about why you are stuck, you can more easily figure out what to do about it.

### **Three Tips** for Clearing Up Career Confusion

1. Take a look at what's **wrong** with your job. Take our Career Check-up Inventory to help determine what factors in your current (**or most recent**) job contribute most to your dissatisfaction.

The inventory can help you determine whether you need to make changes in your current job, find a similar job in a different company or make a significant career change.

2. Try out a “dream job.” Many people talk themselves out of even looking into a possible dream job because making a change seems impossible. While it is **true** that making a change will require moving out of your comfort zone, the secret to making successful changes is taking bite - sized, do - able steps. Here are some ways you can begin moving from dream to reality:

- Read about your dream job. Search for books about it at [Amazon.com](https://www.amazon.com) or google the job title to see what you can find on the Internet.

- Watch TV shows, documentaries or YouTube videos of people doing this work. Picture yourself in this career to see if it “fits.”

- Talk to people who do this job. Ask them what they like about their job; what they **don't** like; how they got into the field; typical salary ranges for the profession; recommendations for how to decide if the work would be a good fit for you; etc. You can also ask them for names of other people in the field you could interview. (As you conduct these “informational interviews,” you will be building a contact network that will come in handy later if you decide to pursue this career.)

**Volunteer.** You can actively try out a particular type of work by volunteering your time to your Church or a non-profit agency. (If you are in school, you can also seek out appropriate internship experiences.) For **example**, if you are interested in becoming a special events planner, volunteer to help out with a 5K fundraiser for a local non-profit. If you are considering teaching, start in your Church. Brainstorm with friends and family members about how you might get some hands-on experience in a particular field, and then take the initiative to ask about opportunities. You will never know what is possible until you ask!

Once you have “tried on” your dream job in a number of ways, you will be better able to assess if it really is a good fit for you. You will also know more about the specific steps for getting into this type of work and have developed some connections to help in your transition. Your confusion will then be replaced by much more clarity!

3. Expose your **fears** to the light of day. Ever notice how overwhelming your **fear** can be at 2:00 a.m.? When you awake in the middle of the night, anxious thoughts can be paralyzing. Usually, however, in the morning you can more realistically deal with **fears** and figure out what to do about them. In the same way, it is important to name the **fears** you feel when you think about making a change so that you can examine them rationally. Unexamined **fears** will keep you stuck!

The good news is that often people find that their **fears** about making a career change decrease as they find out more about their dream job.

**Fears** about the unknown diminish when you learn more about the field. You may discover that many of your **fears** were unfounded: You may find out, for **example**, that you can earn more in this field than you had previously imagined. You **won't** need to start “at the bottom.” Your age is **not** a big factor. Etc.



If you find that some of your concerns are accurate, such as the field really is competitive to get into, you can explore how others have succeeded in spite of this obstacle. Information is a key to combating **fear**.

A **fear** of failure (**Can I really make it in this field?**) can be addressed as you try out the new area of work through volunteering. You will be building your skills and experience as you assess how well the work fits your God-given design. You may find that you have the potential to excel in this career field because it interests you and you are therefore motivated to learn and grow. (**Note: Area population of 1,200 people and our Church just got a new Sunday School and Activities Director with a job pay of \$45,600 per year.**)

### Confusion is **not** a Terminal Condition

You **don't** have to live with career confusion. Although the prospect of making a career change can seem daunting, there are steps you can take to achieve your dream. God designed you for a purpose. HIS power and wisdom are available to you. HE will be with you as you take the necessary steps to discover and live your vocational calling!

If you would like professional assistance with clearing up your career confusion, you can look into Christian Career Center's career coaching services. After reading about our services, you can schedule a free consultation session to discuss which career services would best meet your needs. They would consider it a privilege to help you discover who God has created you to be and what He has designed you to do!

- - - - - < ^ ~ , ~ ^ > - - - - -

### **Regret** Free Living: Making Decisions Backwards

Fast-forward 20, 30 or even 40 - years in your life. Imagine thinking back over the choices you have made in your life and feeling a deep sense of joy and satisfaction about what you have done with the time God has given you.

Sound good? If so, here are some “backward thinking” principles you can use now to live a life that will culminate in experiencing a sense of joy, **not** regret, about what you have done with your time on earth.

Author and counselor Richard Leider has done interviews with more than 1,000 senior citizens who retired from leading companies after successful careers. He says that “almost without exception, when these older people look back, they say the same things — things that are instructive and useful for the rest of us as we make decisions going forward in our lives.”

The consensus of these seniors (**who were very successful by the world's standards**) was that if they could live their lives over again, they would be more reflective; take more risks; and, take the time to understand what really gave them fulfillment. Here are some of our thoughts about how you can implement these important principles today:

1. Be more reflective.

In our 24/7 world, taking time to reflect and think about your life and what you are doing is counter-cultural. Taking periodic “time-outs” to think about why you are doing what you are doing is essential, however, if you want to discover and do the things that God put you on earth to do. Taking time regularly to assess what you are doing and where you are headed can help you avoid crises in your marriage, family and career.

Leider's interviewees wanted to warn those younger than themselves that, “Life picks up speed. The first half of your life is about getting prepared and getting established. Then time shifts gears. You hit the second half of your life, and everything moves faster. Days turn into weeks, weeks into months, and all of a sudden, you're 65 years old. Looking back, they say, you realize that time is the most precious currency in life.”

When was the last time you took an extended “time out” to reflect on what you are doing, where you are going, why you are doing what you are doing, and what you believe God has created you to do with your life? **Don't** wait — block out some time right now for a “time out” within the next week or month.

2. Take more risks. Are you trapped in your “comfort zone”? Most of us have a carefully constructed comfort zone of familiar people, places, things and habits. We tend to resist anything that threatens our status quo. Pushing the boundaries of our comfort zone by making changes in our lives tends to evoke anxiety and **fear**, so we **stop**. We choose familiarity over risk. But that's a short-term response with long-term consequences:

The problem with choosing to stay in our comfort zone is that it can come with a terrible price tag — one with eternal consequences. Each time we blockade ourselves further within our comfort zone, it becomes more difficult to hear God's callings in our lives. Jesus never hesitated calling people to leave their familiar lives for the unfamiliar path of following him ... Living your calling is possible only if you are willing to hear God's summons and respond in spite of perceived risk (**Live Your Calling, p. 194**).

The Apostle Paul said that you are God's handiwork, created in Christ Jesus to do good works, which God prepared beforehand for **[you]** to do (**paraphrase of Ephesians 2:10**). God has created you to participate in HIS work on earth. The catch is that you will need to take some risks in order to discover and do what HE is calling you to do.

**3. Take the time to understand what really gives you fulfillment. Ultimately, what will give you deep - down fulfillment is becoming the person God created you to be and doing the things HE designed you to do. Discovering and living this calling takes time, courage, resourcefulness and the willingness to confront new and unfamiliar challenges.**

**We have been on the “front lines” guiding people in this process, and can assure you that your investment of time and energy to discover your unique calling will pay off for you over and over again.**

**If you make the investment now to find and do what God has created you to do, you can avoid experiencing a deep sense of regret at the end of your life. You will know that you have finished the race God set out for you to run; that you have finished the work HE called you to do. You can then have confidence that you will one day hear those longed - for words, “Well done, good and faithful servant; enter into the joy of your Master.”**

- - - - - < ^ ~ , ~ ^ > - - - - -

### **Forecasting Your Future Career**

**Kathy was downsized from her company about the same time her college-age daughter had to decide on her college major. The mother and daughter were both asking the same **questions**:**

**“What do I want to do with my life?”**

**“Which career path will be best for me?”**

**“How can I make sure I’m making the right choice for my future?”**

**Are you asking similar **questions**? If so, you’re going to find the best answers for yourself by taking a fresh look at yourself and at the world of work. ([See our article \*\*Career Master Planning: How to Find Work You Love to Do\*\* for more \*\*information about the steps of effective career planning\*\*.](#))**

### **How to See the Future Today**

**One facet of exploring career options that is critical - but often overlooked - is investigating the future viability and demand for the types of jobs you are considering.**

Here are some resources for checking into the wage and employment trends for careers of interest:

- 1.) The [Occupational Outlook Handbook](#) gives a detailed overview of career trends through 2018, including the fastest-growing jobs with their 2008 average salaries:

Biomedical engineers (\$ 77,400)

Network systems and data communications analysts (\$71,100)

Home health aides (\$20,460)

Personal and home care aides (\$19,180)

Financial examiners (\$70,930)

Medical scientists, except epidemiologists (\$72,590)

Physician assistants (\$81,230)

Skin care specialists (\$28,730)

Biochemists and biophysicists (\$82,840)

Athletic trainers (\$39,640)

Physical therapist aides (\$23,760)

Short - term on – the - job training

Dental hygienists (\$66,570)

Veterinary technologists and technicians (\$28,900)

Dental assistants (\$32,380)

Computer software engineers, applications (\$85,430)

Medical assistants (\$28,300)

Physical therapist assistants (\$46,140)

Veterinarians (\$79,050)

Self - enrichment education teachers (\$35,720)

Compliance officers, except agriculture, construction, health and safety, and transportation (\$48,890)

The Occupational Outlook Handbook (OOH) also gives detailed information about demand, pay, training and competition for more than 250 careers, including geographic-specific labor market information. For **example**, if you are considering becoming a [diagnostic medical sonographer \(ultrasound technician\)](#), by using the OOH you would find out there is a projected 18% increase in this field from 2005 – 2008. The OOH also enables you to compare numbers of people and salary levels for this job in different parts of the country.

2) The [O\\*NET Online](#) provides national as well as individual state statistics and projections of wage and employment trends for hundreds of jobs.

3) Online periodicals: US News & World Report features articles such as “[Ahead-of-the-Curve Careers](#)” and “[The 50 Best Careers of 2010](#)”;

Forbes: “[Hot Jobs For College Graduates \(14 booming niche sectors\)](#)”; WSJ (Wall Street Journal): “[The Best and Worst Jobs.](#)”

4) Networking and conducting informational interviews with people doing the types of jobs that interest you. Ask them about the employment trends in their field (**in addition to other questions that will help you “try on” the job to see how it fits**). Professional associations can be helpful in finding people in a particular field. (**Do an internet search using a search term such as “meeting planner + professional association.”**)

### Loving What You Do

Investing a little time now in researching current and future employment trends can help ensure that you will make a wise career decision for your future. But **don’t** go for a “hot job: if it **doesn’t** fit your design. You will find the most job satisfaction when you are working out of your God-given design. As Elizabeth O’Connor said, “We ask to know the will of God without guessing that HIS will is written into our beings. We discern that will when we perceive our gifts.”

If you need a clearer understanding of your God - given design and the career options that fit your gifts, contact us about our [professional career coaching and career testing services](#). God has created you for a purpose!

- - - - - < ^ ~ , , ~ ^ > - - - - -

### Time to End the **Blame** Game

Given the events of the past weeks, it is clear how blame can ruin peoples' lives. The opposite is also **true**. The lack of **blame** allows people to get away with things.

**Blame**, when tied to guilt, is appropriate. But, you have to know the **truth** about a situation to know if blame is justified or **not**. These days the lines of accusations versus **truth** are being blurred like we have never seen before.

- - - - - < ^ ~ , , ~ ^ > - - - - -

- - - - - < ^ ~ , , ~ ^ > - - - - -

- - - - - < ^ ~ , , ~ ^ > - - - - -

- - ----- < ^ ~ , , ~ ^ > ----- - -



- - ----- < ^ ~ , , ~ ^ > ----- - -

**Blame** is toxic in relationships when people **don't** take responsibility for their actions and want to make the other person feel **bad** or suffer. **Blame** puts the other person in the defense mode. It is reactionary.

For **example**, when a couple **blames** the other person for their problems, the result is defensiveness and distance. **No** one wins because **no** one takes responsibility for their part of the problem. When you **blame** the other person, it **stops** the uncomfortable feeling of looking at your own behavior. You **don't** have to change anything in yourself. The message is, "I **can't** change or be OK until you change." It's all up to you. But, you **can't** build intimacy with an accusing finger. And blame **doesn't** usually motivate another person to change.

To avoid **blame**, look at your own behavior first. Are you doing anything that could be causing or contributing to the problem? Decide what is your part of the problem. Most problems are **not** one sided. Then, focus on a solution rather than **blaming** the other person. How can you improve the relationship and build trust **not** defensiveness? What can you do differently to build closeness rather than distance? Stay calm, think through solutions, and **don't** be drawn in to the attack mode of another person.

In addition, before you **blame** someone, find out if they acted with full knowledge of the consequences of their actions. Did they intend to hurt you? Did they fly off the handle? Or, is their goal to hurt you because they have been hurt?

**Blame** has been around since the beginning of time. It started in a garden when Adam pointed his finger at Eve. Eve pointed her finger at the serpent and the result was distance from God. **Blame doesn't** promote intimacy.

If you are in a **blaming** relationship, end the **blame** game now. Agree to be on the same team and work towards a mutual goal. Attack problems, **not** people. **Blaming** and **shaming don't** lead to solutions, only distance.

- - - - - < ^ ~ , ~ ^ > - - - - -

### JoJo's Life - Changing Journey

Seven-year-old JoJo sat at the foot of her mom's bed. "Momma, Can I ask you a **question**?"

"What's that, honey?"

"My teacher Sunday said I should ask Jesus into my heart. What does that mean? How does HE get into my heart?"

JoJo's mom began to explain to her the process of becoming a Christian and that Jesus coming into your heart **wasn't** literal. JoJo listened intently.

"So all I have to do is ask?"

"Yes, sweetheart. **Remember** the verse we learned together in our family devotions? **John 3:16** says God loves you so much HE gave HIS son to **die** for you. HIS **death** was so you and I could be forgiven for your **sins**. The only way we can be forgiven of our **sins** is to ask Jesus to come in to our hearts. You have to tell God you are sorry for your **sin** and ask HIM to forgive you."

"But I **don't** do really **bad** things. I try to do the right thing like you taught me."

You are a great little girl. But everyone has **sinned**. We are born with **sin** in our hearts. That's why we have to ask Jesus to make our hearts clean again. Let me get my Bible and show you something."



“I’ll go get mine too.”

When Momma and JoJo returned to their seats on the bed, Momma said, “See if you can find [Romans 3:23](#). See what that says? It says, ‘for all have **sinned** and fall short of the glory of God.’ That means we are all **sinners** — everyone.

And to fall short means we **cannot** have God’s glory because of our **sin**. But Jesus came to **die** for us so we could be forgiven of our **sin** and receive God’s glory.”

“I want that right now. Will you help me?”

“Of course.”

JoJo and her mom shared a very special moment as JoJo prayed to become a Christian.

This message is for all of us, **not** just JoJo. [Romans 3:22 \(NIV\)](#) reminds us, “There is **no** difference between Jew and Gentile.” We may look different on the outside, but on the inside, we are just the same. God gave us the same capacity to love. And HE wants us to put HIM first on the list.

JoJo’s seven-year-old world is fairly small at the moment. But soon it will include more diversity and a wider scope of culture exposure. Hopefully, she will reach out to her friends and say, “Can I tell you about the conversation I had with my mom when I was seven? It will change your life!”

Can God change your life?

God has made it possible for you to know HIM and [experience an amazing change](#) in your own life. Discover how you can [find peace with God](#). You can also send us your [prayer requests](#).

- - - - - < ^ ~ , , ~ ^ > - - - - -

Why You Must Make a Decision about God.

Today I want to get personal with you and yes, put you on the spot. I want to ask you a **question** that you **MUST** answer. The answer to this **question** is a matter of life and **death**. Before I ask the **question**, however, permit me to give you some background.

In [Matthew 27](#) we find Jesus standing trial before Pilate. Christ has been betrayed by Judas and arrested by the Roman soldiers.

HE is now facing Pilate who thinks he holds Jesus' fate in his hands. Unbeknownst to him, what Pilate really holds in his hands is his own fate. As Pilate is sitting on the judge's seat with Jesus standing nearby, he asks a **question** in that should cause each of us to **stop** and think. It is **doubtful** whether Pilate **truly** understood the magnitude of the **question**, nor did he understand that he was making a decision that would affect his soul for all eternity.

[Matthew 27:22 \(NKJV\)](#) provides us with Pilate's **question**. "What shall I do, then, with Jesus who is called Christ?" The immediate answer that came from the people was to **crucify** Jesus and that is exactly what happened.

Today I want to ask you, "What are you going to do with Jesus, who is called Christ?" There are only two answers to this **question**. You either accept HIM as Lord and Savior of your life or you reject HIM as Lord and Savior.

There is **no** 'I'll think about it later' option. If you choose to 'think about it later', then you have **rejected** Christ. Do you understand the implication of choosing to reject Christ? We are never told anywhere in the Bible that Pilate became a believer in Jesus, but let me assure you, if he continued to reject Christ as Savior, a split second after he passed from this world, he became a believer in Christ. Unfortunately, at that point, it was too late. He had made his choice in this life and he discovered that in the next life the consequences of that choice were **not** pleasant. Eternity in **hell** — everlasting **torment** — total **rejection** — complete **aloneness** — utter **abandonment**.

What if you choose to accept Christ? Is that the end? Absolutely **not**. Once we accept Christ as our Lord and Savior, we must then decide how we will answer that same **question** on a daily basis. "What shall I do, then, with Jesus who is called Christ?"

Do I put HIM in a 'Sunday' box and pull HIM out when I go to church?

Maybe I interact with HIM when I am in church and also call on HIM when I am in trouble?

Do I let my friends know that I am a follower of Christ? If I do, I'll be different. I **won't** be like everyone else.

What if someone makes fun of me?

What if I **don't** fit in?

Every day Christians decide how they will answer the **question**, “What shall I do, then, with Jesus who is called Christ?”

Do I spend time in Bible study or do I let my Bible gather dust on the table?

Do I get alone with God in prayer and really get to know HIM or do I turn on the TV or radio to fill the silence?

Do I go to Church or do I Sunday go to the golf course or grocery store?

Do I make a choice to **not** watch television programs and movies that are inappropriate or do I watch them and think, ‘That violence, **bad** language, or **sexual** content **doesn't** really affect me’?

Do I listen to uplifting, Christian music or do I listen to music that does nothing to encourage me in my Christian walk?

Do I choose to clean up my language or do I allow filth to spew from my mouth?

Do I encourage and support other Christians or do I have the attitude of ‘I **don't** want to get involved’?

Hear Jesus' words in **Matthew 10:32 (NLT)**, “Everyone who acknowledges me publicly here on earth, I will also acknowledge before my Father in **heaven.**”

Again I ask you the **question** that you must answer. “What shall YOU do, then, with Jesus who is called Christ?”

- - - - - < ^ ~ , , ~ ^ > - - - - -

### When God Calls It **Sin**

During a time of seeking God for revival, we must **not** forget that turning from our **sins** is a very important step. We need to ask God about the **sins** in our lives — the **sins** that are holding us back from getting all God has for us.

What should we do when we realize the things we are doing are **sins**? You know, when God puts HIS finger on us and calls our actions “**sins**”.

This is something we certainly **don't** like to hear. We would rather call it other things. We may even realize it is **sin**, but we have a list of excuses to help us justify ourselves.

Have we forgotten, what God calls **sin** is still **sin**? Do we need to be reminded there are **no** big and small **sins**? **Sin** is **sin**. Have we deceived ourselves so much we believe our pitiful excuses will touch God's heart and make HIM want to look the other way when we **sin**? Is there a part of us that thinks God has done away with the concept that there are consequences to **sin**?

God loves us and does **not** want **sin** in our lives. The problem is we need to come to the place where we are sorry for our **sins**, ask to be forgiven, and decide to turn from them. We need to uncover the **sin** and deal with it.

“Then I acknowledged my **sin** to you and did **not** cover up my iniquity. I said, ‘I will confess my transgressions to the LORD.’ And you forgave the guilt of my **sin**.” (Psalm 32:5 NIV)

- - - - - < ^ ~ , , ~ ^ > - - - - -

- - - - - < ^ ~ , , ~ ^ > - - - - -

- - - - - < ^ ~ , , ~ ^ > - - - - -



- - - - - < ^ ~ , , ~ ^ > - - - - -

I have seen tenseness in certain relationships and realized that **sin** was the root of the problem. God had called their actions **sin**. They wanted to call it something else. The problem was when God called it **sin**, it was **sin**.

Let us look into our own hearts. We should ask ourselves if there are things in our lives that need forgiveness. It may be hard to do, but God will lovingly show us the areas where work is needed. We should grow in God every day, and this is a good way to start.

Let's **not** ignore **sin**. We must deal with it. Bring it to Jesus. Allow HIS forgiveness to remove the **sin** in our lives. It may be hard to face, but we **can't** argue with God. When God calls it **sin**, it's **sin**.

“Hide your face from my **sins** and blot out all my iniquity. Create in me a pure heart, O God, and renew a steadfast **spirit** within me.” (Psalm 51:9 - 10 NIV)

- - - - - < ^ ~ , , ~ ^ > - - - - -

## **Divorced** Couple Takes a Chance on Better Marriage

In 1998, Randall and Chenel met and married in Kentucky. Chenel was 17 years old and pregnant with their son. Randall was 18 and joined the Air Force to provide for his new family. Stationed in North Dakota, the couple was hopeful for a fresh start.

“We’ve got a new baby, we’re in a new city... I just felt like ‘Wow, this is my chance. I’m grown up now. I can start a new life.’ But things quickly uh went the other direction,” said Chenel.

- - - - - < ^ ~ , , ~ ^ > - - - - -

“I think the reality was that we married too young and we got away from our comfort zone, our parents, and we both had strict mothers and we was out on our own, so we wanted to be free and do what we wanted to do,” said Randall.

And with their freedom, there was also temptation. “Early on, we began to go out. We could hang out at clubs then. A lot of the friends that we were around were having affairs. We began to have communication issues. When issues would arise that we would need to talk about, I would want to talk about them and Randall would want to uh isolate himself. He **didn’t** really want to talk about it. And so that made me madder and madder that he **didn’t** want to talk about it. So, in order to get a response from him, I committed an affair,” said Chenel.

“Well, finding out about it upset me and I could be kinda vindictive at times, so I’m like ‘Okay, she did this to me, so I have got to get her back.’ And so that’s when I start going out and, you know, having affairs,” said Randall.

They say their communication problems stemmed from **dysfunction** in their individual pasts.

“We definitely had unresolved issues. I believe that both of us came in with woundedness, father wounds for sure, both of us have father wounds. And being rejected. And so we brought this baggage into our marriage,” said Chenel.

“When Chenel wanted to discuss a matter, you know, if it angered me, I just wanted to be left alone,” said Randall.

Their behavior toward each other grew more **destructive** and **violent**, with daily arguments and at times, physical abuse. In 1993, they **divorced**.

But over the next 10 - years, Randall and Chenel would engage in a **toxic**, “on and off” relationship, sometimes living with each other- - while they were still **divorced**.

“If he said the sky was **blue**, I was going to say it was **red**. It was just constant turmoil and conflict. And so, while we were very intimate with each other, we **couldn't** get along with each other,” said Chenel.

In 2004 the couple was living together in Kentucky. Randall had a reliable job and Chenel was a newly licensed cosmetologist discouraged about her lack of clients and struggling to earn income. Although, at the salon, she quickly found a friend in another hairstylist.

“Her name was Pat and I admired her. I knew there was something different about her, but I just **didn't** know what. So, as I began to talk to Pat at the salon and I found out that she was a Christian, one day I actually asked her uh if I could go to Church with her and she was like ‘Yeah’,” said Chenel.

She began attending Church regularly, and during a service on October 31<sup>st</sup> 2004, Chenel says her heart changed for good.

“I was ready to change. I was **sick** of the life that I was having all crap. So that definitely made me want to change. I just knew that I was at the bottom, rock bottom, and that something needed to change in order for me and my life to get better.

And so, I ended up there, I ended up at the altar and it literally was like a vision that I could see of Jesus and I could see his arm stretched wide and say, “I’ve been waiting on you, my daughter. I knew that it was – it was a **sin** for me and Randall to live together and **not** be married. I prayed more about my situation, a lot more. “Lord, if this is **not** what you have for me, you know I **don't** have anywhere to go, so what do I do from here?”

Meanwhile Randall began to examine his feelings for Chenel.

“The - the biggest thing that made me **not** want to lose her is that she has always like put like my best interest before hers, so she always made sure – would always try to make sure I was okay.

And so just having somebody to care for you like that, man, it just meant the world. And so for me to be able to keep her, you know, I was going to have to marry her. So I just came home one day and asked her, ‘Baby, you want to do this or what?’ And she was like, ‘What?’ I was like, “You know, want to get married?”

She said yes, and in 2005, the couple re-married. Chenel continued to pray and take their son to Church. As Randall began to see **positive** changes in their lives, he wanted to be a better father and husband. He began to attend Church too. “I’m trying to raise a son and he’s growing up in the word and his daddy’s out ripping and running the streets.

So, I’m trying to raise a good young man, but I got to be able to show him what that even looks like.”

“I feel like a peace came over me like, “Okay, I’m taking the right step” to, you know, for me to lead my family,” said Randall.

The Stewarts attended Christian counseling and began to pray and study the Bible together.

“We have learned how to respect one another, we have learned how to communicate better with one another and we have learned how to compromise.”

“She’s my bestie. That’s my BFF. I like sports, my wife **hates** sports but you know, if I say I’m going to a Bengals’ game or something like that, she wants to be right there and vice-versa. She talked me into going to a ballet. I’m **not** the ballet type of guy, but I went and I actually enjoyed it. So, we just – we have fun together.”

Today Randall and Chenel have a ministry called Redeemed Life and they lead men and women’s Bible studies.

They enjoy visits with from their adult son Bryce and the couple finds joy in raising their two young nephews. Their love for each other is stronger than ever and it’s all because they learned to love each other as Christ loves them.

“Hope. Jesus gave us restoration. It took God to restore this marriage. He showed us how to be committed and loyal, how to love. Love. God gave us this new love and HE showed us how to love one another.”

<https://www1.cbn.com/divorced-couple-takes-chance-better-marriage>

- - ----- < ^ ~ , ~ ^ > ----- - -

### Getting Married: How Do You Know for Sure?

Always a bridesmaid... that is what I thought I would be. As I watched friend after friend walk down the aisle and say, “I do” to their prince charming, I wondered if I would



ever be a bride. I had dated several guys who wanted to become more serious, but when they would start talking about marriage I would start backing away – quickly. Marriage was a huge commitment, and I **wasn't** about to take it lightly. In all of my relationships I had never felt like I knew for sure that the guy was the one for me.

How do you know that for sure? I would often ask my friends or **spiritual** mentors. The reply was always the same, “You just know.” Thanks for clearing that up for me.

What does that mean anyway? You just know. I know a lot of things until I change my mind about them. I just knew that I loved the comforter and pillows that I picked out for my bed – until a year later when I decided I needed a whole new look. I know this is trivial compared to marriage, but the logic seemed the same to me. Even if I was sure now that this person was the one I should marry, would I still feel that way in two years? What about in 20 years? I was signing up to be with the person for the rest of my life; I had to be sure.

So how do you know for sure? I would like to offer some ideas. These are things that helped me when I was facing the same decision.

In my case, I already knew Matt quite well. We had attended college together and had become good friends.

We even went on a couple dates, but I was never interested in anything more than friendship. But eight years later that friendship had turned into something more, and we began really dating. However, I still **wasn't** sure I wanted to marry him.

### Ask Questions

What did it take to convince me? A lot of talking. I **don't** mean that he spent hours trying to talk me into it. I mean that we had to discuss a lot of things. I wanted to know all about him, his hopes, his dreams, his **fears**, his expectations for marriage, and anything else I could think of. I wanted to talk about every possible situation that could arise in a marriage and find out how he would handle it.

It turns out there are actually books that already have **questions** like these for couples. I searched the books and the internet to find suitable **questions**. When we were together we took turns asking each other these **questions**. Since he **didn't** live in the area at the time, we also asked and answered **questions** by mail.

We agreed in advance which **questions** we would answer and mailed our answers out on the same day so that the other person's answers **wouldn't** influence our own. We learned a lot about each other and what we expected from a spouse.

The **questions** covered everything from how many kids we each wanted and where we would like to live to who would do the dishes and take out the trash. You can find many of the **questions** we used in the book, **1000 Questions for Couples** by Michael Webb. Other books with similar **questions** are **The Hard Questions: 100 Essential Questions to Ask Before You Say, "I Do,"** by Susan Piver and **101 Questions to Ask Before You Get Engaged,** by Norm H. Wright.

It's important to **remember** that some people are introverts and need time to process things before they answer.

If your significant other is one of those people, respect that and allow him or her to take the time needed. You **don't** have to cover all the **questions** at once. Spread them out among your other activities and conversations. However, if you find that the person you are dating repeatedly avoids answering **questions**, or feels that the whole idea is a waste of time, be careful. Even guys (or girls) who **don't** like to talk about their emotions should be able to communicate freely with the person they love. If they **can't**, it could be a **red** flag in the relationship.

### Meet the Family

If you have "interesting" family members, perhaps an over-protective father or an annoying sibling, having your date spend prolonged amounts of time with your family may seem scary. But when you marry someone, you also marry that person's family. They come with the package. So it is important for each of you to know what you are getting into.

In addition to spending time with each other's family, discuss your childhood experiences. The way a person was raised shapes their belief system and who they become as an adult. For instance, how did they spend family vacations? Did they even take family vacations? How did their family handle conflicts? How did they handle finances? What are their holiday traditions? These seem like simple things, but when you combine two people with very different holiday traditions, sparks can fly when Christmas rolls around! If you know these family traits ahead of time, you are better prepared to consider what each of you grew up with and decide which of those traditions you want to keep and which you want to change.

It is also important to know about problems within the family. If there were things like abuse or alcoholism in either of your pasts it is important to discuss these issues.

## Consider Your Friends

It is **true** that love can blind us. Often our friends can see things about our relationships that we can **not**. Do your friends like the person you are dating? If your friends express concerns to you, **don't** immediately tune them out. Take some time to prayerfully consider whether what they say has any **truth** in it.

## Take Your Time

Regardless of what your heart (or **biological clock**) says, you do **not** need to be in a rush to get married. It is important to take the time to prepare yourself for such a huge step. Are you emotionally ready to get married? You should **question** your reasons for wanting to marry this person. If it is to make you happy or relieve loneliness, you may find yourself disappointed after the wedding.

Or if you have emotional wounds from your past that you have never dealt with, perhaps you should seek counseling about those issues before proceeding to marriage.

Couples also need to take time to prepare themselves financially for marriage. Love can hold people together through tough times, but it **doesn't** pay the rent. When you marry someone their credit history and debts become yours too. Be sure your finances are in order and try to pay off any large debts before you get married.

## Prayer

Perhaps, the most important step in deciding if you should proceed to marriage is prayer. God created us and knows us better than we know ourselves.

HE knows which person will be the best match for us, and HE will let us know if we are willing to listen to HIM. The key is that we must also be willing to be obedient to what HE tells us. We **can't** ask God if this person is the right one, then plug our ears because we **don't** want to give up the relationship. Surrender your relationship to God from the beginning and be willing to trust HIS guidance for it.

## You Just Know

Once you do all these things, you will have a much better picture of who you are dating and what you both expect in a marriage. There will always be new things that you learn about each other if you do get married but knowing as much as possible from the beginning will make the transition to marriage much easier.

So how do you know for sure? I think my friends were partially right. In a sense, you do "just know," but it **isn't** because of some magical feeling that all is right with the world. Just knowing comes from time spent contemplating your similarities, your differences, and how well you fit together. It comes from asking God in prayer if this is HIS will for you. And it comes from making the decision in your heart that you will remain committed to this person **no** matter what the future holds. When those three things combine and you sense God's total peace about the decision, then you can know for sure.

It **doesn't** mean that you **won't** encounter problems in your relationship along the way. But it does mean that regardless of what those problems are you can look back and know that God brought you together with this person and He will see you through.

- - ----- < ^ ~ , ~ ^ > ----- - -

### Marriage **Secrets** Every Woman Should Know

Authors Greg and Shannon Ethridge have a message for women. You can have the marriage that you have always dreamed of!

Whether your marriage is currently the best it has ever been, or it is in need of repair, the Ethridges suggest that these principles will improve your relationship. Even for troubled marriages, it will take work, but it is possible to breathe new life into a relationship that has grown listless.

Often, when the flames of love are growing dim at home women tend to blame their husbands for becoming cold and distant. Perhaps, says author and counselor Shannon Ethridge, women share part of the blame when their husbands pull away from them emotionally.

Sometimes, she says, it is the women's attitudes or behaviors that have caused the men to become frigid. It is **not** that love has **died** between them; it is just that the husband has shut down emotionally because of how his wife treats him.

In their new book, [Every Woman's Marriage](#), Shannon and her husband Greg discuss the common problems that cause husbands to grow cold in a marriage. Recognizing these patterns can help wives figure out what steps to take to reignite the passion in their relationship.

Secret #1: Your husband **cannot** meet all of your emotional needs.

Many times, the authors say, a husband will pull away from his wife because she puts too many demands on him to meet all of her needs. When he **can't** possibly meet her expectations, he feels like a failure and distances himself from her.

Shannon and Greg, who have been married for 16 years, experienced this in their own marriage. After seven years of marriage, Shannon was extremely unhappy.

“It makes me shudder to think back to that season,” Shannon says, “because I was honestly thinking of leaving him and my two very young children.”

The couple had reached their breaking point when Shannon one day proclaimed to Greg, “You just **don't** meet my emotional needs!”

His reply? “Shannon, you have a Grand Canyon of emotional needs and even if every man in Dallas lined up outside your doorstep, it **wouldn't** be enough. Until you look to God to satisfy your emotional needs there's nothing that I or any other man on the planet can do to satisfy you.”

His response may seem harsh, but it was exactly what Shannon needed to hear. As is often the case in marriages, she was placing a huge burden on her husband. Too many times, she says, women expect their husbands to first figure out what all of their needs are, and then meet them on their own.

“Every man on the planet will cave under that pressure,” Shannon says. “**No** human being can do that for another human being. That's something only God can do for us.”

Through the help of a counselor, Shannon was able to find **healing** for past hurts and learn how to let God meet her emotional needs. She encourages other women to do the same.

**Secret #2: Your husband has emotional needs that are just as important as your own needs.**

It is also important, the couple says, to realize that women are **not** the only ones with emotional needs. Men have many important needs as well.

Often, when women feel that their husbands are **not** meeting their needs, they can become hurtful and unkind toward him. This approach makes most husbands pull away because they do **not** feel respected, a significant emotional need for men.

“For me it **didn't** take too many **negative**, spiteful words thrown into a conversation that would start to freeze me up” Greg says. “It would start to send me to my little quiet place where I **stopped** communicating.”

Women need to realize, Shannon says, that if they were to speak to their best friends, the way they often speak to their husbands, they **wouldn't** have those friends for very long. This was one source of the contention in her own marriage, she says.

“At work and even with my kids I tried to speak so nice and so kind,” Shannon says. “Yet, with my husband, somehow I expected him to be exempt from that need and just be the target of my wrath. That **wasn't** fair.”

Another need, that men have, she says, may surprise many women. Greater than their need for respect, or even for **sex**, is their need to see their wives be happy.

“It's important for women to realize that for a man to be in a marriage where his wife **isn't** happy, that has to be the most crushing thing in the world,” Shannon says. “He feels like he is the source of her happiness. When she's **not** happy, then he must be failing. I think that we owe it to our men to figure out what makes us happy.”

**Secret #3: Your husband was designed by God to be the leader of your family.**

Another problem in many marriages, Shannon says, is that women have usurped their husband's role as the family's leader. Scripture teaches that the husband is the **spiritual** head of the home, but our culture often takes a different view.

The Ethridges cite a popular television program as an illustration of this way of thinking.

“Our favorite sitcom to watch together is Everybody Loves Raymond because it's so funny,” Shannon says. “But there's a prime **example** where Patricia Heaton knows everything and Ray Romano knows nothing. It is very disrespectful to men most of the time. It characterizes men in such a way that women feel they're superior.”

It's an idea that many women, even Christians, have bought into. The Ethridges say many women have contacted them asking similar **questions**.

“Why do I feel so superior to him?”

“Why do I feel as if I can hear from God better than he can?”

“Why do I feel as if I know what's right when it comes to the kids, the house, or the finances?”

“Over and over they realize, ‘I try to wear the pants in the family,’” Shannon says.

She says after she and Greg recognized this pattern in their own relationship, they discovered that many couples share the same dynamic in their marriages.

Taking a step back and letting their men lead the family takes humility, Shannon says, but it is one step that greatly improved her marriage.

Secret #4: Most men **truly** want to make their marriages work.

One thing that the Ethridges say they learned in writing the book is that men are often more committed to their marriages that women believe. The culture would lead women to believe that men do **not** care about their marriages.

In many cases, this idea just **isn't true**. In fact, the authors heard from many men who expressed a desire to do whatever it took to save their marriage.

“I think most men, by nature, are very committed to marriage,” Shannon says. “They want to make their wives happy. They want to keep their family together. They want to do the right thing. I think that it’s up to women to set a time aside and **heal** thier emotional climate in the home to inspire him to remain that committed.”

For too long, she says, our society has painted men as the **bad** guys in marriage.

“It’s as if the past few decades the idea has been that women **aren't** happy in marriage and it’s the man’s fault,” Shannon says. “I think that we have sent them into that corner by our actions and our attitudes, and we have to recognize what we’re doing **wrong**.”

However, their book **isn't** meant to be taken as a condemnation of women, but rather as a guide to help women better understand their husbands and their needs.

Shannon and Greg say they have put these principles to work in their own marriage and have seen drastic results over the years. By sharing their insights, they hope to help other couples experience positive change as well.

The bottom line:

When both spouses are working together to help the other feel loved, there is **no** limit to how close the two can be.

- - - - - < ^ ~ , ~ ^ > - - - - -

## Trusting Our “Intuition” as Parents

When our daughter fainted at Church camp, and tearfully asked if she could come home, I felt a sickening thud in my stomach. My husband and I had **not** felt peace about sending her to camp, yet we buckled under the pressure of well-intentioned others.

Two days of packing and writing her name on clothes and weeks of anticipation came to an abrupt end. On the long drive home, I was frustrated with myself that we acted against our better judgment.

I knew that prayer and trusting my “intuition” usually resulted in good decisions.

It may be how our subconscious mind makes itself heard. It may also be one of the ways the **Holy Spirit** guides us. Our intuition may give us a first impression about something. Sometimes we know something, but **don’t** have anything to substantiate what we know. Because we **don’t** have anything to support our impression, others with logical arguments can persuade us differently as they did regarding our daughter attending camp.

It may be best **not** to surrender your point of view. There’s a reason why something inside is tugging at you. When you feel this way, pray. Spend time alone in a place where you can be quiet with your thoughts. Read scripture, seek godly counsel, perhaps keep a journal. Give yourself time to reason your impressions until you have a sense of direction.

A mom with a hunch, attended an educational lecture titled “How to Keep Your Kids Safe on the Internet,” because she suspected that her 16-year-old step-son, Josh, was involved in illicit online activities. Although Tanya and her husband had installed parental safety controls on Josh’s computer, he learned how to navigate around them. “He downloaded pornographic sites, and chatted with older men online,” revealed Tanya.

Even after Josh’s computer and cell phone were removed, Tanya had a sense that he was continuing his activities. “I just had a really **bad** feeling one morning when Josh was late for breakfast,” she shared. “I went up to his room to find that he was on a borrowed cell phone sending and receiving explicit photographs.”

Nothing in Tanya’s past had prepared her for dealing with these types of problems. Trusting the **Spirit** and praying over Josh revealed issues Tanya needed to uncover.

However, when HE, the **Spirit of truth**, has come, HE will guide you into all **truth**; for HE will **not** speak on HIS own authority, but whatever HE hears HE will speak; and HE will tell you things to come. (**John 16:13**)

Although the **truth** nearly splintered Tanya’s family apart, prayer and Christian counseling assisted in the **healing** process.



Dads also tap into their intuition. When I was a young teenager, before cell phones were commonly used, my siblings, cousins, and I, drove several hours to the local mountains for the day. My Dad, who was at home, had a “sense” that we were in danger and drove up to check up on us.

My 10-year-old sister while sliding down the snow-covered mountain on an out-of-control inner tube crashed into a tree and suffered a concussion.

My cousin, who had the car keys, **couldn't** be reached. My parents drove up while my older brother was carrying my little sister to a distant hospital. Had my Dad **not** responded immediately, my sister's positive outcome might have been different.

Be courageous!

As Christian parents, we have the privilege of welcoming the Lord of the universe into our lives and homes. If we seek HIS guidance, He will direct our path. [1 Corinthians 2:11b](#) says: “Even so **no** one knows the things of God except the **Spirit** of God.” We come to know God's wisdom through the **Holy Spirit**, for the **Holy Spirit** knows the things of God.

If we get in the habit of tuning in and **not** second-guessing ourselves, we will make better choices for ourselves and our children.

Immerse yourself in prayer. Then, be still and listen.

- - - - - < ^ ~ , , ~ ^ > - - - - -

### Why Teens Seek the **Wrong** Crowd

Does your teenager feel valued and significant in your home? If **not**, they'll look for value and acceptance somewhere else. There are plenty of people who can make them feel valued, but mostly from the **wrong** crowd and with the **wrong** motives.

There are four things you can offer your teenager to make them feel valued: your unconditional love, your experience, your time, and your wisdom. Each of these builds value. Being valued makes a teenager feel like they belong; they are accepted and they are therefore at peace with the world. Being valued builds their **self-esteem** and helps them have the confidence to say “**No**” to their peers. Being valued helps a teenager want to maintain their own sense of value and **not** accept anything less.

- - - - - < ^ ~ , , ~ ^ > - - - - -

- - ----- < ^ ~ , , ~ ^ > ----- - -



- - ----- < ^ ~ , , ~ ^ > ----- - -

There are four things you can offer your teenager to make them feel valued: your unconditional love, your experience, your time, and your wisdom. Each of these builds value. Being valued makes a teenager feel like they belong; they are accepted and they are therefore at peace with the world. Being valued builds their **self-esteem** and helps them have the confidence to say “**No**” to their peers. Being valued helps a teenager want to maintain their own sense of value and **not** accept anything less.

When I talk about ways to instill value, you’ll notice that I’ll never mention using “your money” or “your faith” to instill value. Material and **spiritual** things are needed and certainly valuable, but they **don’t** build the kind of value that only a parent’s attention and love can offer.

They are, in fact, often used as crutches by parents **not** interested in instilling real value in their children. Nearly every teen that has come through our Heartlight counseling program has either been given an abundance of material goods or **spiritual** guidance in their lifetime, or both, but for some reason they **didn’t** feel valued by both of their birth parents, so they crashed in the teen years.

### Four Ways to Make Your Teen Feel Valued

1. Make sure there is structure and rules.

Structure says, “You are the one I am concerned about... and I value you enough to work with you and love you through the times you step out of line.” Discipline is all about them, and even though **no** teen outwardly likes it, it says you value them enough to help them.

When kids come to Heartlight and meet me, they really **don't** like me at first.

But eventually they come around to respect me because I **don't** mince words or give them wiggle room on the rules, but I also strive to develop a relationship with them and avoid making them feel like heels when they do make a mistake. They understand that my goal is to help them, **not** badger or demean them. As a result, I **can't** tell you how many calls I receive from kids who have graduated our program, and the college graduations, weddings, and funerals I've attended or lead because these kids wanted me to remain in their life, even years later.

2. Ask **questions** and collaborate with them.

When parents convey that what their teen has to say is important, it also conveys value. We parents share our opinions far too often in the teen years because we **don't** want our teens to make the same mistakes we did. But we need to back off and offer our wisdom only when they ask. And though we may be shocked or **not** like what they are saying, we need to listen to what they have to say anyway. They're probably just thinking out loud, and doing so in their immature way. They may just be echoing what their friends said — **not** really buying into it themselves. If you react too harshly, it can sometimes cement that idea in their mind and cause them to go that direction. So, be sure to talk with your teen and do so mostly with your eyes and ears, **not** your mouth.

3. Give grace.

Grace is an act of kindness. It is offering them something that's undeserved.

It affirms them with a message that says, “I love you when you are doing well, but I will also love you when you **aren't**.” I recommend that all parents memorize this key statement: “There is nothing you can do to make me love you more. And there is nothing you can do to make me love you any less.” Share it with your child on a regular basis. Post it on your refrigerator door, attach it to the bathroom mirror, write it in soap on the windshield of their car. You **cannot** deliver this message to your teen too often. They need to hear it every day.

#### 4. Give of your time.

If you are giving part of your valuable time to your teen, they'll feel important and valued. In my counseling, the most often mentioned desire of teen girls is, "I want more time with my dad." They want time together, even if they **don't** act like they do. Whether you are a mom or a dad, take your teen to lunch, grab a snack after school, attend all games or school events, find things you can do together, and communicate with them online. Send daily text messages to say "Hi" or "I love you." Make sure your teen knows your desire to be involved in his or her life. Do it, or they'll seek validation from someone else, and that can lead to bigger problems than you ever want to have with your teen.

Here is the bottom line... it's important for your teen to know that they **needn't** look or act a specific way, or perform at a certain level in order to maintain your love. Your relationship with them **won't stop** if they mess up, and your love will survive tough times.

Having a relationship that offers significance and value means remaining involved in their daily life and accepting their growing need for independence.

For all of us, value and security comes from knowing we are valued by God and our family. Your teen needs to sense that they "belong" and are valued regardless of what they do. Giving a sense of value is the most valuable gift you'll ever give your children... and it's free! So give it away, freely.

- - ----- < ^ ~ , , ~ ^ > ----- - -

'My Teen **Won't** Talk to Me'

I laughed as I read the cartoon. A mother stood behind her teenaged son and ran a can opener over his head and glanced inside. When he turned to her with an annoyed expression, she threw up her hands and said, 'I just wanted to see what you are thinking!'

It's probably **no** laughing matter if you can relate. It's hard when a parent attempts to initiate conversation or offer guidance and is rejected by their teen. It's even more frustrating when you are unsure of the reason.

- - ----- < ^ ~ , , ~ ^ > ----- - -

- - - - - < ^ ~ , , ~ ^ > - - - - -



- - - - - < ^ ~ , , ~ ^ > - - - - -

**I hear teens say all the time that they'd give anything to talk openly with their parents.**

**At the same time, I minister to parents of teens who sincerely long to break down the walls of miscommunication. Recently, I asked hundreds of teens to share openly about the things that close the door to family communication.**

**Teens opened up because the topic is important to them. Parents are the most important people in their lives. They are the greatest influence – whether **positive** or **negative**. Teens said that they are **not** content with 'how's your day?' or 'turn down that music!' They want and need more, but often are frustrated.**

**These are a few of the roadblocks that teens say keep them from talking about the things that matter the most with the people they love the best:**

- - - - - < ^ ~ , , ~ ^ > - - - - -

## 12. Labels

Teens are labeled every day. They are judged by their backgrounds, what they drive, what they wear and what they look like. With all of these characterizations, the last place they hope to find additional labels is in their own homes.

A few years back, a father shared a story with me about a conflict with his daughter the night before.

She was going out with friends and wore a shirt that left too little to the imagination. He ordered her to change the shirt. As she left the room, he commented, ‘You look like a **prostitute** when you dress like that’. The father defended his comment by saying, ‘They were only words’. My daughter knows I **didn’t** mean it. Beside she **shouldn’t** be wearing clothes like that.

Contrary to this father’s opinion, his words were costly. He is the man that his daughter looks to for guidance and love. Her **self-esteem** is built on his actions and upon his words and she will see herself in the eyes of other men according to her father’s love or lack thereof. The words he spoke **didn’t** fit the situation or his daughter. They **didn’t** guide. They delved deep into the heart of who she was as a person.

How many times do we find ourselves saying, ‘you’re such a slob’ or ‘you never do things right’. Salena, 18, said, ‘If their words are encouraging, I am happy. But if it’s **negative** it makes me feel like I’m the lowest thing on earth’. Labeling our teens only confuse the issue and create deeper problems.

### 2. Fights are Always Ugly

Even in the healthiest relationships, people who love each other will disagree. But one 16-year-old teen, Eleanor, said that she and her parents fought nearly every day. At least when we fight, I **don’t** have to let them get close to me, she says.

**Ouch.** There is a difference between working through conflict and an **ugly** fight. Open warfare and petty bickering cause deep rifts between you and your teen, especially when nothing is resolved.

My son and I are both passionate. My temper simmers. His erupts. **Not** long ago, we experienced an unpleasant confrontation (**translation: bad fight**). We were both hurt and angry. The next day, I asked if we could meet outside and talk about what happened.

We were both wary in the beginning. I let Ryan know that I loved him and that I deeply regretted the fight. He agreed.

I told him that I wanted to hear what he had to say, but asked that he listen to my side as well. I promised that we would try to work together to come up with answers. For the next hour, we talked. I reaffirmed the **positive** things I saw in him, and there were many. He shared frustration over some things that were happening in his life. He was hurting because a friend had wounded him. I asked him to let me know when he was hurting so that I could pray for him and encourage him. Before it was over, he gave me a huge hug and let me know that he loved me. The angry words from the day before dissipated as we sat on the tailgate of the truck and talked. It was the best fight we ever had.

Many parents are afraid that if they work through conflict instead of laying down the law they will lose their authority.

Let me tell you something: When a parent is out of control and a relationship is brought to a low of screaming and fighting or physical force is used to make your teen bend to your will, you've lost your authority already. When you work through conflict with respect, hope, dignity and affirmation, chances are your teen will respond.

### 3. My Parents **Don't** Really Listen

Teens want to have a conversation, but they **won't** attempt it unless they know that Mom or Dad is willing to listen. It's frustrating when someone listens just long enough to jump in to try to fix it or to offer advice or a lecture, when all you want is a listening ear. Many times parents miss the real issue because they fail to listen to the end. They walk away thinking they've fixed the problem when they never really heard the heart of their teen.

Teens will often test a parent. They share enough to see your reaction. If you jump in with a three-point sermon on purity or a lecture on how it was in your day, you might as well put a **no** vacancies sign on your forehead. Your teen **won't** be checking back in. But what happens when you listen to the end? When you hear the heartbeat of your teen, the challenges he is facing, the emotions he's battling. Then you are equipped to help your teen with the real problem. That is your moment to offer realistic guidance that will help your teen find his or her way.

### 4. My Parent Will Freak Out

Karianne, 17, **doesn't** talk to her parents because the reality might be too unsettling for them. My parents know very little of what really goes on in my life. It's **not** that I deliberately hide stuff from them because I'm scared of them finding out, but more because they would give lengthy lectures on how horrible the world is today. It's **not** like I am trying to be sneaky or underhanded; it's just easier this way.



How does the Christian teen tell their mom or dad that kids are having **sex** in the bathroom, or that a friend just told her that she had an abortion, or what it's like to live your faith in a culture increasingly hostile to Christianity? If the parent's instinct is to turn every conversation into a life lesson, they might miss the opportunity to give their teen what they need the most – a safe place to turn. We are our children's allies, but if they **can't** be honest about the challenges they face they carry their burdens alone or, worse, make critical decisions unaided.

We have to listen first and freak out later so we can point our teens to a God who will walk with them **no** matter what they encounter. God is relevant in today's society. He's **not** afraid of tough issues, nor should we be.

### The Benefits

Understanding these roadblocks helps us take conversation with our teens to a deeper level. Talking with teens is **not** one-dimensional. They have a lot to offer! Deeper conversations allow teens to get to know you as well, to hear what you think and to allow you to share ideas. Developing strong communications skills take work and time, but the gift received is the ability to see each other in a whole new light **not** just as mom or dad, son or daughter, teen or adult, but as people.

- - ----- < ^ ~ , ~ ^ > ----- - -

### 7 Tips for a Successful School Year

Moving into a new school year is a time of stress for all families. For kids, stress accompanies new classes, new teachers, new friends, and new academic challenges. There's even more stress for kids who are changing schools!

But, there is also stress for parents as we get our kids back into school year routines, and as we help our kids deal with their stress. As parents, our goal ought to be to intentionally work to keep the stress levels down in our homes. Lowering the stress levels will **not** only help your family, but will also do a lot to make sure your kids experience a successful school year. Here are seven tips to help you along in the process:

#### 12. Create a Peaceful Home Environment

Your kids **don't** need a perfect home, but to thrive, they need a peaceful one. Kids are at battle all day long at school. They battle peer pressure, self - body image, academic pressures, relational issues with peers, and some struggle with being bullied.



They need to come home to a place where they can retreat, drop their battle gear at the door and be in a shelter where they can just be themselves. Your home ought to be the one place your kids feel **truly** safe, where they can be loved and known and cared for.

So, even though there will be stress and conflict at home from time to time, do your best **not** to let the “stuff” of everyday life turn your home into a tense, stressful environment. Make your home a safe, calm haven of escape from the madness going on in the outside world. Perhaps this means starting with the noise level in your home. Turning down the volume of television and music can help. Try **not** to overreact to circumstances of home life. Sure, many issues need to be addressed, but when you get angry or frustrated, overreactions are common and family stress levels rise. Look to cool down before you respond to such situations. Your family will thank you for it. When your home is peaceful, chances are, your kids will do better in school.

## 2. Encourage Your Kids to Make Time for God Everyday

In **1 Timothy 4:8**, we read, “For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” Encourage your kids to have a daily devotional time each and every day. Having a daily time with God is a great way for them to refresh their **spirit** in the presence of God. Your modeling this discipline can go a long way in setting the **example** that your kids will follow. As kids get caught up in all the demands of school and other activities, it’s key for them to understand the **truth** that “Unless the Lord builds the house, its builders labor in vain” (**Psalm 127:1**). Further, consider a regular family devotional time. Take advantage of opportunities for worship that your church offers.

## 3. Make Physical Needs a Priority

**1 Timothy 4:8** is also a good reminder to us that “physical training is of some value.” To keep kids healthy and functioning at their peak, as well as to keep the stress monster at bay, we need to help ensure that they maintain a balanced physical lifestyle. This means that they need to get regular exercise, plenty of rest (**9 to 9.5 hours per night for teens!**), and eat a healthy diet! Making sure that your kids’ physical needs are being met takes a lot of effort, but again, kids tend to do better in school when their bodies are well-cared for.

## 4. Keep the Safety Net Strong

I mean your family, of course. Within your family, your kids find the important relational connections that will sustain them through the good times, as well as the **bad**. Strained or broken family relationships affect other areas of your kids’ lives – like their school performance. So, take the lead in your family to make sure your relationships become and stay healthy.

Start by evaluating whether or **not** you are currently “enjoying” or “annoying” your family, then make the changes necessary to strengthen those family ties.

## 5. Protect the Balance of Scheduling

Parents will help their kids have a successful school year by protecting a balanced lifestyle, in terms of scheduling.

Look at the big picture. School, homework, athletics, hobbies, and church activities all add up to a significant amount of your son’s or daughter’s time. Help evaluate the effects that these various activities have on their lives. **Don’t** be afraid to initiate a cutback in order to protect their most important involvements. Help your kids to learn that **no** one can do everything! Watch for emerging signs of stress. If your kids are demonstrating stress, be sure to reevaluate their schedules.

## 6. Keep an Eye on Academics

There’s **no doubt** that your kids’ schoolwork is important! It’s wise to take an active role in regularly checking on how your children are doing academically. **Don’t** just look for the bottom line (**grades**) but keep an eye on whether or **not** they are learning disciplined study habits, if they are turning in assignments on time and what areas they might need additional help with.

Having said this, let me also say, as parents we need to maintain balance in this area! Too many parents hover over their kids like helicopters, making sure every assignment is completed, on time, and done correctly. This actually serves to hinder our kids’ development toward independent adulthood. Kids need to learn to become responsible in this area of their lives. Many parents today wrap their own self-worth in how their kids are doing in school. I’ve known parents who actually do their kids’ homework for them! “Just say **no**” to this type of behavior!

## 7. Roll With the Punches!

**No** young person is exempt from facing at least occasional difficulties associated with school. Some are just brief “moments” while others are “seasons.” How they respond to the hard times is a key determining factor in whether or **not** anxiety will wreak havoc in their lives; anxiety that soon begins to affect their school performance. The people who enjoy the highest level of contentment in life are the ones who can stay flexible when the tough times happen – and they are the ones who end up standing when those times have passed.

So, teach your kids to roll with the punches: To face difficulties with faith and courage, to get up off the carpet when they fall, to dust themselves off, work to constructively resolve their problems, and to move on is a key life lesson they'll thank you for – for years to come!

- - ----- < ^ ~ , ~ ^ > ----- - -

You go camping or hiking. What do you do for a bear encounter? What do you do for a MT. Lion encounter? Like dogs? Like horses? Who is saving horses?

Never guess what the Vet found inside the dog.

- - ----- < ^ ~ , ~ ^ > ----- - -

Guest: **Kim Meeder**

**June 16, 2019 =>** Kim Meeder discovered our God **cannot** be captured or contained. He's **unstoppable!** But Kim says when you search HIM out, your wild, miraculous God will be found! Also see [Something More](#) with Kim! **28 ½ min**

[https://sidroth.org/television/tv-archives/kim-meeder/?src=weeklybroadcastemail\\_071519&utm\\_campaign=weekly-broadcast&utm\\_medium=email&utm\\_source=luminate](https://sidroth.org/television/tv-archives/kim-meeder/?src=weeklybroadcastemail_071519&utm_campaign=weekly-broadcast&utm_medium=email&utm_source=luminate)

- - ----- < ^ ~ , ~ ^ > ----- - -

### Trusting Our “Intuition” as Parents

When our daughter fainted at Church camp, and tearfully asked if she could come home, I felt a sickening thud in my stomach. My husband and I had **not** felt peace about sending her to camp, yet we buckled under the pressure of well-intentioned others.

Two days of packing and writing her name on clothes and weeks of anticipation came to an abrupt end. On the long drive home, I was frustrated with myself that we acted against our better judgment.

I knew that prayer and trusting my “intuition” usually resulted in good decisions.

It may be how our subconscious mind makes itself heard. It may also be one of the ways the **Holy Spirit** guides us. Our intuition may give us a first impression about something. Sometimes we know something, but **don't** have anything to substantiate what we know. Because we **don't** have anything to support our impression, others with logical arguments can persuade us differently as they did regarding our daughter attending camp.

It may be best **not** to surrender your point of view. There's a reason why something inside is tugging at you. When you feel this way, pray. Spend time alone in a place where you can be quiet with your thoughts. Read scripture, seek godly counsel, perhaps keep a journal. Give yourself time to reason your impressions until you have a sense of direction.

A mom with a hunch, attended an educational lecture titled "How to Keep Your Kids Safe on the Internet," because she suspected that her 16-year-old step-son, Josh, was involved in illicit online activities. Although Tanya and her husband had installed parental safety controls on Josh's computer, he learned how to navigate around them. "He downloaded pornographic sites, and chatted with older men online," revealed Tanya.

Even after Josh's computer and cell phone were removed, Tanya had a sense that he was continuing his activities. "I just had a really **bad** feeling one morning when Josh was late for breakfast," she shared. "I went up to his room to find that he was on a borrowed cell phone sending and receiving explicit photographs."

Nothing in Tanya's past had prepared her for dealing with these types of problems. Trusting the **Spirit** and praying over Josh revealed issues Tanya needed to uncover.

However, when HE, the **Spirit of truth**, has come, HE will guide you into all **truth**; for HE will **not** speak on HIS own authority, but whatever HE hears HE will speak; and HE will tell you things to come. (**John 16:13**)

Although the **truth** nearly splintered Tanya's family apart, prayer and Christian counseling assisted in the **healing** process.

Dads also tap into their intuition. When I was a young teenager, before cell phones were commonly used, my siblings, cousins, and I, drove several hours to the local mountains for the day. My Dad, who was at home, had a "sense" that we were in danger and drove up to check up on us.

My 10-year-old sister while sliding down the snow-covered mountain on an out-of-control inner tube crashed into a tree and suffered a concussion. My cousin, who had the car keys, **couldn't** be reached. My parents drove up while my older brother was carrying my little sister to a distant hospital. Had my Dad **not** responded immediately, my sister's **positive** outcome might have been different.

**Be courageous!**

As Christian parents, we have the privilege of welcoming the Lord of the universe into our lives and homes.

If we seek HIS guidance, HE will direct our path. **I Corinthians 2:11b** says: “Even so **no** one knows the things of God except the **Spirit** of God.” We come to know God’s wisdom through the **Holy Spirit**, for the **Holy Spirit** knows the things of God.

If we get in the habit of tuning in and **not** second-guessing ourselves, we will make better choices for ourselves and our children.

Immerse yourself in prayer. Then, be still and listen.

- - ----- < ^ ~ , , ~ ^ > ----- - -

### Get to Know Your Child’s Friends

During the teenage years kids’ social lives begin to blossom and develop, often becoming the most important area of their lives.

The need for acceptance and belonging drives some young people into lives of moral compromise. Unfortunately, the desire to belong can sometimes be greater than the desire to live a life of non-compromise. Kids can view compromise as valuable if the end result is that their social group will accept them.

The priority of social development of adolescents is a good reason why parents should do whatever they can to get to know their teen’s friends.

Knowing your teen’s friends will definitely provide insight into the morals and values that are influencing your son or daughter. In the process of getting to know your teen’s friends, you will learn a lot about your own daughter or son as well.

- - ----- < ^ ~ , , ~ ^ > ----- - -

- - ----- < ^ ~ , , ~ ^ > ----- - -

- - ----- < ^ ~ , , ~ ^ > ----- - -



- - ----- < ^ ~ , , ~ ^ > ----- - -

Here are a few suggestions when it comes to getting to know your child's friends:

1. Never embarrass your kids in front of their friends.

Doing so will lessen the likelihood that your kids will want to have their friends hang out when you are around.

2. **Don't** act like a teenager.

You're **not** one. Your kids know it. Their friends know it. Be friendly. **Don't** be overbearing when trying to get to know your child's friends. Be yourself.

2. Offer the secret ingredient for friendship - building.

It's **no** secret that kids like to eat. And typically there's food around when we hang out with our friends. Take advantage of the food - friend connection by making sure you always have some "fun food" on hand when your kids bring their friends around.

3. Allow kids to be “kids.”

Sometimes teenagers just need to “let off a little steam.” When they do, they might act a little weird at times. But as long as they’re **not** doing anything illegal or immoral, just let them be. **Don’t** constantly nag them about normal “kid” behaviors.

5. If space and resources allow, consider having a dedicated “kid-friendly” area in your home.

It’s a good idea to turn an unused room or space in your home into a “kid-friendly” area where your kids and their friends can hang out. This way, as a parent, you can pop in periodically, have some interaction with the group, and then pop back out again.

- - ----- < ^ ~ , , ~ ^ > ----- - -

Guest: **Kim Meeder** with Something More

Like dogs? Like horses? Who is saving horses? Never guess what the Vet found inside the dog.

**June 13, 2019** => Kim Meeder discovered when you search HIM out, your wild, miraculous God will be found! She says God is **not** calling you to fully understand HIM, but HE does want you to fully trust HIM.

<https://sidroth.org/television/tv-archives/kim-meeder-2/> **28 ½ min**

- - ----- < ^ ~ , , ~ ^ > ----- - -

How to Set Up Boundaries with Your Adult Children

Good parents establish healthy boundaries for their kids and then hold them accountable.

The goal is take the monkey of responsibility off your back and put it on theirs. This goes right along with the saying, “They will never know how far the town is if you carry them on your back.” One mom said to me, “I wish my 22 year old would schedule her own dentist appointments.” I smiled because the mom **didn’t** get the irony in her statement.

#### 4 Helpful Phrases to Remember When Setting Boundaries

1. “You earned it.” In other words, “You earned your **negative** outcome and consequences.” This is the principle that you reap what you sow. This is often used with alcohol and drug abusers. But, it also works well when setting and enforcing healthy boundaries.

When adult children make poor choices, we can say they earned their consequences. This principle is an essential life lesson for adolescents and young adults.

2. “You can choose the pain of self-discipline or the pain of regret.” Everyone knows there is pain in life. We either chose the pain of self-discipline or the pain of living with regrets. Enabling takes away the opportunity for our adult children to grow in self-discipline.
3. “You **can’t** want it more than they want it.” If your kids **don’t** want to make good choices, **no** amount of wanting them to will change things. Even when our adult children make poor decisions, we must let them clean up their own messes. There are consequences for our choices, both good and **bad**. Until your kids decide they want good consequences, you **can’t** want them into good choices.
4. “When the pain of remaining the same is greater than the pain of changing, they will change.” One parent said to me, “I knew my daughter was making some poor choices. I also knew that when the pain threshold of her decisions got to a breaking point, she had the skills to make better decisions.” It seems like most of life’s lessons come through the school of hard knocks. Sometimes adult kids learn best through the pain of poor choices.

Negotiating boundaries can be tough, but the saying is **true**, “Good fences make good neighbors.” Boundaries give your adult children the opportunity to thrive by providing a structure for healthy independence.

Some might ask, “Can I set boundaries and still be a loving parent?” The answer is a resounding “Yes!”

Establishing boundaries **isn’t** selfish or unloving. It’s the best way to give your children the wings they need to become responsible adults. If you take on the responsibilities your children should be carrying, you will only perpetuate an unhealthy dependency.

You’re living out a biblical mandate by creating healthy boundaries. “Each one should carry their own load” ([Galatians 6:5](#)). Everyone has responsibilities that only he or she can carry. Boundaries are a loving way to create a path toward responsibility for one’s own actions.



- - ----- < ^ ~ , , ~ ^ > ----- - -

**Guest: Dr. Sandy Kulkin**

**June 30, 2019 => Dr. Sandy Kulkin says it is time to discover who you have been created to be — and the secret is hidden in your personality. 28 ½ min**

[https://sidroth.org/television/tv-archives/dr-sandy-kulkin/?src=weeklybroadcastemail\\_072919&utm\\_campaign=weekly-broadcast&utm\\_medium=email&utm\\_source=luminate](https://sidroth.org/television/tv-archives/dr-sandy-kulkin/?src=weeklybroadcastemail_072919&utm_campaign=weekly-broadcast&utm_medium=email&utm_source=luminate)

- - ----- < ^ ~ , , ~ ^ > ----- - -

**10 Building Blocks for a Happy Family**

Most parents are doing a good job of parenting, but **don't** realize it.

All parents should understand that there are **no** perfect families. I know for sure that mine **isn't!** Likewise, there is **no** perfect parenting method.

Still, my wife Cathy and I have settled on what we believe to be the 10 essential ingredients for building and maintaining a happy family. Here they are presented in an “overview” form. For a more in-depth look at these issues, you may find my book, [The 10 Building Blocks for a Happy Family](#), helpful!

1. Be there for your kids.

Your children regard your presence as a sign of caring and connectedness (**even when they don't seem to do so!**) Presence provides kids with a greater sense of security than almost any other quality parents can offer.

4. Express affection, warmth and encouragement.

Families with a sense of A.W.E. – as opposed to shame-based parenting – is a home where children and spouses will feel more secure.

5. Build healthy morals and values.

The decisions kids make today will often affect them for the rest of their lives. Parents have significant powers of influence – through modeling and teaching – over the morals and values their kids carry into adulthood!

6. Discipline with consistency.

Clearly expressed expectations and consistent follow-through produce responsible kids. Make your goal of discipline one of teaching kid’s responsibility **not** evoking obedience.

7. Ruthlessly eliminate stress.

The unbalanced life will **not** be kind to the areas we neglect. Parents must make the difficult decisions of reducing the effect of our culture’s breathless pace on their family.

8. Communication is key.

**Positive** communication is the language of love for our children. Parents must take the initiative to set the tone for family communication – which includes the important skill of listening.

7. Play is necessary for a close - knit family.

There is nothing like play to bring about family togetherness and communication. Play builds family memories, reduces family stress and produces support and affirmation.

8. Love your spouse.

A loving marriage brings hope and security to your children. At times, this means putting your spouse’s needs ahead of your children’s needs.

9. Let your life reflect the understanding that the best things in life are **not** things.

Healthy stewardship and financial decisions produce positive family priorities.

10. Energize your family’s **spiritual** growth.

Your greatest calling in life is to leave a **spiritual** legacy for your children. Pay close attention to your own **spiritual** health and model a healthy **spirituality** for your family.

- - - - - < ^ ~ , , ~ ^ > - - - - -

- - - - - < ^ ~ , , ~ ^ > - - - - -

Guest: **Dr. Joe Wadlinger**

**July 28, 2019 =>** Dr. Joe Wadlinger developed incurable body pain — he wanted to die! He and his wife Heidi had to unlearn everything they knew about **healing**. Hear the **truths** that healed Joe and will **heal** you! **28 ½ min**

[https://sidroth.org/television/tv-archives/dr-joe-wadlinger/?src=weeklybroadcastemail\\_072919&utm\\_campaign=weekly-broadcast&utm\\_medium=email&utm\\_source=luminate](https://sidroth.org/television/tv-archives/dr-joe-wadlinger/?src=weeklybroadcastemail_072919&utm_campaign=weekly-broadcast&utm_medium=email&utm_source=luminate)

- - - - - < ^ ~ , , ~ ^ > - - - - -

### **12 Questions** to Ask Yourself about Someone You Might Date

When considering a relationship with someone, it is important to consider that person's **spiritual** beliefs, as well as, the way they view life and how they treat others.

Authors Lee and Leslie Strobel say the following **questions** are important to consider before you being in a dating relationship.

1. Can he describe a specific time or era during which he received Christ's gift of eternal life?

If he **can't** pinpoint the time of his conversion, or at least the time frame in which it occurred, then it might **not** have ever happened. Listen carefully when he talks about his faith. Is he counting on his good deeds, religious rituals, and winning smile to get to **heaven**, or does he describe coming to the point of recognizing his **sinfulness**, turning from his own path in life, and receiving Christ as his forgiver and leader? He saved us, **not** because of righteous things we had done, but because of his mercy, says **Titus 3:5**.

2. When he talks about the future, is there room for God?

Or, does he envision a future of his own making? Does he talk about seeking God's direction for his life? Does he have plans to serve God and the Church in some way? Is he focused on the achievement of temporal success or eternal significance? Does he want to make a difference in the world for Christ? "But one thing I do," said the apostle Paul. Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me **heavenward** in Christ Jesus.

3. Is he willing to postpone immediate gratification so that greater satisfaction can come in the future?

Does he live out the biblical teaching that sacrifice and struggle often are necessary to achieve greater long-term goals?

Or, does he relentlessly pursue short-term pleasure at the expense of long-term consequences? “Healthy religion calls for us to forsake self-indulgent, self-centered living and to commit instead to purity, love, giving, unselfishness, discipline, and sometimes uncomfortable lifestyles,” Collins said. “This is **not** intended to steal away our joy and make life miserable. In contrast, a life of devotion brings inner peace, fulfillment, and the promise of better things to come in the future.”

#### 4. What is his attitude toward other people?

Does he use others merely as tools to get what he wants, or does he genuinely care about other people? Is he polite because his parents taught him good manners, or because he sincerely respects others? How does he treat the less fortunate in our society?

Does he care about the needy? Does he have a sense of social justice that makes him want to see conditions for the poor improved, or is he uncaring or even cynical about those who have less than he does? He who mocks the poor, says [Proverbs 17:5](#), shows contempt for their Maker.

#### 5. Does he exhibit the traits of Jesus?

Does he forgive those who hurt him or does he enjoy nursing a grudge and plotting revenge? Is he generous toward others? Does he stand up for what’s right? Does he care about the poor and the downtrodden?

My friend Gary Collins, a Christian psychologist, put it this way: “The Bible knows nothing of **true** Christians who are miserly, spiteful, habitually unforgiving, self-righteous, or arrogant. Nobody is perfect and we are all tempted to **sin**, but the **true** Christ-follower shows signs of becoming more like the master.”

#### 6. Who does he spend his time with?

Birds of a feather do tend to flock together. You can learn a lot about his discernment and what he values by looking at who he shares his time with. Is he constantly pulled toward the “in-crowd” whose main activities would be anything but pleasing to God, or does he seek relationships with Christians who can encourage him to grow in his faith and lovingly hold him accountable? Do **not** be misled, says [1 Corinthians 15:33](#), **Bad** company corrupts good character.

7. Does he care about bringing the Gospel to those who **haven't** heard it?

People whose hearts have been transformed by Christ feel motivated to share their faith with others. But someone who's a Christian in name only sees **no** reason to bring the message of Jesus to those who **haven't** heard it. As one ancient saint said: "I **doubt** the salvation of anyone who **doesn't** care about the salvation of his neighbor." That **doesn't** mean he has to be Billy Graham, but it does mean he prays for lost friends and takes advantage of opportunities to engage them in **spiritual** conversations so he might be able to tell them about Christ.

8. Is he honest about the little things in life?

Integrity means there's a consistency between a person's beliefs and behavior or between his character and creed. Does he have a reputation for being trustworthy, or is he known for trying to cleverly cut ethical corners? One woman said her boyfriend's character was revealed when a waiter accidentally gave them the bill for another table. Instead of pointing out the error, he tried to quickly pay the lesser amount and leave – until she **stopped** him.

"There is **no** such thing as a minor lapse of integrity," said business guru Tom Peters. Seemingly small acts of dishonesty often reveal the **true** state of a person's heart. The godly walk with integrity, says **Proverbs 20:7**.

9. Through what lenses does he see the world?

We all view life through one kind of lens or another. "The term worldview may sound abstract or philosophical ... but actually a person's worldview is intensely practical," said Charles Colson. "It is simply the sum total of our beliefs about the world, the 'big picture' that directs our daily decisions and actions..."

Genuine Christianity is a way of seeing and comprehending all reality." Does this individual see an artificial separation between his **spiritual** life and the rest of his existence, or is his faith integrated into all areas of living? Does he recognize and apply the Bible as the foundation for his whole life?

10. Does he take responsibility for his actions?

Is he quick to candidly admit when he has made a mistake or does he try to justify his actions even when they were clearly **wrong**? Does he gloss over his own **sinfulness** or blame others for things he did? "Healthy believers **don't** try to pass the buck, pin the blame on somebody else, or refuse to acknowledge our actions," Collins said.

Instead, they “admit errors and **sinfulness**, seek forgiveness from God and from others who might have been harmed, make restitution when possible, and go on – determined **not** to let a similar situation happen again.”

### 11. Does he possess humility?

Jesus spoke out forcefully against pride, and **Micah 6:8** says that **true spirituality** involves walking humbly with God. Does this individual always have to be right? Does he hog credit or generously praise the contributions of others? Does he constantly put himself first and think he knows better than everyone else? “[**Humility**] is **not a false** piety that denies the strengths God has given,” Collins said. “It does **not** involve putting our - selves down and wallowing in insecurity or self - pity.

Humility is a quiet recognition that all we have and are comes from God. It is an attitude that is open to new insights and -as little concern about inflating our ego or enhancing our image.”

### 12. What does he choose to feed his mind?

What kind of books does he read, music does he listen to, video games does he play, internet sites does he visit, and movies does he watch? **Philippians 4:8** says, Finally, brothers, whatever is **true**, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. What a person feeds his mind is what he will eventually become. As Paul urged: Be transformed by the renewing of your mind.

This checklist **isn't** intended to be rigidly applied. While all Christians are continually growing to become more like Jesus, this is a process that varies in pace from individual to individual and will never be completed this side of **heaven**. Perhaps these **questions** have even raised concerns about some areas of your own life that you need to address before God. In any event, raising these issues can help us diagnose the general condition of the other person's Christian life. **Don't** flinch from being honest as you seek answers. Keep in mind that self-interest – such as romantic feelings toward the other person – can fog otherwise clear thinking.

- - - - - < ^ ~ , , ~ ^ > - - - - -

Guest: **David Hogan**

**May 26, 2019 =>** David Hogan says the same transformative power of God that saved him from religion will start a fire in you. And his ministry has seen hundreds of people raised from the **dead!**

**28 ½ min**

[https://sidroth.org/television/tv-archives/david-hogan/?src=mb\\_june2019&utm\\_campaign=eappeal&utm\\_medium=email&utm\\_source=luminate](https://sidroth.org/television/tv-archives/david-hogan/?src=mb_june2019&utm_campaign=eappeal&utm_medium=email&utm_source=luminate)

- - ----- < ^ ~ , , ~ ^ > ----- - -

## Can **True** Love Be Found Online?

When summer begins, we are suddenly in the thick of wedding season. It's time for joy, flowers, caterers, something borrowed, and something **blue**. Do you feel the love?

I guess **not**. In the midst of all this wedded bliss, you're just trying to avoid your newly engaged friend and sparing yourself a half - hour conversation about the difference between egg white and winter white.

Maybe it was getting that last wedding invitation of a college friend or browsing through Bed, Bath & Beyond with a gift registry full of expensive silverware. Somehow, you **can't** help but feel a little left out.

Let's be honest. Growing up, you always took for granted you'd be married by now. It **didn't** seem like rocket science. Some of your less-coordinated friends have managed to do it. **Couldn't** be that hard.

So you got a house, a car, a degree, a job, did some traveling, and built yourself into somebody rather enviable.

But one thing today's singles are finding out is that there is one thing in life you **can't** work for, be good enough for, or accomplish through any persistence of your own. You **can't** make love happen; it just does.

Or does it?

Today, singles all over the world are kissing fate goodbye and looking for love digitally.

This is hardly a new phenomenon. Online dating has been around as long as the web made it possible for two people to communicate. Now, millions log on to sites and apps every day to search through profiles and photos of total strangers, hoping to find that special someone.

Of course as long as there has been online dating, there has been a stigma attached to it. Ten years ago, had anyone told you, "We met online", you may have tried to stifle one or possibly all of the following:

- A giggle

- An awkward smile
- A look of shame

It was the equivalent of saying, “I’m desperate and the ticking of my biological clock keeps me up at night.”

However today, with the bombardment of TV ads and word-of-mouth praise, digital daters are coming out of the closet. And **no** one is more into the trend than Christians.

I **didn’t** believe it until I began researching for this article. I took a random, informal survey of several graduate school students, encouraging them to share their thoughts on dating online. First came the cynics:

“Personally, I would **not** use it. I believe nothing is impossible for God and **no** matter how probable or improbable it is for me to meet someone in my given circumstances, God can do all things... I feel it would be irreverent to **not** include God in the mate selection process.”

“I’m a single skeptic, emphasis on skeptic! It’s very ironic because I am very tech-forward! I conduct most business online, but somehow I **don’t** trust online dating... seems like people can camouflage their issues. Plus, you can tell all kinds of tall tales unchallenged [**and**] unchecked... heck, sometimes it’s hard enough to tell when people are fibbing to your face!”

“I am single, but I would never consider an online dating service. In my opinion, it is a sign of desperation and could be very dangerous as well.”

... and this was just the printable stuff. I was almost convinced this was a practice only for the lonely and **sexually** deviant.

Then, the testimonies poured in:

“I will be celebrating my one-year wedding anniversary. It was truly the most romantic mind-blowing experience that I have ever had... We were matched and actually spent hours emailing and talking on the phone. It was wonderful. I did **not** believe in soul mates until I met him.”

“I **wouldn’t** have dared to dream of a man who knows instinctively when to put his arm around me, take my hand, or take me home when I’m exhausted.



I'd always dreamed of a man who loved Jesus, **wasn't** afraid to show it, and would worship with me at church and home. I now have that. We are so grateful, and we **remember** to thank God for bringing us together... God saved each of us for the other."

"We talked for about six months online before we ever moved to talking on the phone. After a while of talking on the phone, we knew we had deep feelings for each other. Eventually, we decided to meet and there was **no** turning back. It will be two years since we met the first time and we just married."

Who knew this was the hip way to get hitched? I received email after email from happy couples. Apparently, there is something special to be found online for the single heart that chooses to look there.

As popular as this is becoming, digital love still begs a few **questions**:

**Where Does God Factor?**

All good little Christian boys and girls are taught that God will bring you your future mate. This passive approach to life is especially impressed upon us women. It's "he who findeth a wife" after all. We're **not** supposed to be actively looking. It's a sign we **don't** trust God.

In response to this, a friend of mine told me, "Look, you hire an agent when you buy a house. You have an advisor to help you choose courses in college. Why **not** have someone help you find the love of your life?" He had a point. Why have we been leaving the most important decision of our lives up to chance?

When asked, many of my happy couples said God led them to the Internet and they know it was HIS guidance that brought them together in this non-traditional sense. It makes sense since HE is a non-traditional God.

**What If He / She Is a Psychopath?**

Another concern is the perceived increased chance of meeting someone crazy, socially inept, or **worst** yet... married. It's certainly valid. The anonymous nature of conversing online and via dating apps is like a mating call to the weirdos of the world.

The good options have methods to minimize your contact with these types of people. Extensive **questionnaires**, private chats, and in - depth personality profiles are now common features on the leading matchmaking services.

Some of these test results are surprisingly insightful. The process of finding someone could actually help you find yourself.

Go with sites and apps recommended by friends who have used them. With the right one, meeting someone online is **no** more risky than meeting someone at Starbucks.

### Whatever Happened to Romance?

Your eyes meet from across the room. You reluctantly go on a blind date only to be enchanted by a stranger. He grabs your soy latte by mistake. You laugh, you talk, you marry two years later.

We all have our fantasies about that first magical meeting. I **doubt** any of us envisioned beginning our love story with... “I logged on and liked his profile, so I sent him an ice-breaker.” **Not** romantic.

Of course, if we really think about it, many events in our lives **haven't** gone according to plan... and maybe for good reason. **Isaiah 55:9** says, “For as the **heavens** are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.” One thing that makes God - God is that HE **doesn't** have to follow our roadmap. That's a good thing. Which would you rather have: a life designed by Someone who's omnipotent and omnipresent or by you, a vapor who still **can't** solve a Rubik's Cube?

Life is full of surprises. It would be quite tragic if you missed out on someone great because he or she **didn't** arrive the way you expected.

There are a lot of good reasons to **stop** envying the bride and groom and go find your own wedded bliss online. But, the most important thing is to listen to the Lord. What is HE saying about your future? Pray. We must, above all else, seek HIM.

It's easy to let the feelings of being left out of love cloud our thinking. Free your mind to the possibilities. Whether it happens in the aisle of a bookstore, the counter at a coffeehouse, or in the digital world, there's nothing **wrong** with holding out for the fairy tale.

- - ----- < ^ ~ , , ~ ^ > ----- - -

- - ----- < ^ ~ , , ~ ^ > ----- - -

Guest: **Guillermo Maldonado**

**July 7, 2019 =>** Guillermo Maldonado has all his prayers answered... very quickly. Are you interested in knowing how he approaches God? In knowing your prayers are being answered?

**28 ½ min**

[https://sidroth.org/television/tv-archives/guillermo-maldonado-3/?src=mb\\_july2019&utm\\_campaign=eappeal&utm\\_medium=email&utm\\_source=luminate](https://sidroth.org/television/tv-archives/guillermo-maldonado-3/?src=mb_july2019&utm_campaign=eappeal&utm_medium=email&utm_source=luminate)

- - ----- < ^ ~ , , ~ ^ > ----- - -

If YOU like or YOU got some help from this PDF 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 PDF subject above send the **MSTP PART** Doc to:

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

- - ----- < ^ ~ , , ~ ^ > ----- - -

If you like these PDF 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**) to you and can provide a lot of entertainment and a fulfilling day when you're in the right mindset.

- - ----- < ^ ~ , , ~ ^ > ----- - -

Join up with a volunteer non-profit program.

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 next Her for YOUR life. This Web Site is sponsored by a **Lions Club**.

- - ----- < ^ ~ , , ~ ^ > ----- - -

**Note:** Yes. Both single people, people just dating and married people have reviewed (**Well Pre – viewed**) this “Web Site” and its **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:** First - 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 – down load and send or please tell a few others.

Marriage Second Time Plus . **Org => A new Blog:**

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

- - ----- < ^ ~ , , ~ ^ > ----- - -

### The Search for Love after 30

When the streamers fell and the cheering subsided, 40-year-old Audrey Wineglass Foster stood amongst her friends and family as the unexpected guest of honor at her own birthday party. She was quite surprised.

She hugged everyone who celebrated her special day. She was especially appreciative of Fred, her husband of two years. He arranged the entire festive event aboard the **Spirit** of Washington cruise ship. As the party sailed gently down the Potomac River and she danced the night away in his arms, everyone marveled at what a wonderful husband Fred was. However, just a few years ago, life for Audrey was very different.

“My single years were spent trying to find myself,” she says. “I’d grown up in Church and decided at 18 that I needed to find myself apart from my parents and any Church.”

She wrestled with her faith as most young adults do, and she found herself conflicted between how she was on Sunday and how she acted the rest of the week.

“I felt like I’d been some hypocrite, thinking one way and acting another,” she confesses. “That’s how I saw Christianity. Look good on Sunday. I had my Church friends and my world friends, and I thought I’d **die** if the two ever met.”

Audrey says she was tired of “trying” to be a Christian and thought she should focus on being herself... or so she thought.

“My thing **wasn’t** drugs. I **didn’t** have a desire to drink myself into oblivion but the attention of someone – anyone – was what I craved,” she says. “I knew I **wasn’t** supposed to fornicate but I was rejecting what I had been taught to believe. So I did.”

It **didn’t** take long for Audrey to develop a damaging identity. She recalls, “Before you knew it, I had slept with one too many guys, and I was now the girl on campus with a ‘reputation’ – the girl who slept around and who **no** one respected.”

How could it have happened? She was raised in Church – the daughter of deacons. Yet Audrey fell prey to the **deceptive** nature of “casual” **sex**.

“When you sleep with someone, it is an intimate act and one preserved only for marriage,” she explains. “When it’s done outside of the covenant of marriage, you give away pieces of yourself. Before you know it, very little of who you **truly** are is left. God **didn’t** intend for my heart to be hurt again and again but I continued to step outside of God’s plan for me. Hurt happened, and it hurt more than it should have.”

After getting her heart broken enough times, Audrey began searching for a lasting love. The “one” she was looking for was in her heart all along.

She rededicated herself to Christ. She found a new life in HIM, but her dating life was still troubled.

“I dated and then I’d have these dry spells that would go on for years literally. I’d have a date, then expect too much, give too much and be right back in the hole I was in before. I was needy,” she says.

By now, Audrey was in her 30s and still single. Her hopes for marriage were starting to fade.

“The seemingly shrinking pool of prospects frightened me, which made me even more needy,” she says. “I **couldn’t** believe that there were any men out there. The statistics supported my unbelief.”

To help boost her chances at finding **true** love, Audrey tried Internet dating for a while. She met plenty of guys but none of them seemed to work out except for one – the one Audrey calls “Ishmael.”

“Everything seemed to be just right except for the gnawing thought in my brain that this **wasn't** the fit God had in mind,” she explains. “What was **wrong** with him? He was born again. We were equally yoked **spiritually** so I thought. Still I had **no** real peace about it.”

She **couldn't** bring herself to break up with him even though her **spirit** was **not** at rest. Finally, he left her. Audrey was more saddened at the idea of being single again rather than losing her boyfriend.

She picked up the pieces once again and jumped back into the dating game, but this time, she was determined to do it God's way.

“I had given up on ‘illegal **sex**’ ‘cause that had brought me nothing but grief. God wanted more.”

She knew she needed to sow good things to reap a good man but she **wasn't** quite sure how to do it... until one day when she read a common Bible verse in a whole new light.

The LORD God said, “It is **not** good for the man to be alone. I will make a helper suitable for him.” [[Genesis 2:18, NIV](#)]

“I read [Genesis 2:18](#) with new eyes, and the **Holy Spirit** enlightened a scripture I had read and heard a thousand times,” she says.

In January of 2004, Audrey took her “rhema word” and began praying for a husband.

She says, “[[I prayed that](#)] my husband was out there somewhere, he was alone and that **wasn't** good. I was designed for him. I began to tell the Lord that me and my husband had a purpose and a destiny that could only be accomplished with the two of us together.”

She prayed fervently against obstacles and barriers that might stand in the way of God's will for her and her husband – even before knowing who he was.

“I began to believe this with everything in me. I was excited about the promise even though there was nothing and **no** one in view. I had to actually know that I was supposed to be married.”

Meanwhile, a tall, handsome man in Audrey's Church named Fred Foster had been watching her from a distance the whole time. He too was praying for his future bride and when to approach her. By April 2004, he gathered his courage and asked Audrey out.

“After the first date, I came home, called my mother and told her that I’d had dinner with my husband,” Audrey recalls. “It **didn’t** rattle her one bit. That was a big test because my mother is very discerning.”

**Not** about to mess around this time, Audrey put Fred through the test.

“I went through all the necessary checks and balances. He met my parents. He met with one of the pastors at my Church. He was scrutinized by anyone who was important in my life. People who I trusted and who knew the Lord gave the OK.”

By June they were engaged and by November 2004, Audrey and Fred became Mr. and Mrs. Foster. Just a few days after her 38<sup>th</sup> birthday, her dreams had come **true**, and her prayers were finally answered.

“I had prayed that I would someday marry my best friend, and this guy was an answer to prayer,” she says.

Today, Fred and Audrey are as happy as ever. She loves to remind others: “God’s **not** playing games, and HE desires us to ‘be fruitful and multiply.’ You’re actually one more day closer to meeting your mate.”

- - ----- < ^ ~ , ~ ^ > ----- - -

#### Audrey’s Advice for **Single Women** Over 30

1. **Know your purpose in God and do it.** “A long time ago while in the presence of the Lord, the **Holy Spirit** told me, ‘Be about your Father’s business.’

For me, that was ministering to deaf people. I got busy doing that, and that’s where my husband found me.

The first place he laid eyes on me was as I was interpreting my pastor’s message one Sunday morning. I **didn’t** readily accept that this was my ministry, but imagine if I had never yielded to being in that ministry. There are over 2,000 people at service on any given morning at my Church. He may have never spotted me.”

2. **If your destiny includes marriage, stand on the Word.** “Find scripture that supports what you are believing for and use that to change your mood. That word should be more than just words on a page; it should be alive.”

3. Feed your faith and starve your **doubts to death**. “I realized that the **enemy** had been separating me from my mate so we **couldn't** achieve our destinies in God together. In the past I would get **mad** at God. Finally my anger was placed correctly – right on the **enemy**. You have your individual destinies but there’s also something that you as a couple are supposed to fulfill. What better way for the **enemy** to foil that plan than if the two of you never meet.”
4. Stay under your covering. “I took my husband to my parents, Christian family, friends, and pastors of my Church whom I trusted and considered my covering. If any of these people had said, ‘hold up’, I would have put the brakes on.”
5. Make sure your prayers are **not** selfish. “Everything is about God and what HE wants out of your life.”
6. Beware of single friends. “**Don't** give ear to people who are struggling with their singleness. Without meaning to they may sabotage your blessing.”
7. Change your mood on purpose. “When it seems like you’re in a drought, **don't** stay in a funk in those dry places. Change your mood on purpose. Some days you’ll do it with gusto, and other days the moodiness might be hard to shake.”

- - ----- < ^ ~ ,     , ~ ^ > ----- - -

### It's a Miracle - God Hears Your Prayers - Amazing Testimony

#### It's a Miracle

One of the many ways that God shows HIM self is through miracles. In fact, miracles happen every day around the world. Miracles especially happen to God's children when they pray. This miraculous story is a miracle that modern medicine cannot explain, because this miracle happened through the power of the **Holy Spirit**. It's a Miracle

Please Share this Video: <https://youtu.be/3uZjuK2ItTw>

<https://www.youtube.com/watch?v=3uZjuK2ItTw>    **6 min**

- - ----- < ^ ~ ,     , ~ ^ > ----- - -

What Happens When You **Die-to-Yourself** Too Much. = Doug Addison

**August 1, 2019 =>**



What does happiness or contentment look like to you?

In my nearly 30 years of **spiritual** coaching, I noticed a lot of people could **not** answer this **question**. After digging a little deeper, I found that it was due to a **not-so-good** interpretation of “**dying** to self” that comes from Bible verses like this one:

I have been crucified with Christ and I **no** longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me. **Galatians 2:20 NIV**

What happens is people take **dying**-to-self way too far, to the point that they're **not** even sure what brings them joy or makes them light up!

- - - - - < ^ ~ , , ~ ^ > - - - - -



- - - - - < ^ ~ , , ~ ^ > - - - - -

Here are 2 signs that you may be dying-to-self way too much:

**#1 You have a hard time accepting compliments or praise.**

I've approached many people to compliment them on something they've done well. Oftentimes, I've found it's difficult for people who love God to accept compliments!

An **example** of a common deflection is: “Oh, that **wasn't** me. That was God!”

Of course, God definitely has a lot to do with it. But a lot of times, this is a sign of **false** humility coming into play!

This is real humility:

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. [1 Peter 5:6 NIV](#)

God wants to elevate you!

If your child was to do something well, **wouldn't** you want them to feel good about it? In fact, you would most likely showcase them and say, "Check out what my amazing child did!"

Our Father in **Heaven** is **no** different!

Practice looking people in the eyes when they compliment you and just say, "Thank you."

**#2 You don't feel like you're a co-laborer with God.**

Another popular verse people use when they've **died** – to - self too much is this one:

"HE must become greater; I must become less." [John 3:30 NIV](#)

Here's some context: John the Baptist was preparing the way for Jesus to come by baptizing people. Once Jesus came on the scene, HE started baptizing people, too!

The people who followed John were worried about this. They were afraid John would lose his place — his status! So, John the Baptist kindly explained that as Jesus' influence became greater, then his would become less.

John did **not** make Jesus greater by making himself become less. John was still amazing, but Jesus was simply greater.

Here's what Jesus had to say about John the Baptist:

**Truly** I tell you, among those born of women there has **not** risen anyone greater than John the Baptist; yet whoever is least in the kingdom of heaven is greater than he. [Matthew 11:11 NIV](#)

And here's what Jesus had to say about us!

Very **truly** I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father. [John 14:12 NIV](#)

We get to share in the greatness of God and be co-laborers with Jesus!

**God wants you to live!**

**Remember**, Jesus **dying** on the cross was only one day of HIS life. There were approximately 12,045 days of his 33 years on this earth when HE did **not die**.

Now if we **died** with Christ, we believe that we will also live with him. [Romans 6:8 NIV](#)

You've **died** with Christ, but there will be many more days that you will live with HIM! So live!

Doug Addison May be viewed at: [DougAddison.com](http://DougAddison.com)

P.S. Dying too much to ourselves can keep us from hearing God with accuracy. My new 3-part audio series [Getting Clarity When God Speaks](#) will walk you through the solutions to the mental - blocks that keep you from hearing God daily.

Doug Addison is the founder and president of InLight Connection. Doug is a prophetic speaker, author and coach. He is known for his Daily Prophetic Words, [Spirit Connection](#) webcast, podcast and blog. He and his wife Linda live in Los Angeles, California where they are impacting the arts, entertainment and media industries.

- - ----- < ^ ~ , ~ ^ > ----- - -

### **FREE EBOOK DOWNLOAD**

**Tired of never having enough money to do what God's called you to do?**

Everywhere I go, I meet people who have a big vision ... but **don't** have the money to get it started or to take it to the next level.

Many of you have prayed, fasted and budgeted ... yet still have little to show for your efforts.

I know how frustrating this can be because I've been there myself. As I asked God for insight and revelation about my situation, HE showed me what was blocking me — and it may be blocking you, too.

**Free Download**

[https://dougaddison.com/financialrecovery/?utm\\_source=DA.com&utm\\_medium=banner&utm\\_campaign=5%20Steps%20Finances%20free%20ebook](https://dougaddison.com/financialrecovery/?utm_source=DA.com&utm_medium=banner&utm_campaign=5%20Steps%20Finances%20free%20ebook)

- - ----- < ^ ~ , ~ ^ > ----- - -

Guest: **Dr. Michael Brown**

**Hell.** Coming right into your own home. Learn with this video.

**July 14, 2019 =>** Did you know there's a **satanic** plot to destroy America, beginning with an **assault** on your family? Dr. Michael Brown shares how we defeat the ancient spirit of Jezebel. **28 ½ min**

[https://sidroth.org/television/tv-archives/dr-michael-brown-4/?src=enewsletter0719&utm\\_campaign=eappeal&utm\\_medium=email&utm\\_source=luminate](https://sidroth.org/television/tv-archives/dr-michael-brown-4/?src=enewsletter0719&utm_campaign=eappeal&utm_medium=email&utm_source=luminate)

- - ----- < ^ ~ , , ~ ^ > ----- - -

Go here and view the short, 27 sec. video.

Here they have printed off their prayer and are praying for their request.

[https://www.holylandprayer.com/?gclid=EAIaIQobChMI\\_PiNj\\_Th4wIVkICfCh18Kg3FEAMYAiAAEgL78\\_D\\_BwE](https://www.holylandprayer.com/?gclid=EAIaIQobChMI_PiNj_Th4wIVkICfCh18Kg3FEAMYAiAAEgL78_D_BwE)

Maybe we need a “**Burn** up **YOUR sins** can”

People send in their **sins** in a (**less than three pages**) PDF. We print them off and we burn their **sins** in a can and send them back a copy of the less than a min video of their **sins** being **burnt**? (See more page 69 below.)

- - ----- < ^ ~ , , ~ ^ > ----- - -

Middelburg burns its **sins**

**April 25, 2019 =>** During an Easter Convention in Middelburg, residents wrote their **sins** on paper and burnt it as symbol of how they are free from **sin**.

<https://www.youtube.com/watch?v=CB6eeGqgy50> **1 min**

- - ----- < ^ ~ , , ~ ^ > ----- - -

**35 – Year - Old Mom Dies 2 - Years After Being Burned Alive by Ex**

**June 28, 2017 =>** An Ohio woman who suffered horrific **burns** across her entire body when her **ex-boyfriend** doused her in gasoline and set her on **fire** has **died** from her injuries, two years after the attack.

Judy Malinowski, 33, **died** Tuesday after fighting to hold on for her two daughters, other loved ones and to see changes made to the law that allowed her attacker to get just 11 years in prison, her family said. "Nearly 23 months ago, a very **evil** man set our daughter on fire," her parents wrote on Facebook.

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

- - ----- < ^ ~ , ~ ^ > ----- - -

Do the **wicked** burn in hell for **eternity**? (1)

**FAIR USE NOTICE:** This video may contain copyrighted material. Such material is made available for educational purposes only. This constitutes a 'fair use' of any such copyrighted material as provided for in Title 17 U.S.C. section 107 of the US Copyright Law.

Full credits to: Servants of Christ Ministry @ <http://www.youtube.com/user/Servantof...>  
[wix.com/servantsofchrist7@yahoo.com](http://www.wix.com/servantsofchrist7@yahoo.com); <http://www.facebook.com/pages/Servant...>

One doctrine of **devils** that has had it's way in today's society is the doctrine that says there is a **Hell** that lasts for all of eternity and those residing do so in screams of torment. Most take a verse in Revelation chapter 14 out of context and preach a **Hell** that is a place of eternal torment. Some also take three repeated verses from Mark to proclaim their belief in a worm filled eternal torture chamber.

Before discussing these verses, and many other verses that speak of **hell**, one needs to ask one **question** of themselves.

Do they believe a God that would send HIS one and only Son to **die** a torturous and humiliating **death** would create a place that would be used for torture for all eternity?

Does the character of God come off as a tyrant who enjoys hearing the screams of people who have decided **not** to worship Him? Would this sound like a way to "glorify" HIM as a loving and giving Father?

**Matthew 10:28** : And **fear not** them which **kill** the body, but are **not** able to **kill** the soul: but rather **fear** him which is able to destroy both soul and body in **hell**.

How can the soul **die** especially since popular belief says the **wicked** live forever in the **flames** of **hell**? The Bible is clear when the **Holy** One in **heaven** proclaims that the wages of **sin** is **death**, **not eternal hellfire**! The body is **killed** and the soul is **killed** because of **sin**, which separates us from our Creator. This is about **eternal death**, **not eternal life in hellfire**.

The definition of **hell** is grave, destruction, etc.

[Matthew 25:41](#) - Then shall he say also unto them on the left hand, Depart from me, ye cursed, into **everlasting fire**, prepared for the **devil** and **his angels**. Here, Christ speaks of an eternal or everlasting **fire** for the **devil** and **his angels**.

[Jude 1:7](#) - Even as Sodom and Gomorrah, and the cities about them in like manner, giving themselves over to fornication, and going after strange flesh, are set forth for an **example**, suffering the vengeance of **eternal fire**.

The fire that burned the residents of Sodom and Gomorrha to **death** was eternal for them as they have turned to ashes.

As far as anyone in this **hell fire** state is concerned, the **fire** is for as long as they live. For as long as there is flesh to burn, the destroyer of that flesh and bone as well as the soul, will be present until they are **no** more.

Some preach **hellfire** is a way for the saved to **remember** the high cost of their **sins** throughout eternity. However, it's the scars on Christ that does this perfectly!

If **Hell** is for eternity, then why did Jesus only stay **dead** three days? Was HE **not** to be our perfect Saviour and sacrifice for **sin**? If the wages of **sin** is **death**, then Christ **died** for us but the world says the wages of **sin** is eternal punishment in **hell**. Therefore, Christ, in their opinion, is **not** our perfect Saviour! Christ **died** on our behalf so that our **sins** may be washed away by HIS spotless **blood**, the pure **blood** of the Lamb of Elohim Who takes away the **sins** of the world, upon repentance before the Saviour of the human race.

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

- - ----- < ^ ~ , , ~ ^ > ----- - -

As a teacher, what are things you wish you could tell your students' parents?

[Frank Halecki](#), Teacher for 22 years => [July 21, 2018](#)

I had a female student several years ago who was the whole package. She was smart, was an 'A' student, pretty, great personality, and a sweet kid. The problem was that she started dating the school **drug** dealing punk. Her school - work started to suffer. I wanted to call her parents and tell them what was going on but I was told that if I did so I could lose my job. Apparently, I would be committing slander if I told her parents the kid was a **drug dealer** and **bad** news without him actually - being found guilty in court. I was told that the boy's parents could have me fired.

I toyed with the idea of making an anonymous call but decided against it. When I called her parents to discuss her work the best I could do is suggest that perhaps she was spending too much time with her friends or maybe a boyfriend.

It has always bothered me that I **didn't** tell her parents because I know that if my daughter was dating a scumbag I would want someone to tell me.

- - ----- < ^ ~ , , ~ ^ > ----- - -

Your spouse has left you but forgotten to take his/her credit card. You're **not** poor so how would you use the card in ways that would really upset your **ex**?

Tim Plunkett, Was married once =>

My **ex**-girlfriend lied to me, cheated on me and then moved out to move in with her new lover.

She left lots of things behind in her haste to escape my clutches. Every single item of hers that I found I returned to her, although most of the time through her family members rather than directly to her. As far as I know, it all got back in her possession.

Interestingly enough, she only once sent a message of thanks. Some of the things I returned to her were of tremendous sentimental value. Over the several years after we broke up I must've returned her things to family members three or four times.

I remain friends with her parents and when I was visiting once after our break up, I found several items of mine that she had kept and never tried to return.

She **wasn't** living at her parents' house any more, but she certainly knew the items were there. They had my last name written on them in black magic marker.

When a relationship has ended, there is no sense in trying to upset the other person. That seems incredibly small-minded and petty.

- - ----- < ^ ~ , , ~ ^ > ----- - -

My 20 – year - old son has made **no** moves toward moving out of my house. He **doesn't** work or go to school. When I told him he needed to get a job or move, he said that I **can't** legally kick him out. Am I missing something or is this a new law?

Chris O'Leary, former 10 years of Active Duty at U.S. Marine Corps (1989-2000)

My conversation with my son in this situation would be as follows (**Fortunately, never had to have it, the rules of the house as an adult occupant were clearly set out when he was 19.**):

**You, my son, are either an adult or you are **not**.**

**If you are **not** an adult, you may live here rent free.**

**But you are **not** an adult, you are **not** autonomous, all your possessions belong to the house and the rules of the house are as absolute as they were when you were five years old.**

**Here is your list of daily chores, failure to complete any of them results in a days grounding from electricity privileges, and you will eat no meals until these chores are completed.**

**Electricity privileges include any right to plug any device into any outlet in this house.**

**Here is your list of weekly chores, failure to complete any of these by sundown on Sunday results in one week's grounding from all electricity privileges, including the right to charge your phone, and **no** food besides canned vegetables, canned tuna fish or chicken, rice and water will be served until all weekly chores are completed and all daily chores are completely up to date.**

**You are a child, there is **no** allowance, everything you possess is property of the house, you may **not** remove anything from the house without permission, nor may anyone else without permission from the homeowners.**

**If you are **not** a child, you are an adult, with all the rights, privileges and responsibilities associated with adulthood.**

**This includes the right to live wherever you want. Most places an adult wants to live cost rent, including this one.**

**Portions of your rent may be offset by manual labor, as listed on this list of chores, each listed by their value. Total rent is \$500.**

**Each dollar you do **not** earn with a job to pay this rent must be worked off in chores, or electricity privileges are revoked.**

**Successful completion of 15 credit hours per semester of college coursework with a minimum 2.5 GPA shall account for 40 hours of employment, and will allow for a discount of up to 80% of rent. The remainder must be paid by wages from part-time work or covered by chores.**

**Sufficient electricity privileges will be afforded to accomplish College course work when behind on this agreement, but **no** other electricity will be allowed. Electricity for an adult living in the house while earning College credits will be strictly monitored unless all agreed upon KPIs are met or exceeded.**

**None of the provisions in this agreement need be followed by anyone who does **not** want to live in the house.**



- - ----- < ^ ~ , , ~ ^ > ----- - -

**Psalm 23** New Living Translation (NLT)

A psalm of David.

<sup>1</sup> The Lord is my shepherd; I have all that I need.

<sup>2</sup> HE lets me rest in green meadows; HE leads me beside peaceful streams.

<sup>3</sup> HE renews my strength. HE guides me along right paths, bringing honor to HIS name.

<sup>4</sup> Even when I walk through the darkest valley, I will **not** be **afraid**, for YOU are close beside me. Your rod and your staff protect and comfort me.

<sup>5</sup> You prepare a feast for me in the presence of my enemies.

You honor me by anointing my head with oil. My cup overflows with blessings.

<sup>6</sup> Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever.

- - ----- < ^ ~ , , ~ ^ > ----- - -

What is the dirtiest fine print you've seen in a contract?

[Rabee Buba](#), former Communications Director

Upvoted by [Norbert Szczech](#), PhD Law & Constitutional Law, John Paul II Catholic University of Lublin (2008)

My sister got a job with a popular makeup artist and brought me the contract agreement to go through for her which was all shades ridiculous, I'll tell you why

First that she would resume work at 8 am **not** a minute more every weekday and Saturday

If a client is assigned to her by her employer, she gets only 20% of the payment and 80% goes to her employer

If she brings the client herself she gets 70% of the payment and her employer gets 30%

She would also mostly use her makeup products and none will be provided by the employer.

Her income strictly is on the payment percentage she receives from the clients assigned to her or the ones she brings

She is **not** allowed to work for another prominent makeup artist 2 years after her termination from this job.

And finally if she breaks any rules set out in the contract she can be terminated at any time and a suit may be initiated against her

N.B she informed her employer that she was a student and so needs a flexible time to be more efficient because her school and workplace was a 45 - mins drive, the employer declined.

I read through this bs contract and told her to deny the job immediately because they're trying to enslave her

Edit : many people seem to assume this contract took place in the states lol, it took place once Nigeria not the States

- - ----- < ^ ~ , , ~ ^ > ----- - -

I found vulgar and obscene sketches in my 15 year old daughter's room. She loves to sketch and is good at it but her creativity is mostly confined to these subjects only. What should I do?

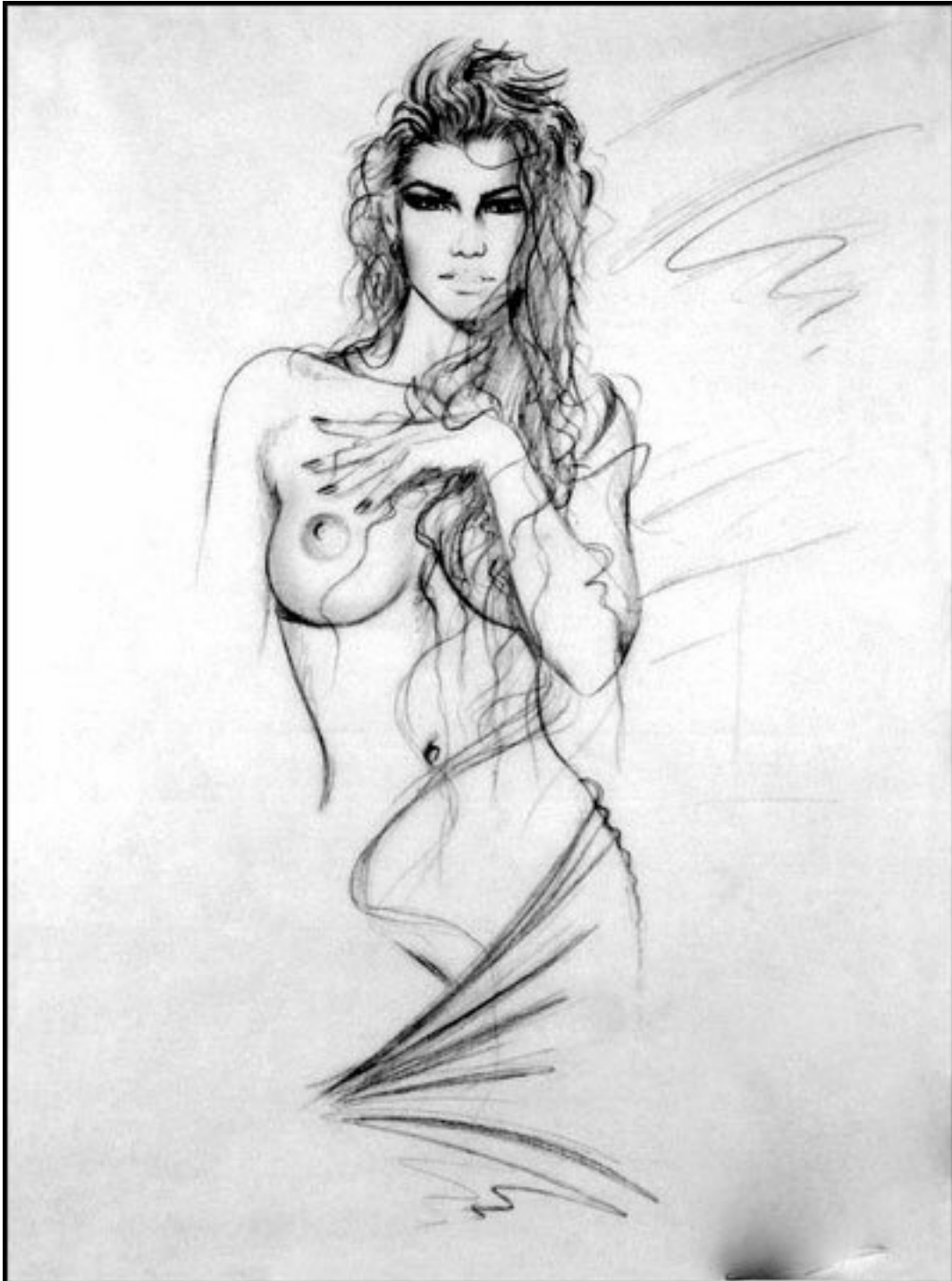
John Ian Bobbitt, Founder (1998 - present)

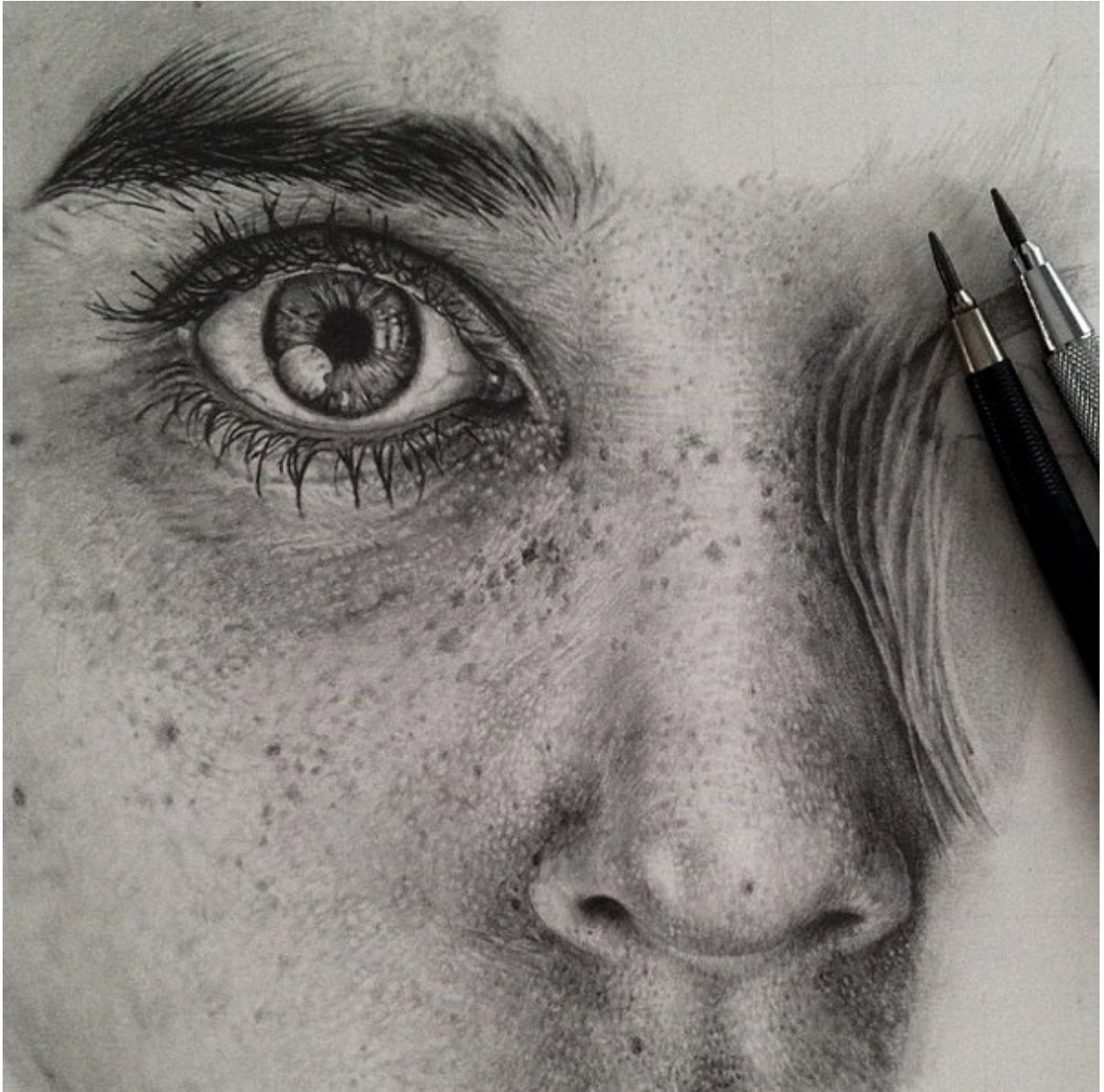
I'm in line with everyone else. I suppose it depends on what exactly she's drawing... and maybe how talented she is. I was blessed to have a mother who is an artist, as well as an older brother, who are both artists. She does graphic design, and he illustrates for a prominent comic book company. I had to be unique in that household, and so took to photorealism. You **can't** excel at that by drawing houses or landscapes... so I began studying human anatomy. It was weird putting so much thought into guys bodies, so eventually drifted towards women exclusively. That, and portrait work.

I'll try to tag on an image I did at her age (**don't compare your daughter and I, take into account I'd been taught to draw since before I could talk, literally**), and another that's more recent- to hopefully show how what can be seen as "obscene" or "vulgar" when done by a 15 year old, can become an image capable of moving people to tears 20 years later. I offended many a public school art teacher, until they realized that I was already making more money per year then they were. I even **FAILED** high school art BOTH times.

But the "proof is in the pudding" as they say. My brother and I just chipped in and bought our parents their dream retirement home On Hilton Head Island in South Carolina. From drawing obscene things. ;-)

**Ps - image 1 actually got me suspended in 9th grade. And sorry for the uber close - up on the portrait. I'd almost forgotten about client confidentiality. Rules.**





- - - - - < ^ ~ , , ~ ^ > - - - - -

**What's the most disgusting thing you've found when your partner took off their clothes?**

**Haida Kato, Spa Receptionist**

**I met this girl **not** too long ago; she was very pretty and from Japan like yours truly, so I decided to help her around town.**

**Something a little strange about her that I **didn't** pay much attention to was that she always wore long-sleeved turtlenecks, or anything that would cover her neck and arms.**

I knew she grew a liking to me, with me being a little dismissive at first, because the “How could anyone love me?” mentality. I slowly warmed up and we started being flirty.

After a while, we went on our first date.

A cafe, one of those millennial trend types of places.

She showed up and said hi nervously, and we sat down at a table near a window. While we were talking, I noticed she tapped the table with her fingers, and whenever we would stop talking she would look out the window and just stare at the people walking by. Sometimes adjusting her turtleneck’s collar and sleeves up.

She was anxious. Understandable, I sometimes look a little bit intimidating because I have a natural cold stare and I like wearing leather jackets.

When I went to get the coffee, I came back with a cookie as well. She laughed because it seemed so weird from the way I looked.

It went really well. We went on a few more dates, each time she got more and more nervous. I assumed it was because she was an anxious person, I **didn’t** pressure her - it seemed like a difficult topic.

Then we went and hung out in each other’s apartments.

After a few weeks of dating, she said in a **sad** tone, “This is the longest I have ever dated someone.”

I asked why, and she said that she was dreading this day.

She uncovered her arms and neck, revealing burn scars — it looked like snakes made of fire coiled around her arms and neck. The rest of her body also had this bizarre coil.

This is why she was so anxious, why she wears long sleeves.

And you know what I did?

I hugged her.

The most disgusting thing about this is **not** her scars, it’s that she has to hide them, to keep people from judging and staring.

That, is what I found most disgusting.

Follow-up: I am still dating her - I swear she’s my soul-mate, and I **wouldn’t** have her any other way.

I **didn’t** think it would explode like this. I appreciate all the stories and praise from all of you, and I hope all of you have fantastic lives.



**Psalm 91 New Living Translation (NLT)**

- <sup>1</sup> Those who live in the shelter of the Most High will find rest in the shadow of the Almighty.
- <sup>2</sup> This I declare about the Lord: HE alone is my refuge, my place of safety; HE is my God, and I trust him.
- <sup>3</sup> For HE will rescue you from every trap and protect you from **deadly disease**.
- <sup>4</sup> HE will cover you with his feathers. HE will shelter you with his wings. HIS faithful promises are your armor and protection.
- <sup>5</sup> Do **not** be **afraid** of the terrors of the night, nor the arrow that flies in the day.
- <sup>6</sup> Do **not** dread the **disease** that stalks in darkness, nor the **disaster** that strikes at midday.
- <sup>7</sup> Though a thousand fall at your side, though ten thousand are **dying** around you, these **evils** will **not** touch you.
- <sup>8</sup> Just open your eyes, and see how the **wicked** are punished.
- <sup>9</sup> If you make the Lord your refuge, if you make the Most High your shelter,
- <sup>10</sup> **no evil** will conquer you; **no** plague will come near your home.
- <sup>11</sup> For HE will order his angels to protect you wherever you go.
- <sup>12</sup> They (**HIS Angels**) will hold you up with their hands so you **won't** even hurt your foot on a stone.
- <sup>13</sup> You will trample upon lions and cobras; you will crush fierce lions and serpents under your feet!
- <sup>14</sup> The Lord says, "I will rescue those who love me. I will protect those who trust in my name.
- <sup>15</sup> When they call on me, I will answer; I will be with them in trouble.
- I will rescue and honor them.
- <sup>16</sup> I will reward them with a long life and give them my salvation."

(This following one got a Vet through 28 days of being a MIA in Vietnam.)

- - - - - < ^ ~ , , ~ ^ > - - - - -

**Psalm 93** New Living Translation (NLT)

- <sup>1</sup> The Lord is king! HE is robed in majesty. Indeed, the Lord is robed in majesty and armed with strength. The world stands firm and **cannot** be shaken.
- <sup>2</sup> Your throne, O Lord, has stood from time immemorial. You yourself are from the everlasting past.
- <sup>3</sup> The floods have risen up, O Lord. The floods have roared like thunder; the floods have lifted their pounding waves.
- <sup>4</sup> But mightier than the violent raging of the seas, mightier than the breakers on the shore — he Lord above is mightier than these!
- <sup>5</sup> Your royal laws **cannot** be changed. Your reign, O Lord, is holy forever and ever.

- - - - - < ^ ~ , , ~ ^ > - - - - -

**OoPpSs.** I looked right and I had **no** arm.

**OoPpSs.** I looked left and I had **no** arm.

700 Club Interactive - **July 26, 2019**

Born without arms, Daniel Ritchie became depressed, hopeless and felt like a mistake. Watch how he began to see God’s design for his life and realize we are all “fearfully and wonderfully made”.

**Army Family Takes Direct Hit From Tornado**

For Army wife Brandi, keeping the household running smoothly alone is second nature. Her husband is currently deployed in Afghanistan. **25 min**

<https://www1.cbn.com/video/700clubinteractive/2019/07/26/700-club-interactive-july-26-2019?show=700club>

- - - - - < ^ ~ , , ~ ^ > - - - - -

**10 Reasons** Marriage Is Better The Second Time Around By [Brittany Wong](#)



**Divorce** can be so emotionally taxing, it's enough to make you want to swear off marriage for the rest of your life.

But **don't** go pledging yourself to a life of eternal singlehood just yet. We asked 10 remarried folks for their best pitch for remarriage. The points they brought up will give even the most marriage-averse **divorcés** second thoughts.

1. You're **not** looking for someone to complete you.

"Gosh, what **isn't** better about marriage the second time?! I'm older, wiser, more confident and **no** longer need someone to 'complete me.' The first time I thought, 'If we were meant to be together, it **wouldn't** be so hard.' Now I know that it takes work, sacrifice, perseverance and a major sense of humor. My husband is my friend, a great dad and stepdad and 'the best husband I ever had' as I jokingly like to remind him.

Be yourself while looking for love again. So many women change themselves into the woman they think a guy wants them to be. Be you and you'll find the right person." - Lisa Miller, **divorced** after five years, remarried for 15 years.

2. You know damn well that you **can't** change your spouse.

- - - - - < ^ ~ , , ~ ^ > - - - - -



- - - - - < ^ ~ , , ~ ^ > - - - - -



"My second marriage is infinitely better because I am **not** looking to change my spouse (**and there are no illusions that he could change me**). It's so refreshing to be in a relationship where I know who I am, he knows who he is, we accept and love each other for who we are — faults and all.

My advice is simply to be open. Opening yourself up to dating, relationships, love and marriage again can be scary, but **don't** let someone amazing pass you by out of **fear**." - Kim Graham-Pfeffer, **divorced** after six years, remarried for two years.

### 3. Authenticity and honesty come a little more naturally.

"When my first marriage became irreversibly damaged, it broke something inside of each of us. It inspired months, (**years, really**) of self-reflection and soul searching. It made me hold up a mirror to my actions and the way I process and react to situations. It made me better.

"If I **hadn't** had the disastrous first marriage, there's **no** way I'd be as patient, sympathetic, motivated or as level-headed as I am now in my second marriage. It's my most deep and honest relationship. That transparency has encouraged my current husband be honest about his needs as well."

If you're hesitant to remarry, I get it. You feel foolish and embarrassed because you already took a huge leap of faith and it fell through. But take a lot of time to recuperate. **Heal**. Take relationships slowly and cautiously. Maybe marriage **isn't** for you and that's OK. But remember a new relationship, this new person and this new situation are different and deserve consideration." - Amanda Sweeting, divorced after two years, remarried for less than a year.

### 4. Marriage #1 has changed you for the better.

"My wife and I are both the people we want to be this time around. Life at 40 looks and feels wholly different than life in your 20s. Call it maturity, positive psychology, mindfulness or whatever you'd like, but I've changed for the better and I have my soulmate to enjoy life alongside.

If you're looking to remarry, forgive yourself and forgive your **ex** -- your **failed** marriage was 50 percent your doing and 50 percent your **ex's**. Forgive, find inner peace and let it go. You deserve happiness, love and a second chance." - Rob Walker, **divorced** after 14 years, remarried for five years.

### 5. You know what marriage is really like, warts and all.

"My husband and I have both been married before. Things felt different on our wedding day. This time there was **no** luxurious unknown and all that we carried with us -- the children, the first marriages, the **fears** -- floated in with the second vows.

“The air was heavy, it seemed like there was so much more to lose. But it was also brimming with the magic that comes with second chances. I guess it feels heavier because we know things the second time around. Good things and **bad** things. But we also know what works and what makes it better. We have grown. We made our vows to each other in the voice of the people we are, **not** the people we want to try to be.

**Don't** lace your new promises with old regrets. Accept the weight you bring. Believe that you are stronger in the places that were broken from **divorce**. Keep your eyes open wide but take the chance anyway. There is more to lose the second time, sure. But there's so much to gain, too." - Nicole Jankowski, **divorced** after 12 years, remarried for two - years.

6. With age -- and a tough **divorce** -- comes great wisdom.

"In the aftermath of my **divorce**, I had the opportunity to look very carefully at the man I chose the first time and how I had changed since I had met him ten years prior.

"I looked at the mistakes I made and our incompatibilities because I was determined that I would **not** make the same mistakes again. I know for sure that I appreciate my second husband much more because of what I went through with the first one; it was a life lesson.

**Don't** give up on love. While I was going through my **divorce**, I created a mantra for myself that I would repeat several times a day: 'I am beautiful. I am smart. I am successful. I will **not** be bitter. And I will love again.' I wrote a careful description of the man I wanted in my life and a few months later, I met Will. He's everything I wanted and once I figured out what it was, exactly, that I wanted, he came along." - Kristin Shaw, **divorced** after four years, remarried for 8 years.

7. You realize that marriage is a choice you have to make every single day.

"A second marriage is an eyes - wide-open experience; you know what kinds of work are involved and say 'yes' anyway. Plus, you endured a worst-case scenario and **not** just survived, but thrived! A second marriage means you've let go of the 'perfect spouse' ideal, embraced your imperfections and found the unique 'must haves' you need in a life partner.

**Remember** that marriage is a choice, and if you decide to give it another go, be all in. When I put my wedding rings on each morning I consciously choose my spouse. I commit to our relationship. I acknowledge that being married means I forgive past and future transgressions, and I opt to trust. My thrice - **divorced** mother offers this sage advice too: 'You **don't** have to marry everyone you love.'" - Penney Berryman, **divorced** after six years, remarried for five months after a five-year courtship.

8. You know what you want.

"You know what you're looking for and what you can live without because of your first marriage. When I met my second wife I was so much more confident about myself and my needs.

**Divorce** teaches you that you can be content by yourself and that it's **not** worth going forward with something if you're hesitant.

I never thought I would marry again or have any more kids, but I met my current wife and fell madly in love with her. There is nothing I am hesitant about anymore, except being away from her for too long!" - Matt Robertson, **divorced** after 10 years, remarried for just over a year.

#### 9. You've taken ownership of what you did wrong the first time around.

"Nobody goes into their first marriages thinking they're going to get **divorced**. But it happens.

So if you are brave enough to try again, marriage is only better the second time around if you learn from your earlier mistakes. Both partners are older and, hopefully, wiser. And both know what they need from each other and what to do to make the relationship work.

After I got **divorced**, I still believed in love and in the institution of marriage. I just **wasn't** in any hurry to experience it again.

I dated a bit before I started dating my husband. We were together for three years before we got married. And even with taking that time, it was a little bumpy for the first couple of years. **Not** between us but with the process of blending our families.

But really, it's a good thing to be a little hesitant and to not rush in to getting remarried, especially if there are kids involved." - Jennifer Cullen, **divorced** after seven years, remarried for eight years.

#### 10. You're incredibly picky -- and that's a good thing.

"I entered into my 30s **divorced**, with a young son and determined to do better. I dated some men but **no** one felt right and I **wouldn't** just let anyone into my son's life. Eventually, two years after my **divorce**, I met the man I would marry. I often say that had he **not** come along, I'd still be single today. I look at the men I know, married and unmarried, and **not** one appeals to me as a spouse. I was lucky to find my very best match. My biggest complaint is that he **doesn't** wipe counters, he's a packrat and he's often late. But guess what? He's also wonderful father to my son and our child together. He's considerate, kind and puts my happiness above his own.

Learn how to be live without a partner and figure what you need from your next-time partner in that time. Marriage is better the second time around. I'd like to take credit for having impeccable standards and being picky, but I was lucky my current husband walked into my life. I've been happy most of the days since he showed up." - Chris Doell, **divorced** after nine years, remarried for 10 years.

[https://www.huffpost.com/entry/second-marriages-are-better\\_n\\_6865506](https://www.huffpost.com/entry/second-marriages-are-better_n_6865506)

- - - - - < ^ ~ , , ~ ^ > - - - - -

### The **Flesh** Trade: Jasmine

A hard to hear story from a survivor of the **sex** trade. Jasmine was a university student and had loans building up and was trying to pay for her education. She was a target for a man who manipulated, physically and mentally abused her. She was one of the first victims in the country under the new criminal code charges to come forward to put her human trafficker in jail... a man who eventually got her pregnant. Her remarkable story of enduring the **worst** and how she turned her life around.

<https://www.youtube.com/watch?v=rBUaN1AzjL4> 22 min

- - - - - < ^ ~ , , ~ ^ > - - - - -

### Sold For **Sex**: Trafficking in Nebraska

**Jan 30, 2017** => The NET News documentary "Sold for **Sex**: Trafficking in Nebraska" examines how **sex** trafficking happens in the state, the fight to **stop** it and what is being done to help victims.

Watch our companion documentary, "Sold for **Sex**: Survivor Stories," at:

<https://www.youtube.com/watch?v=8jQM0...>

For more on this project go to: <http://netNebraska.org/soldforsex>

<https://www.youtube.com/watch?v=etao-pHnjUs> 29 ½ min

- - - - - < ^ ~ , , ~ ^ > - - - - -

### The Trap: the **deadly sex - trafficking** cycle in American prisons

**June 29, 2018** => The Trap investigates how prisons and jails across the United States have become recruiting grounds for **human traffickers**, who are targeting incarcerated women and **trafficking** them out of correctional facilities and into pimp - controlled prostitution.

Subscribe to The Guardian on YouTube ► <http://is.gd/subscribeguardian>

<https://www.youtube.com/watch?v=mnGjQKdJrPU> 32 min

- - - - - < ^ ~ , , ~ ^ > - - - - -

## Second Marriage situation

### 10 Rules for a Successful Second Marriage - [Terry Gaspard, MSW, LICSW](#)

While many couples see remarriage as a second chance at happiness, the statistics tell a different story. According to [available Census data](#), the **divorce** rate for second marriages in the United States is over 60% compared to around 50% for first marriages.

Why are second marriages more likely to **fail**?

One explanation is the formation of blended families, which can cause loyalty issues with stepchildren and rivalries between co-parents, but there are many other difficulties and stresses that come with remarrying. A foundation of trust and intimacy is vital to beating the odds.

### Everyone Has Baggage

When people get remarried, they often bring unhealthy relationship patterns and trust issues from their first marriage that can sabotage the new relationship. Sometimes this baggage can cause couples to [TIE THE KNOT](#) without **truly** getting to know each other.

For instance, if you were betrayed by your former spouse, you may be overly suspicious and lack confidence in your new partner.

Here's how Kayla put it: "We've only been married for a few years," she paused, "But I'm already **questioning** Jake when he's late from work – full of mistrust and accusations."

It became clear that Kayla was having difficulty trusting Jake due to her **ex**-husband's affair.

### Be Vulnerable

It makes sense that a **fear** of vulnerability can be a real dilemma in a second marriage, yet **not** expressing our innermost feelings, thoughts, and wishes can actually put a relationship more at risk because we lose out on the trust and intimacy that vulnerability offers.

Being vulnerable with your partner can make you feel exposed, but it is the most important ingredient of a trusting, intimate relationship. In [Daring Greatly](#), Dr. Brené Brown defines vulnerability as “uncertainty, risk, and emotional exposure.” Given this definition, the act of loving someone and allowing them to love you may be the ultimate risk. Dr. John Gottman writes in [What Makes Love Last?](#) that “life tends to go better for those who have the courage to trust others.”

### Create Realistic Expectations

Accept that there are inevitable ups and downs in remarried life. New love is a wonderful feeling, but it **doesn't** make up for the pain of **divorce**, nor does it automatically restore the family to its former status. According to stepfamily expert [Maggie Scarf](#), “On the contrary, remarriage will present [couples] with a number of unanticipated design issues such as loyalty binds, the breakdown of parenting tasks, and the uniting of disparate family cultures.”

A key issue for remarried couples to address is interpersonal communication. This is especially **true** when it comes to finances, how to discipline children and stepchildren, personality conflicts in the newly created family, and rivalries between family members.

Below are **ten powerful** rules I've learned from working with remarried couples and in my own second marriage.

1. Build a culture of appreciation, respect, and tolerance
2. Author [Kyle Benson](#) says, “When you can, express what you cherish about your partner. The idea is to catch your partner doing something right and say ‘thanks for doing that. I noticed you unloaded the dishwasher and I really appreciate it.’”
3. Practice being vulnerable in small steps

Build confidence in being more open with your partner. Discussing minor issues like schedules and meals is a great place to start before tackling bigger matters like disciplining kids or managing finances.

4. Create time and a relaxed atmosphere to interact with your partner

Ask for what you need in an assertive, non-aggressive way and be willing to see each other's side of the story. In [The Seven Principles for Making Marriage Work](#), Dr. Gottman encourages us to respond to our partner's “bids” for attention, affection, and

support. This can be something minor like “please make the salad” or as significant as accompanying our partner on a trip to visit an ill parent.

#### 5. Discuss expectations to avoid misunderstandings

Take a risk and deal with hurt feelings, especially if it’s an important issue, rather than stonewalling and shutting down. In [Marriage Rules](#), Harriet Lerner posits that a good fight can clear the air. She writes that “it’s nice to know we can survive conflict and even learn from it.”

#### 6. Prepare for conflict

Understand that conflict **doesn’t** mean the end of your marriage. Dr. John Gottman’s research on thousands of couples discovered that conflict is inevitable in all relationships and 69% of problems in a marriage go unresolved. Despite this, conflict can be managed successfully and the marriage can thrive! [Stephanie Manes, LCSW](#) advises us to take a short break if we feel overwhelmed or flooded as a way to restore positive communication with our partner.

#### 7. Communicate effectively

Accept responsibility for your role in a disagreement. Listen to your partner’s requests and ask for clarification on issues that are unclear. Use “I” statements rather than “you” statements that tend to come across as blameful, such as “I felt hurt when you purchased the car without discussing it with me.”

#### 8. Embrace your role as a stepparent

The role of the stepparent is one of an adult friend, mentor, and supporter rather than a disciplinarian. Learn new strategies and share your ideas with your partner. There’s **no** such thing as instant love.

When stepparents feel unappreciated or disrespected by their stepchildren, they will have difficulty bonding with them – causing stress for the stepfamily.

#### 9. Attune to your partner

Eye contact and body posture demonstrate your intention to listen and compromise. Practicing what Dr. John Gottman calls [emotional attunement](#) while relaxing together can help you stay connected despite your differences. This means “turning toward” one another and showing empathy rather than “turning away.”

His 40 - years of research showed that happy couples have a 5:1 ratio of interactions during conflict – meaning for every **negative** interaction, you need five positive ones.

### 10. Establish an open-ended dialogue

**Don't** make threats or issue ultimatums. Avoid saying things you'll regret later. **Money** is one of the most common things remarried couples argue about and full disclosure about finances is key to the success of the remarriage so resentment doesn't build up.

### 11. Practice forgiveness

Accept that we all have flaws. Forgiveness **isn't** the same as condoning the hurt done to you, but it will allow you to move on and **remember** you are on the same team.

The best way to beat the odds and make your second marriage succeed is to create a culture of appreciation and respect in your home. It's also crucial to risk being vulnerable with your partner so that you can build trust and intimacy. Determination, respect, acceptance, positive communication, and having a good sense of humor can go a long way in making sure your second marriage lasts a lifetime.

If want to build a deeply meaningful second marriage full of trust and intimacy, then subscribe below to receive upcoming blog posts directly to your inbox:

<https://www.gottman.com/blog/10-rules-successful-second-marriage/>

- - - - - < ^ ~ , , ~ ^ > - - - - -

### FBI Critical Incident - Ep01 - Documentary

FBI Critical Incident covers the crisis negotiation unit in action with three edge of the seat one-hour case studies. Subscribe to **Viewster** on YouTube! ► <http://bit.ly/ViewsterYT>

Where violence and criminals strike, local law enforcement responds, but sometimes help is required. This is when they bring in the specialists, the CIRG: the Critical Incident Response Group. FBI Critical Incident covers the crisis negotiation unit in action with three edge of the seat one-hour case studies.

<https://www.youtube.com/watch?v=XZYBLPykNaU> 46 min

- - - - - < ^ ~ , , ~ ^ > - - - - -

- - - - - < ^ ~ , , ~ ^ > - - - - -



700 Club Interactive - July 30, 2019

Pro-life advocate Ryan Bomberger discusses living a life of purpose after his mother was **raped** & chose life.

Arsonist's Parents Receive A Different Kind of Sentence

In the summer of 1992, an arsonist began setting **fires** across Washington State. For 6 months, more than 120 buildings were destroyed, leading to 3 **deaths** and over 17 million dollars in property damage. **26 ½ min**

<https://www1.cbn.com/video/700clubinteractive/2019/07/30/700-club-interactive-july-30-2019?show=700club>

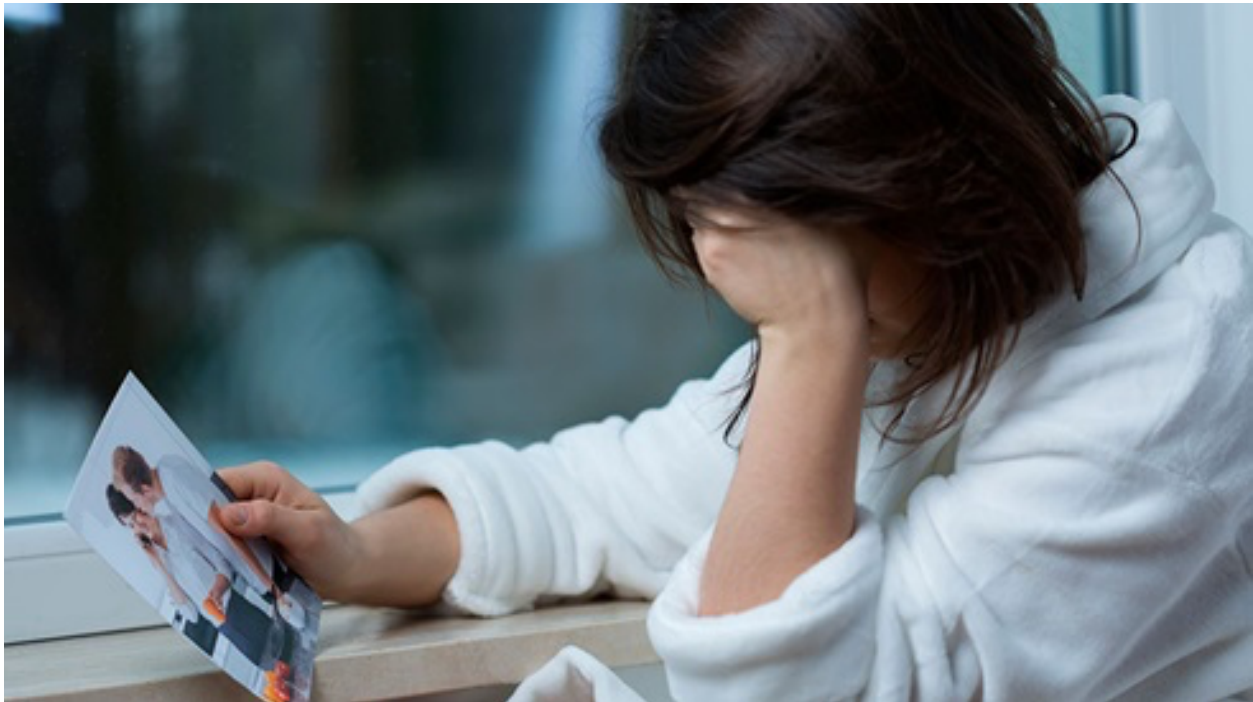
- - - - - < ^ ~ , , ~ ^ > - - - - -

- - - - - < ^ ~ , , ~ ^ > - - - - -

Second Marriage situation

Dealing With the Past When You're Remarried - By Brenda Stuart

- - - - - < ^ ~ , , ~ ^ > - - - - -



- - - - - < ^ ~ , , ~ ^ > - - - - -

Three days into our [honeymoon](#), my husband, Gil, asked me to sit down so we could talk. He said, "I have to get this out in the open. I struggle with suspicion of you **not** being faithful."

The issue came up several times in the first few years we were married, and I often asked myself, Why is he thinking like this? **Haven't** I done everything I know to do to help him trust me and feel secure in our relationship?

But in Gil's first marriage, he had similar concerns about his wife. Some were unfounded ... but others were **not**.

Because both Gil and I were previously married, we each brought memories, habits, history and concerns from our past into our new marriage.

As we realized how these things affected our relationship, we learned the importance of acknowledging the emotions and being able to talk about them. You, too, may experience some emotions in a second marriage that are reflective of things that happened in your first marriage, so here are some tips to help you deal with them:

### **Mistaken reactions**

Let's say that your husband makes a comment about something another woman said at lunch. This touches a nerve in you. You're frustrated with him, and he **doesn't** pick up on your attitude until you erupt in an angry outburst. He attempts to reassure you that it was nothing at all, just a meeting with other business associates.

As you process the events and the discussion, once again you have to acknowledge that your first husband used lunch meetings as a cover for an [affair](#). This painful **truth** explains why anything remotely related to such a meeting now has a way of triggering old memories for you.

When a word, statement or action triggers an intense emotional reaction, we call these "bare wires." Often, the trigger is an innocent comment or gesture that you somehow relate to your first marriage, maybe specifically to your **ex**. The emotion is raw because of past hurt or broken trust. Whenever you're in a similar situation — perhaps only slightly similar — the **negative** emotions resurface even though the threat is **not** what it was in the previous relationship.

Still, elements of suspicion, distrust, envy, broken promises and disregard for your feelings and needs can set you off. Your ability to cope with and understand those situations is impaired by your past experiences. You try **not** to be defensive or to withdraw from your new spouse, but keeping your emotions in check becomes a constant battle.

A first step toward **healing** will include acknowledging to your spouse that you have bare wires. Because your new husband or wife is a safe place for you, trust and vulnerability can act like electrical tape to cover the exposed wire in your heart — insulating and repairing it to help bring closure.

Soon after we were married, Gil and I planned for a bonding weekend with the kids. Our friends Bruce and Vicky had offered to share their lake house with us, so we were excited to get away and create some new history with our blended family.

Shortly after we arrived at the lake, I started feeling unsettled and depressed. At first I tried to ignore the emotions, but soon realized I needed some privacy to sort out my feelings. I could **not** stop crying. Eventually I realized I was missing my "old family." I was supposed to be here with my **ex** and just our kids. I was **grieving** the loss of my previous family and the fun vacations we had taken together. But mixed in with the grief was a sense of guilt. I wondered, "**Don't** I appreciate my new family?"

When Gil and I talked about it later, we agreed that this type of internal struggle that catches us off guard is like a "sneaker wave" — an unexpected wave on the beach that knocks you off your feet.

When you and your spouse understand this phenomenon, you can label those difficult events more clearly. By exposing what is going on in your heart and your head, your spouse will know that you're **not** upset with him or her — you're just dealing with past issues.

### Old habits

Current behavior patterns are often connected to your past experiences.

In the context of a new marriage, you probably need to approach the current environment with different habits. I recognized my need to trade in old habits for new ones when financial insecurities from my first marriage were defining my emotional responses to Gil.

My **ex** worked in sales, and his income reflected how much he sold. Some months were steak and lobster months; others were rice and beans months. I felt that I needed to know what was going to be on our plates each month, so I began nagging my **ex** about his sales numbers every week. Defenses went up and tension would build between us.

When Gil and I first married, he worked in sales, too. When I would ask where he was with his sales for the month, he would nonchalantly respond, "I **don't** know." And I fell into the same pattern as before: I hit the roof.

Instead of hurting this new man in my life, I needed to [exchange the old tapes](#) that played in my mind ([and the words that I spoke](#)) for new tapes that reflected trust in my marriage. So I promised Gil that I would watch my tongue before blurting out anything that had to do with finances.

I kept my word, and two interesting things happened. Gil voluntarily started sharing his sales totals with me each week. And I felt as though I was in a fresh place with God — the One who makes sales happen. My ability to trust the Lord put my heart at ease and kept financial stress from coming between Gil and me.

Many remarried couples simply go back to their old ways of dealing with things — thinking that their new spouse is deceptive, selfish or intentionally picking a fight. Rather than responding to your new spouse according to your past hurts, we recommend that when an old habit threatens to surface, you take 20 minutes to regroup before saying a word. If you **stop** to think before reacting to something that triggers your defenses, you allow yourself to say to your spouse, "I love you enough to be uncomfortable; I trust you."

**Remember**, this is a new relationship. Get rid of the old patterns and start forming new habits together ... today!

<https://www.focusonthefamily.com/marriage/marriage-challenges/dealing-with-the-past-when-youre-remarried>

- - - - - < ^ ~ , , ~ ^ > - - - - -

I do, again: ‘There is nothing as **deadly** serious as a second marriage’

Dress from a charity shop, **no** cake and a midweek ceremony – but **don’t** think my second wedding is a joke.

We arrived, my betrothed and I, at the register office to give notification of our marriage. It was the last possible moment we could have done it, because my **divorce** took so long to come through and his was so long ago that he’d lost the piece of paper. It was also the emergency walk-in morning, so everyone else needed an urgent **death** certificate, or was a too - old baby who’d missed the registration deadline. Tensions were high and everyone seemed on the point of tears, because they were bereaved, or they were seven weeks old.

I gave notice here the first time I got married, when the registrar was a Guardian reader and said merrily, “Well, I **can’t** see anyone coercing you!” I was hoping we **didn’t** see the same guy, though I’m sure they have a protocol for that, like waiters in restaurants when you go in with different dates on consecutive nights.

I never changed my name the first time, as my children already had their father's surname and it never made me **doubt** my maternal status. The only other reason (**I thought**) was as a gesture of self - erasure in preparation for becoming Wife which – as you may well imagine – I do **not** agree with. But now there are three possible surnames in my family, the only one who shares mine is the dog, and I urgently want a merger. My betrothed is called Will Higham, which would make him William Higham Williams. It would be cool, needlessly baffling, like [Ford Madox Ford](#).

“Will you be changing your name?” asked a lady of impossible gentleness.

“Yes, we're both changing our name to Higham Williams,” I said.

“**No, no**, that was just something we said as a joke.”

“It **wasn't** for me.”

“You're **not** the one who'll end up with the ridiculous name. Come back to me when you want to be called Zoe Madox Zoe.”

“I would be fine with that.”

I'm getting married – you'll have picked this up by now – for the second time. I have a son and a daughter, 10 and eight; Will has a daughter of 10 (**though this is pure coincidence, not because we went on Soulmates with “single parent, preferably of 10-year-old” as a search term**). There **wasn't** an engagement as such: when we went to his mother's vicar's wedding two years ago, and his daughter said, “Will you two marry here?” I said, “Sure, if you like.” Then Will pointed out that would be absurd; this was a church. And I said, “Your mother would be pleased,” and he said, “We're **not** doing it for other people.” And suddenly we were doing it.

The general view of a second wedding is that they're a bit of a joke. **Not** a contemptible joke, more of a puzzled, “Why's she getting married again? She must be one of those people who just enjoys getting married. Wait, they're both **divorced**?”

They'll be at it again in a couple of years, to two completely different people. It's probably an excuse to dress their children up in novelty costumes.”

A couple of close friends said, “Why do this twice?” as if I were eating another oyster when I already knew I was allergic. I **couldn't** really explain without saying something sappy, like, “I want to **die** with this person, and when I look around for him just as I go, I want the woman in the hospice to say, ‘Your husband has stepped out for some air,’ **not**, ‘Your partner has gone to the vending machine.’” So instead I said, “Piss off.”

A hardcore of bystanders will infer from a previous marital breakdown that the person is flaky – for which see [Germaine Greer's not](#) entirely disapproving comment about [Meghan Markle](#): “[I think she'll bolt](#). She bolted before. She was out the door.” Logically, it makes sense – people who **don't** stick at things **won't** stick at things – but statistically it **doesn't**, [as second marriages are more likely to last than first ones](#).

I can explain this anomaly with a sometimes overlooked fact about **divorce**. It is **hell**. It's never billed as **hell**, it's billed as the emotional midpoint between being bereaved and changing your bank account. But it **isn't**. It's seven months face-down on the floor for a third of every day before you can even say the words, “I'm getting **divorced**.” So in fact, there is nothing as **deadly** serious as a second marriage. The **death** - wish rubric which is somewhere between an anachronism and a metaphor in a first marriage is now completely literal: you will definitely be parted by **death**, because you definitely will **not** be parted any other way.

As a result, I observe the marriage of Prince Harry and Markle with a profound fellow feeling that I have never before had for a sleb – come - princess and **doubt** I will have again. She may have fame and finely turned ankles up the wazoo, but we're sisters under the skin, in our quest for permanence, slightly sheepish, desperately sincere. You might presume that a second wedding is quite liberating, in that you can finally make authentic decisions and you **don't** have to invite your relatives ([or Theresa May, say](#)).

In fact, the main liberation – and this might be more me than the Waleses – is that you **don't** have any money. Wedding inflation is society's way of policing the institution, making sure that people do it only when they really mean it. Lovebirds can say what they like, but the proof comes when they put their money where their mouth is: spend 750 quid on a cake, or £65 on a garter. Second time around, those shackles are off: you **don't** need invitations, you can send an email. People reply with amusing remarks ([it is against the law to RSVP amusingly to an invitation printed on a card](#)). You **don't** need a strict head count because there **ain't** nobody poaching any salmon. You **don't** need a photographer because everyone has a phone, and you **don't** need a DJ, because you already asked everyone what their favourite song was in what will go down in history as your solitary act of forward planning.

We chose a working men's club as the venue, which I knew was nearly free, because I “hired” it ([for free](#)) for a hustings before the election in 2015.

That **didn't** work out so well, in the end, because we said everyone was welcome and 200-odd people **couldn't** fit into it and had a mini-protest outside about democracy ([Harriet Harman had to go and calm them down](#)). Then we went in one afternoon to confirm and it looked different, without 200 protesters in front of it... less festive. Like a place that, once you were in, you **weren't** necessarily allowed out.

Inside, it was full of signs prohibiting weird things such as letting your children use the slot machines or starting fires. “Have we taken this budget thing too far?” asked the future Mr. Williams.

We’re already getting married on a Wednesday afternoon because the council has a midweek special (“**It’s fine,**” said my stepsister, “**I’ve always hated going to work on a Wednesday anyway.**”), in a dress I bought in a charity shop, and a suit he inherited from an uncle of eerily similar dimensions.

“We could find somewhere nearer our house?” I suggested. Will said he’d already examined and rejected most places near our house the last time he got married.

This came as a huge surprise to me. Obviously I knew that had happened, but I’d filed it in some different dimension, the 20th century or the moon. Nobody can mention the last time. It mars the gaiety, awakens the spectre of **failure**. Yet, inexorably, people are constantly reminded of the last time you got married, because you’re getting married again. A lot of sentences start, “Do you remember?”, then tail off into a shambolic silence.

I’m currently in a constant state of garrulous reminiscence, **not** just my own first wedding but every wedding I’ve been to; my dad’s second wedding where I think I was technically a bridesmaid but **not** sure (**drunk**); a slew of summer weddings, including my sister’s, when I was pregnant and looked cranky and ginormous in all the pictures, like a **bad** fairy godmother arriving with a curse; weddings I was late for; a wedding where we breakfasted on cows the bride had persuaded her father to slaughter from his own herd.

I always used to complain about something, usually the sense of captivity, that it is actually quite bizarre to find yourself in a social event with a minimum attendance of 12 hours. That’s another thing you **don’t** have to do the second time: entice people to the middle of nowhere in order to trap them. But the point, I realise belatedly, is that you always **remember** them, quite discretely. None of these events have merged in the memory, the way Christmases do and you can tell them apart only by figuring out who was still alive and who yet to be born.

There’s something pagan and comical about the excess, the acres of time, the extravagance of dress, the big prose, but none of that is what holds each one apart from any other. It is a marital paradox, that in this conventional act, you carve your union into a memorable, distinctive entity.

I never realised how conventional I was until I found myself in an unconventional situation. I **don’t** want Will’s daughter to be a sort-of stepdaughter, I want her to be my actual stepdaughter, with paperwork and photos, and commemorative hair accessories.

She and my son are only two weeks apart in age and have quite similar coloring, and people always say, “Twins?” and I invariably say, “Yes”, and.



Will says, “It’s a little bit more complicated than that”, but too late, because I’m already describing the football hold (a [breastfeeding position for twins](#)).

Last week, I was trawling my local high street looking for samosas that could somehow arrive **hot** even when there were 1,000 of them, thinking, “What were the chances?”

That I would get this old and feel so **not - old**?” My incredible good luck rushed towards me like a tide. The twins are old enough to be trusted with all the stuff that normally you’d have to distribute among your friends while agonising over the hierarchy. My stepdaughter is naturally eloquent; my son is naturally sardonic. Remarks will be heartbreakingly touching, and very short. The youngest wants to dress as a member of WICKED, the nefarious organization that experiments on people in *The Maze Runner*, which I think is the best idea I’ve heard. It’s frankly incredible how many people are free on a Wednesday afternoon. And if I seem insouciant, it’s **not** because I’m **not** taking it seriously, or I feel some residual coating of shame at re-entering an institution I’ve already traduced once. It’s because in that great chasm between how things are and how they look, I should be gnarled by time and experience, but instead I feel more hopeful, more trusting and idealistic than I have ever been.

And soon, before summer has really begun, I’ll be Mrs. William Higham Williams.

Since you’re here...

... we have a small favour to ask. More people are reading and supporting The Guardian’s independent, investigative journalism than ever before. And unlike many news organizations, we have chosen an approach that allows us to keep our journalism accessible to all, regardless of where they live or what they can afford. But we need your ongoing support to keep working as we do.

The Guardian will engage with the most critical issues of our time – from the escalating climate catastrophe to widespread inequality to the influence of big tech on our lives. At a time when factual information is a necessity, we believe that each of us, around the world, deserves access to accurate reporting with integrity at its heart.

Our editorial independence means we set our own agenda and voice our own opinions. Guardian journalism is free from commercial and political bias and not influenced by billionaire owners or shareholders. This means we can give a voice to those less heard, explore where others turn away, and rigorously challenge those in power.

We need your support to keep delivering quality journalism, to maintain our openness and to protect our precious independence. Every reader contribution, big or small, is so valuable.

**Support The Guardian from as little as \$1 – and it only takes a minute. Thank you.**



<https://www.theguardian.com/lifeandstyle/2018/may/05/i-do-again-there-is-nothing-as-deadly-serious-as-a-second-marriage>

- - - - - < ^ ~ , , ~ ^ > - - - - -

**Risk Takers - 109 - Border Patrol Agents | FULL LENGTH | MagellanTV**

"AN EYE ON YOU: CITIZENS UNDER SURVEILLANCE" Citizens of the 21st Century are the focus of prying eyes, whether they agree to it or **not**. This documentary explores a worldwide phenomenon that profoundly jeopardizes our personal freedom.

This long - term investigation identifies the stakes and scandals of global surveillance and opens up the debate on our threatened individual freedoms.

<https://magellan.tv/aneyeonyou>

- - - - - < ^ ~ , , ~ ^ > - - - - -

The US - Mexican border is the most heavily used corridor for human trafficking and drug running in the United States. From the harsh conditions, to chasing down smugglers, being a border patrol agent is one of the most dangerous jobs in law enforcement.

Uploaded under license from CABLEReady.

Here at MagellanTV it is our mission to bring you the finest documentaries from around the world. With over 2000 streaming titles ranging in subject from science and space to nature and history, we hope to broaden your mind by introducing you to a world of educational and entertaining content. We believe in the power of telling real stories that have defined the human experience and point the way to the future. We call it: Documentaries worth watching.

<https://www.youtube.com/watch?v=h0cgft7gqAY> **50 min**

- - - - - < ^ ~ , , ~ ^ > - - - - -

**Making stepfamilies work**

The so-called "blended family" is **no** longer an aberration in American society: It's a norm.  
**Planning for remarriage**

A marriage that brings with it children from a previous marriage presents many challenges. Such families should consider three key issues as they plan for remarriage:

- **Financial and living arrangements.** Adults should agree on where they will live and how they will share their money. Most often partners embarking on a second marriage report that moving into a new home, rather than one of the partner's prior residences, is advantageous because the new environment becomes "their home."

Couples also should decide whether they want to keep their money separate or share it. Couples who have used the "one-pot" method generally reported higher family satisfaction than those who kept their money separate.

- **Resolving feelings and concerns about the previous marriage.** Remarriage may resurrect old, unresolved anger and hurts from the previous marriage, for adults and children.
- For **example**, hearing that her parent is getting remarried, a child is forced to give up hope that the custodial parents will reconcile. Or a woman may exacerbate a stormy relationship with her **ex**-husband, after learning of his plans to remarry, because she feels hurt or angry.
- **Anticipating parenting changes and decisions.** Couples should discuss the role the stepparent will play in raising their new spouse's children, as well as changes in household rules that may have to be made. Even if the couple lived together before marriage, the children are likely to respond to the stepparent differently after remarriage because the stepparent has now assumed an official parental role.

### Marriage quality

While newlywed couples without children usually use the first months of marriage to build on their relationship, couples with children are often more consumed with the demands of their kids.

Young children, for **example**, may feel a sense of abandonment or competition as their parent devotes more time and energy to the new spouse. Adolescents are at a developmental stage where they are more sensitive to expressions of affection and **sexuality** and may be disturbed by an active romance in their family.

Couples should make priority time for each other, by either making regular dates or taking trips without the children.

### Parenting in stepfamilies

The most difficult aspect of stepfamily life is parenting. Forming a stepfamily with young children may be easier than forming one with adolescent children due to the differing developmental stages.

Adolescents, however, would rather separate from the family as they form their own identities.

Recent research suggests that younger adolescents (**age 10-14**) may have the most difficult time adjusting to a stepfamily. Older adolescents (**age 15 and older**) need less parenting and may have less investment in stepfamily life, while younger children (**under age 10**) are usually more accepting of a new adult in the family, particularly when the adult is a positive influence. Young adolescents, who are forming their own identities tend to be a bit more difficult to deal with.

Stepparents should at first establish a relationship with the children that is more akin to a friend or "camp counselor," rather than a disciplinarian. Couples can also agree that the custodial parent remain primarily responsible for control and discipline of the children until the stepparent and children develop a solid bond.

Until stepparents can take on more parenting responsibilities, they can simply monitor the children's behavior and activities and keep their spouses informed.

Families might want to develop a list of household rules. These may include, for **example**, "We agree to respect each family member" or "Every family member agrees to clean up after him or herself."

#### Stepparent - child relations

While new stepparents may want to jump right in and to establish a close relationship with stepchildren, they should consider the child's emotional status and gender first.

Both boys and girls in stepfamilies have reported that they prefer verbal affection, such as praises or compliments, rather than physical closeness, such as hugs and kisses. Girls especially say they're uncomfortable with physical shows of affection from their stepfather. Overall, boys appear to accept a stepfather more quickly than girls.

#### Nonresidential parent issues

After a **divorce**, children usually adjust better to their new lives when the parent who has moved out visits consistently and has maintained a good relationship with them.

But once parents remarry, they often decrease or maintain low levels of contact with their children. Fathers appear to be the worst perpetrators: On average, dads drop their visits to their children by half within the first year of remarriage.

The less a parent visits, the more a child is likely to feel abandoned. Parents should reconnect by developing special activities that involve only the children and parent.

Parents **shouldn't** speak against their **ex-spouses** in front of the child because it undermines the child's **self - esteem** and may even put the child in a position of defending a parent.

Under the best conditions, it may take two to four years for a new stepfamily to adjust to living together. And seeing a psychologist can help the process can go more smoothly.

Thanks to James Bray, PhD, a researcher and clinician at the department of family medicine at Baylor College of Medicine.

<https://www.apa.org/helpcenter/stepfamily>

- - - - - < ^ ~ , , ~ ^ > - - - - -

### Teachers Getting Married for a Second Time Need to Read This Advice

#### How to make the most of your money in a new phase of life.

Entering into a first marriage, finances are usually relatively simple. However, leaving that marriage and going into another one can get complicated. Here are some considerations teachers need to be aware of as they figure out second marriage finances.

You may want a pre - nuptial agreement (**pre-nup**).

A pre - nup is a legal contract that stipulates various terms of situations that may arise in marriage and **divorce**.

For **example**, some couples may determine that any assets that were in place prior to the marriage are **not** to be included in any **divorce** proceedings. There can also be non-financial implications to a pre - nup as well, such as details about children.

While you may be finished with your first marriage and everything is buttoned up, the **truth** is that many second marriages also end in **divorce**. Varying statistics are available, but anywhere from 30 - 60% of second marriages will **not** make it until “**death** do us part”. To protect you, and any children from a prior marriage, opt to put a prenuptial agreement in place.

Have the “money conversation” all over again with your new spouse.

The rules of money will change as you go into a second marriage. For **example**, your first spouse gave \$50 to everyone on their birthday, while your new spouse wants to give gifts.

Your first spouse **didn't** come from money so hoarded it, while your new spouse spends freely. Just as you had these conversations with your first spouse, you need to have them all over again with your new one.

Understand your pension may be less given the settlement of your first marriage; plan accordingly.

Moving on to teacher-specific items — depending on the terms of your **divorce**, you may have had to split part of your pension with your old spouse. This needs to be taken into consideration when planning your new financial future. Do you need to work longer to make up the gap? Or will the financial situation of your new partner mitigate that? If you **don't** plan on working longer, do you need to be saving more? If so, where is the best place to do that?

Review group insurance benefits — sometimes it will save you money to be on one plan, but **not** all the time.

Just as new money conversations need to be had, a thorough comparison of your new spouse's group plans should be done. Take a look at their group insurance and determine two things. How does it rank based on yours, and what does it cost? If it is a better plan, then you may want to join their plan as their spouse. Before making that move, determine what the change in premiums and coverage would be, and understand if it's worth it.

If you're moving from a “free because you're single” plan, to a deluxe family plan, the increase in benefits may **not** be worth the increase in premiums.

Alimony and child support need to become budget items.

**Divorce is expensive** — **not** only going through the process but also paying for it in the future. Understand what obligations your new spouse has coming into a new marriage. Additionally, lay out what you have coming over from your previous marriage. You may find that the largest budget items you have are alimony and child support.

It's important to understand if your spouse has lifelong commitments to alimony or if these disappear in a certain time or event period (**e.g. re-marriage**). While it **can't** be changed, being open and upfront with your financial reality is crucial.

Change beneficiaries on pension, insurance policies and retirement accounts.

One thing that gets neglected is “who gets what”. Stories have arisen in the financial media where new spouses **haven't** updated estate plans, or beneficiary records, and their new spouse and family gets nothing should they pass away — it all went to the old spouse.

While you may want some policies to go to children from a prior marriage, being deliberate in reviewing all of your beneficiary and estate documents is essential. By having money you've worked hard for providing care for someone you no longer care for is a legacy that I **don't** think anyone wants to leave.

Do you have any advice for teachers handling second marriage finances? Please share in the comments.

<https://www.weareteachers.com/second-marriage-finances/>

- - - - - < ^ ~ , , ~ ^ > - - - - -

### Human trafficking

#### Human Trafficking: Out In The Open

**March 26, 2018** => Connect with the City of Phoenix:

<https://www.youtube.com/watch?v=WspexHS4JxA> 48 min

- - - - - < ^ ~ , , ~ ^ > - - - - -

### Second Marriage **Bad** Situation

#### A Dark View Of Second Marriage And Why I Completely Disagree

**No** matter how you look at it, anyone who marries someone who is **divorced** is inheriting a **bad** situation, right from the start. Otherwise, the person they are marrying would never have **divorced** their previous spouse. If there are kids involved, then you inherit that person's **ex, not** to mention, other problems. Nobody thinks about this, but the problems that caused that person's first marriage to fail are still there in a second marriage.

Even if there are **not** kids involved, you are still walking into a less than ideal situation. The pressure is on the new spouse. They have **no** room to screw up, and most likely, they will **not** be getting the same number of years that their predecessor got.

The above reader's comment would most likely depress, anger and scare anyone dating after **divorce** who has hopes of finding love and/or possibly of second marriage.

What I want to write about is why I completely disagree with this reader's dark view, and how who as someone who has been **divorced** for 10 - years, I personally view second marriage in an extremely hopeful, wonderful way.

First let me address that this reader might be correct in stating, ‘anyone who marries someone who is **divorced** is inheriting a **bad** situation.’ After all, there is **truth** to it. When you are with someone who is divorced, you are also sort of “with” their **ex**. So, if the **ex** is unstable or has a drug or alcohol addiction or becomes unable to care for your boyfriend/girlfriend’s children, you might end up having to step up.

But, what’s so **bad** about that? When you love someone, you have to love that person and that means the children and the problems that he or she has as a result of the **divorce**. The problems might be emotional or financial or physical or situational. It might seem scary to decide to be “all in” and to take on the problems with the one you love. But, it can also be an unbelievably fulfilling experience to give so much of yourself for someone you love. **Isn’t** that what **true** love is? If taking on your new boyfriend/girlfriend’s problems **isn’t** something you feel you can or want to handle, then you are with the **wrong** person. It **doesn’t** mean you are selfish, it just means he or she **isn’t** the right person for you, the timing **isn’t** right or the situation doesn’t feel right.

This reader writes, ‘nobody thinks about this.’ He might be correct in writing this. After all, look at the high statistic of second marriage **divorces**. So, the takeaway is, if you want to be happy in second marriage, be realistic and **true** to your heart that you can take on this situation, that you WANT to take it on.

He also writes, ‘The pressure is on the new spouse. They have **no** room to screw up.’ First of all EVERYONE screws up and everyone has the right to screw up. The pressure is **not** on the new spouse but rather both people in the second marriage. They need to work together as a team, they need to really communicate with each other, and they need to prevent harboring resentment. They also need to make time for themselves. Why? Because the problems and issues in the family are always going to be there and needing to be managed, but the opportunities for good times together are fleeting.

Mini - vacations and date nights need to be planned well ahead and be built into the program of the second marriage. An effort to make each other feel loved and **sexy** and appreciated and respected is completely necessary for a second marriage to work.

Here’s the thing. I think all **divorced** people come with baggage (and by the way, so do all single people with first marriages.) That said, **divorced** people are beautiful, wonderful people who prefer monogamy (since they chose to get married in the first place) and who just want to be loved and cherished and happy.

I **don’t** think **divorced** people have fairytale - like expectations of second marriage (although I have to confess that I do). But rather they want the peace and warmth and happiness that was lacking in their first marriage. Is that too much to ask? Nope.

Look, I’m **not** disillusioned that countless men and women get into really **bad** second marriages that often end up being **worse** nightmares than the first. But the point I’m trying to make is, if second marriage is well thought out, and people go into it fully aware of expectations for both people, the second marriage has a lot better chance of working.

So, in contrast to this reader’s dark - dark view of second marriage, I have to say that in my opinion, giving marriage another shot is a lot brighter than staying in

a [single safety zone](#) because you **fear** the baggage of the **divorced**. The key is being realistic, honest and **true** to yourself, and to have the courage to take on some major additional responsibilities or to walk away if your gut says the situation **isn't** right for you.

Like this blog post? Check out my article, [“Is He Second Marriage Material? 10 Ways To Know.”](#)

<https://www.divorcedgirlsmiling.com/a-dark-view-of-second-marriage-and-why-i-completely-disagree/>

- - - - - < ^ ~ , , ~ ^ > - - - - -

When it comes to marriage, the third time's **not** often the charm

If, as Oscar Wilde said, a first marriage is the triumph of imagination over intelligence and a second marriage is the triumph of hope over experience, then – as we sift through the ashes of Brangelina – what's going on with the third?

We still know precious little about what led Angelina Jolie to detonate her third marriage to Brad Pitt and seek sole physical custody of their six children, this amid reports of an [incident on a private plane](#) and Minnesota airport tarmac allegedly involving Pitt, booze and a [rogue fuel truck](#).

What we do know is that a remarkable [74 per cent](#) of third marriages end in **divorce**. That's up from a 67 per cent **divorce** rate for second marriages, according to the U.S. Centers for Disease Control and Prevention.

And according to the most recent data from Statistics Canada data, [41 per cent](#) of first marriages end in **divorce** before the 30th anniversary.

In the face of such statistically diminishing returns – and societal derision – what drives some people to do it again and again?

We are well out of the era of Elizabeth Taylor, who married a total of eight times ([twice vowing lifelong love to Richard Burton](#)). **No** longer is serial marriage a marker of the heady and indulgent A - list celebrity, the way it was when Mickey Rooney, Rita Hayworth and Frank Sinatra married eight, five and four times each, respectively. Nor does the Hollywood studio machinery force its actors to marry or risk facing audience censure for having extramarital **sex**.

So what is the personality trait shared by regular folk playing Liz and Dick today? Are they idealists, romantics, or actually traditionalists keen on enshrining their commitments on paper, however many times it takes?



“People are optimistic. They love to be in love,” says Marni Sky, a co - founder of **Divorce** Angels, a Toronto - based service that connects those **divorcing** or contemplating separation with therapists, coaches and mediation lawyers.

“Today, a lot of people say **divorce doesn’t** mean their life is over,” said Sky. “They’re going to get back up on that horse again.”

While she believes that three marriages is “kind of where the buck **stops**” in 2016, Sky said that those embarking on their third have often already undertaken the introspection and therapy that multiple **divorces** entail. They tend to be looking for someone who motivates them to have a better life, for what’s left of it.

Clarice Schoen, a Fort McMurray equipment maintenance planner, is on marriage No. 3, which surprises even her. “I said I **wasn’t** going to get married again – No. 2 and No. 3 – but they asked so I said ‘yes,’” said Schoen, 52. “I’ve been called relentlessly **positive**, as if it were a **bad** thing.”

Schoen sums up her first marriage in 1989 as “young and dumb.” She says the second, a decade later, was marred by substance abuse. She wed her third husband in 2008, with a total of nine guests in attendance (**third weddings are often drastically pared down**). “Your third marriage, you get smarter. Hopefully,” said Schoen.

While we celebrate first marriages and treat second marriages like a sober second thought, third nuptials often bring judgment. For traditionalists who stick it out for life, collecting husbands like shoes feels like hubris.

For others, it just feels outdated: In 2011, married couples accounted for 67 per cent of all families, down from 92 per cent four decades earlier, according to the [most recent data](#) from Statistics Canada, which also notes that common - law couples have quadrupled since 1981. Why do it once, let alone thrice?

Schoen, who has **no** children, believes spouses often evolve at different rates, sometimes in opposite directions. Despite the vows, she hazards that “confident humans **aren’t** meant to be tied down to one person forever.”

Schoen circumvents judgment with humour: “I say my first husband and my **ex-husband aren’t** the same person. I own it.”

Fiona is a 24-year-old recent child development studies graduate in Ottawa whose mother, father and stepfather have all been married three times. She said they’ve routinely felt the sting of ridicule. “I **don’t** see why we choose to stigmatize those who choose to remarry,” said Fiona, who is withholding her last name to protect her family’s privacy.

“The choice to continue searching for love, for commitment and companionship after failing is one that requires great strength of character,” she says. “Optimism in the face of loss or **failure** is something that I think should be celebrated, **not** laughed at.”

Though the **divorces** and subsequent marriages of parents are hard on children, for Fiona the experience also offered a bright spot: extended family. “My family is a large web of incredible people, including four siblings who I love more than anything, none of which are my full siblings by **blood**,” she said.

Despite the unexpected perks, three marriages is enough for some. Robert Billard, an architect in New Westminster, B.C., is on his third **divorce** and said that he’s learning: “I’ve given up [**on**] impulse.”

Like many others in the trio club, Billard’s first wedding came too early, at 19. The second one fizzled out because of incompatibility; in the third, they simply grew apart. Why did he keep proposing? “I have **no** idea. I **won’t** do it ever again,” he replied.

Billard, 46, is currently in a relationship but **not** looking for the spotlight of a fourth wedding, or possible dissolution. “If you’re in a boyfriend-girlfriend situation for three or four years and you break up, people go, ‘oh well, that happens.’ But if you’re married and break up, suddenly the world is going to end,” he said.

“It took me way too long to realize that the piece of paper and the ceremony are really of little consequence to actually having a good relationship.”

On the third time around, wed carefully

Why do so few third marriages survive?

These spouses often have less tying them down: Their children are grown and out of the nest, and many have built their own independent wealth.

But for those attempting a third go-around, experts offer their rules of three.

Prenup it up

Before Brangelina’s seemingly sudden implosion this month, Angelina Jolie and Brad Pitt had [reportedly signed a prenup](#) to divide their wealth, estimated at \$400-million (U.S.).

While it **didn’t** spare them a custody battle, it was a wise move, said Stephen Durbin, a Toronto **divorce** lawyer who’s been through two separations himself. Durbin argues that prenuptial agreements are especially important for those going into a third marriage – typically older people who have accumulated assets.

“If you’re getting into a third marriage **not** having a prenup, it’s sort of like going to the zoo and opening all the cages and letting the animals loose,” he said.

Make it modest

Be mindful that a third wedding ceremony can be a tough sell to family and friends, says Toronto wedding planner Karina Lemke.

She has found that with each new marriage – the second, third, fourth and beyond – the guest count drops; expecting hundreds of guests to shell out again is “gauche.”

By the third, the party often consists of children from previous marriages. (Brangelina’s wedding at Château Miraval in France was an intimate one, done largely for the sake of their children, who helped pen the vows and design their mom’s gown.)

Women: Think twice

Lemke argued that even a third time around, the traditional framework of marriage works well for men, who tend to live longer and healthier lives when they are married than when they fly solo.

Women? Not so much. The health gains just **aren’t** there: Women who **don’t** remarry do just as well as those who remain married, according to a 2011 study from the University of California - Riverside.

“My female friends who’ve been married, **divorced** and are now all in relationships again are **not** doing the wedding thing again,” Lemke said.

“But they’re very happy,” she added.

<https://www.theglobeandmail.com/life/relationships/valentines-day/when-it-comes-to-marriage-the-third-times-not-often-the-charm/article32125001/>

- - - - - < ^ ~ , , ~ ^ > - - - - -

The Real **Sex** Traffic (Crime Documentary) - Real Stories

An estimated half million women are trafficked annually for the purpose of **sexual** slavery. They are "exported" to over 50 countries including Britain, Italy, Japan, Germany, Israel, Turkey, China, Kosovo, Canada and the United States. Misunderstood and widely tolerated, **sex** trafficking.

It has become a multi - billion dollar underground industry. According to the International Herald Tribune, human trafficking is the fastest growing form of organized crime in Eastern Europe.

**Kidnapped** and/or lured by those who prey on their dreams, their poverty, and their naiveté, Eastern European women are trafficked to foreign lands -- often with falsified visas -- where they become modern day **sex** slaves. Upon arrival, they are sold to pimps, **drugged, terrorized, caged** in brothels and **raped** repeatedly. For these women and young girls, there is **no** life, **no** liberty and **no** chance for a happy and meaningful future.

The Real **Sex** Traffic takes us to “ground zero” of the **sex** trade - Moldova and Ukraine - where traffickers effortlessly find vulnerable women desperate to go abroad and earn some money. The film focuses on the remarkable story of Viorel, a Ukrainian man on a mission to find his pregnant, trafficked wife in Turkey. Our hidden cameras follow Viorel as he travels to Turkey; his only lead the telephone number of the pimp who, he believes, has Katia in his possession. To secure his wife’s release, after days of desperate efforts, Viorel poses as a trafficker and sets out to buy his wife back. We follow Viorel to his meeting with Katia’s captor and from there into the world of trafficked women.

Interwoven with Viorel’s story, we meet other victims, traffickers and the families that have been torn apart by the trade in human flesh. This film is the first film to have a convicted trafficker talk openly about how trafficking works, and how women are coerced into **sexual** slavery. With hidden cameras, we watch as traffickers move people across borders with impunity and expose how easy it is to purchase a modern day **sex** slave. **Sex** Traffic also takes us to England and Canada where we find victims who tell harrowing tales of being repeatedly sold from country to country.

Hiding her identity to protect her life, “Natasha” shares her heart wrenching story of being bought and sold from Romania to Italy and on to Germany and Belgium. Her final **stop** was Britain where she was put to work in a north London sauna.

“Natasha” was finally freed from her nightmare in a police raid, a year after her abduction. For her part, “Eva” thought she was getting a job as a nanny in Toronto until her handlers took her from the airport to a strip club and forced her to work off her “debt”, i.e., her purchase price, before she could be set free.

**Sex** Traffic explores the global trafficking problem through personal stories and unfettered access to traffickers and the people they use as human chattel.

The documentary captures both the investigative story and the human story behind the headlines. From the villages of Moldova and Ukraine, to underground brothels and discotheques, we witness firsthand the **brutal** world of white **sex** slavery.

<https://www.youtube.com/watch?v=4ydmpSw-pmM> **48 min**

- - - - - < ^ ~ , , ~ ^ > - - - - -

## PrimeTime - Juvenile Prisons

ABC News PrimeTime - Juvenile Corrections Adobe Mountain School, Phoenix, Arizona

<https://www.youtube.com/watch?v=B8c1LahPSIA> 42 min

- - - - - < ^ ~ , , ~ ^ > - - - - -

## Are Second Marriages Doomed?

A quick look at the statistics shows that the failure rate for second and subsequent marriages is quite high. While the **divorce** rate for first marriages is a shocking 40-50%, this number climbs dramatically after the first marriage, to nearly 75% in third marriages. This seems to indicate that marrying multiple times is fruitless, silly, and even a waste of time. Yet we all know plenty of people who found a lifetime partner on the second, third, or even fourth try, and went on to **true** wedded bliss. So anecdotal evidence for successful later marriages is strong, even though statistical support is weak.

To figure out what is going on, we need to seek out the story beyond the headlines. As it turns out, certain elements can make subsequent marriages more likely to fail, but acknowledging and addressing those potential hurdles up front can minimize the risks and give the marriage the best possible chance for success.

## Reasons for **Failure**

The reasons for any marriage to fail are as varied as the people in the marriage, yet many of the reasons for second and subsequent marriages to **fail** tend to fall into a few specific categories.

- **Rebounding:** Many people are **afraid** to be alone or feel that they **cannot** live a happy and fulfilled life on their own. If your first marriage ended suddenly or tragically, you might feel a particularly strong compulsion to replace it an effort to feel normal again. This puts you at strong risk for rebounding, or marrying again for reasons other than a **true**, mature, developed love relationship with a new partner. Rebound relationships **don't** always **fail**, but they have strong **red** flags from the outset.
- **Self - Protection:** Whether you lost your first spouse to **divorce** or **death**, the experience likely made you feel vulnerable and even **afraid**. Having been through a wrenching emotional experience, you might be wary of fully opening yourself up to a new partner. Many people describe a feeling of “looking over their shoulder,” expecting **bad** news at any

moment. This is **not** a healthy environment for love to flourish, and it can actually become a self-fulfilling prophecy. You might leave at the first sign of trouble, or become so jealous and irrational that your new spouse feels that **divorce** is the only option.

- **Independence:** If you have been **divorced** or widowed for a long time, you have likely worked hard to rebuild a life on your own.

It is only natural to be skeptical of how a new partner will disrupt the balance and stability you have fought to achieve.

Many couples work out these issues during the dating process, but for others, the feelings last into the new marriage. If you are unwilling or unable to merge lives, your marriage will be more difficult to sustain.

- **Lack of Bonds:** Although the “traditional” marriage and family path is far from the only choice in today’s world, it does create some very logical and powerful reasons to stay together. Marrying fairly young, finishing growing up together, having a few kids, buying a house, and reaching various milestones together creates a strong shared history that builds intimacy and strengthens the commitment. Most people enter second and subsequent marriages later in life, after reaching many significant milestones alone or with a previous partner. You might already be set in your careers, have a few children, own your homes, and be well - set financially. You might already be wrapped up in family and social bonds, and **not** fully integrate into each other’s lives.
- **Children:** While many families blend easily, others have a lot more trouble. When and how you introduce your next spouse to your children can play a role, but some step relationships just work out better than others. Regardless, if either or both of you have kids, they can create a potential hurdle that must be carefully considered.

### Steps for Success

There are **no** magic bullets that can guarantee eternal happiness. However, taking active steps to mitigate the risk factors can dramatically improve your chances for a happy marriage.

- **Work Through Grief:** **No** matter how or why your last marriage ended, you need to acknowledge and grieve the loss. If it was a **bad** marriage filled with turmoil, you might

-

also be emotionally and psychologically damaged from the experience. You **cannot** enter into a healthy, long-lasting relationship until you are emotionally healthy yourself.

Acknowledge and honor that marriage as an important part of your past, take an honest look at both the good and the **bad**, and find a way to truly resolve its influence on you. Some people can do this alone or with a supportive friend, while others do better with a supportive therapist. Work on your kids' mental health as well.

- **Make Time for Exploration:** Don't wait until after the wedding to begin the hard work of getting to know each other. Progress slowly, discuss the hard issues, and take a good look at your compatibility. You need to be sure that you are both fully committed to the process of making it work before you consider getting engaged. Develop the trust needed to confront your individual and relationship **demons** together openly and honestly.
- **Blend Your Families:** While it is unhealthy and confusing to have your kids form bonds with every person you casually date, the first introduction should not be after you are engaged. When you sense that the relationship is something special, begin actively working to bring your families together. If you have a friendly relationship with your **ex**, former in-laws, or other former relatives, include them as well. The more you make each other part of your family lives before the wedding, the less impactful your families are likely to be.

<https://theanatomyoflove.com/blog/relationships/are-second-marriages-doomed/>

- - - - - < ^ ~ , , ~ ^ > - - - - -

### **5 Principles** of Supporting Each Other's Goals That Could Affect Your Relationships

Means - goals relations, supporting each other's goals, is a way of analyzing relationships based on how much each partner helps the other to achieve his or her goals. In this case, the partners are each other's means to reaching their individual goals. Mutual perceived instrumentality, or a relationship in which each partner is instrumental in helping the other to achieve those goals, is considered to be the most satisfying type of relationship.

- - - - - < ^ ~ , , ~ ^ > - - - - -

- - - - - < ^ ~ , , ~ ^ > - - - - -



- - - - - < ^ ~ , , ~ ^ > - - - - -

**Keeping in mind that each partner is the other's helper to achieve goals, and that the goals are individual life goals, we can start to understand how this can affect your relationships.**

### **Perceived Goals and Support**

**First, how does someone fit into your pursuit of your life goals?**

**The simple fact of having goals and being aware of them makes people look around to see what or who can help them attain those goals. Just as it takes a village to raise a child, few life goals can be accomplished alone.**

**Second, having someone around to help makes people more likely to focus on the goals they want to attain. Most people recognize the inherent futility of trying to accomplish major life goals on their own, so they may **not** pay much attention to their dreams until they have a potential assistant.**

**Third, both partners assess the others' and their own usefulness. It is human nature to want to be helpful, as well as to receive help from others.**



If both partners assess their own usefulness and find it satisfactory, as well as finding the other person's usefulness equally satisfactory, the relationship is more likely to succeed.

### Serving Multiple Goals

Next, a single person (or college degree) can be instrumental in attaining multiple goals is important.

For example, a husband might help his wife create a resume for her dream job, run the household while she spends a weekend with her friends, and go to the gym with her to support her fitness goals. People tend to find means more valuable when they are able to support multiple goals, so the more useful you find your partner, the more satisfied you are likely to be with your relationship.

However, supporting multiple goals could become a source of frustration for a partner who feels like their many contributions are unappreciated.

### Partner Substitution vs. Relationship Continuity

Lastly, there are many different ways to fulfill each goal. In most cases, the different alternatives are actually equally suitable to attaining your goals. This supports the idea that there is not one single best partner out there, but that we could be happy with many different potential partners.

However, availability of multiple means, or potential partners, tends to dilute a person's focus on his or her existing partner. Likewise, our goals are not set in stone, and we might drop certain goals in favor of pursuing alternatives.

To maintain strong relationships in the face of shifting goals and readily available alternatives, it is important to actively inhibit, or devalue in your thinking, other choices. It is important to continually positively value your partner. As anyone who has ever been in a long-term relationship knows, it is normal to develop an attraction to or interest in someone else. However, we use various methods to inhibit those feelings and keep our attention on our chosen partners. When considering major life choices, we take into account all of the factors, including our partners' preferences and usefulness in achieving any relevant new goals.

<https://theanatomyoflove.com/blog/5-principles-supporting-others-goals-affect-relationships/>

- - - - - < ^ ~ , , ~ ^ > - - - - -

## 7 Essentials To Know About Forgiveness

Forgiving is never easy and forgetting is even harder. Yet a lack of forgiveness can torpedo a relationship, drain your energy, and increase your tendency to build unhealthy emotional walls around yourself.

**True** forgiveness soothes the mind and soul, builds bridges, and helps you move forward in an emotionally healthy way. Many people have a somewhat skewed idea of forgiveness, so here are seven proven facts.

- - - - - < ^ ~ , , ~ ^ > - - - - -



- - - - - < ^ ~ , , ~ ^ > - - - - -

### 1. Forgiveness Is Good for You

Research shows that holding a grudge causes an increase in the stress hormone known as cortisol. Over time, your **blood** pressure can go up and your heart can experience increased strain. Unresolved relationship issues can also cause ongoing mental anguish, leading to an increased risk for anxiety and depression, and making it more difficult to build healthy new relationships.

## 2. Forgiveness Is **Not** the Same as Approval

Some people are reluctant to forgive because they believe that doing so is a sign that they approve of the other person's behavior. However, this simply is **not true**. If you approved of the behavior, then there would be nothing to forgive.

Instead, forgiveness means acknowledging that the other person behaved **badly**, but that behavior was outside of your control. It releases you from reliving the hurts over and over again, and places accountability for the behavior back on the person who performed it.

## 3. Lack of Forgiveness Damages Trust

If you plan to continue a relationship with the person who **wronged** you, forgiveness is absolutely essential to moving forward. Continuing to nurse a grudge prevents you from fully trusting the other person, sowing seeds of discontent that can rapidly grow and spread. Over time, the person you have **not** forgiven may begin to distrust you as well, based on your unwillingness to let things go.

## 4. Extenuating Circumstances Matter

When we are **wronged**, humans have an innate tendency to take it personally, believing that the other person intended to commit harm. Yet very few people set out to intentionally hurt others. Instead, the person's actions were probably influenced by a long list of factors, from exhaustion to fear to childhood trauma.

Understanding that there were extenuating circumstances at play does **not** excuse the behavior, but it can make it easier to forgive. We all have our moments when the world seems to be crashing in, and everyone reacts **badly** to circumstances now and then. This realization can help you see the person in a more vulnerable and human way, and make it easier to forgive.

## 5. Emotionality Makes Forgiveness Harder

If you are still caught up in the hurt feelings, anger, and **sadness** of the moment, it will be much harder to forgive. Focus on working through your own emotions and coming to a place of acceptance before you attempt to truly forgive.

## 6. Forgiveness Is Internal and Does **Not** Need an Apology

A lot of people believe that forgiveness is **not** possible unless the other person apologizes. Yet this would mean that you could never forgive someone who has passed away or simply moved with **no** forwarding address. Fortunately, this is **not** the case.

Forgiveness is an internal process of letting go, of choosing **not** to let the old wound hurt you anymore. This can be done entirely without the other person's involvement.

Apologizing and stating forgiveness are ultimately social communication behaviors that help to ensure that both parties are on common ground, and are certainly important if the relationship will continue. However, if you do not have a current relationship with the other person, you can still forgive him or her on your own.

## 7. Forgiving Yourself Is as Important as Forgiving Others

Many people are quick to forgive others, but very slow to forgive themselves. If you have a constantly running inner monologue that takes responsibility for things that happen but does **not** allow room for forgiveness, you can easily become anxious, depressed, and worn down. It is crucial to your mental health that you learn to accept yourself as a whole, flawed human being, and learn to forgive yourself for your mistakes.

<https://theanatomyoflove.com/blog/forgiveness/7-essentials-know-forgiveness/>

- - - - - < ^ ~ , , ~ ^ > - - - - -

**My next** Remarrying was crap

### **13 Things** I've Learned From Being Married **3 Times**

In the end, we are all who we are. You own your life and you have **no** control over other people's opinions of your life. What you can control is how you allow that to affect you.

By [Michelle Poston Combs, Contributor](#) - Blogger at Rubber Shoes In **Hell**

I wrote an article a while back about what I learned from being married three times. For the most part, the piece was well received. There were a few people who have very strong feelings on people who have married multiple times. Those feelings were **bad** feelings and they vehemently told me how much I suck for getting married three times.

Recently my husband, Randy, and I were out for dinner. When dining out, I love eavesdropping on other people's conversations.

The couple in the booth behind us were on either a first date or maybe a second date. They were definitely in the 'getting to know you' phase.

They were talking about someone they both knew and the man said this:

You know, I can see getting **divorced** and remarried once. I can even see getting **divorced** twice. But if you get married **THREE** times, then there is definitely something **wrong** with you.

I perked up and Randy looked at me and shook his head.

Randy: **Don't** say anything.

Me, feigning innocence: Say what? I'm **not** going to say anything. I mean, I **shouldn't** even speak because there is definitely something **wrong** with me.

Randy: Do you have to talk that loud?

Me: What? I **can't** hear you over the sound of my three marriages.

I have been married three times. **Divorce** sucks. It's hard and depressing and getting a **divorce** is never about just ending a marriage. **Divorce** smacks you about in many different ways. I decided that maybe I **wasn't** finished passing along the lessons I learned from being married multiple times.

1. A world of difference exists between compromise and compromising yourself. Marriage requires compromise. Sure, it would be nice to always get your way, but that rarely works. For instance, sometimes I have to watch boring subtitled movies and sometimes Randy has to watch movies where a lot of shit blows up. That kind of compromise is good. But when you find you are compromising yourself to the point where you are **no** longer recognizable to yourself, then the compromise becomes toxic.
2. Endings are hard. It makes **no** difference if you are still friends with your spouse or if you both **hate** each other with the heat of a thousand suns. Ending a relationship is hard. Endings get easier as time passes. One day, you will wake up and know that you gained strength from the experience.
3. Holding on to bitterness causes wrinkles. That might be a **lie**. I **don't** know if it causes wrinkles or **not**. But I am quite sure that holding on to bitterness **doesn't** do you any favors. I knew someone whose husband had left her 15 years earlier, when their children were very small. Whenever she spoke of her **ex**, and she did often, she always prefaced her comments with: When Bob left me and ripped apart his children's lives. She never said, "when I got **divorced**" or "when my marriage ended". She always said, "when he walked out on me". I felt sorry for her because the bitterness was so thick you could taste it. She also had wrinkles.

4. **Don't** be a shuttlecock. What a hilarious word. I love saying shuttlecock, I love writing shuttlecock. But you **shouldn't** be a shuttlecock. If you end a relationship, people around you will have opinions. They will tell you what to do. **Don't** sail back and forth like you are in a game of badminton. You know your own mind, you know your own reasons. Stick to your guns and do what you need to get through a shitty situation.

5. Settling is **sad**. Once in one of many therapy sessions, a therapist asked how I was. I said, "Oh, I **don't** know. I'm fine." He told me that sounded very **sad**.

Fine. I'm fine. **Not** great. **Not** terrible. Just okay. He asked me if that is what I wanted from life. **Not** that life would always be cotton candy and building castles in the sand, but life should be more than just "fine". **Don't** settle. The fact that we are alive and that you are reading this is amazing. We exist and that is a miracle. Do more with your life than just sleep walk through it.

6. Your children will be around people **not** of your choosing. **Don't** get caught up in insecurity about another woman or man being involved in your children's lives. If you are lucky, then they will love your children. How can another person loving your kids be a **bad** thing?

I **didn't** want another woman to have a hand in raising my son. I had **no** choice in the matter. She was **not** good for my child. She **didn't** want him around and she treated him **badly**. I realized how much better it would have been if she had loved and nurtured him.

I am far from the best mother in the world, but I love my stepdaughters like they were my own children. I adore their children with everything I am. I have to think that is better than what my son lived through. He was the designated babysitter and housekeeper. Even when he was very small.

At age 5 he would come home from a weekend with his father and stepmother and tell me how many loads of laundry he had to do. She's **dead** now. And **no**, I did **not** have a hand in it, but I'm **not** sorry, either.

7. People judge you. Fuck those guys. Their opinion of your life is **not** your business.

8. People wonder what is "**wrong**" with you. Sometimes, they will even be rude enough to ask what is **wrong** with you. My suggestion? Make up an outrageous answer and then follow up with a highly inappropriate and personal **question** of your own, like, "Why does your nose have that funny curve to it? Were you beaten by trolls as a child?"

9. People will **not** always be kind when you are hurting. They will say things like, "Well, this is what you wanted." Please refer to number 7. Fuck those guys. Surround yourself with people who rally around you. You'll need the buffer for a while.

10. Distract yourself. This works in many stressful or painful situations. I am **not** good at crafts. I **don't** have patience. I have a hard time following instructions, but that **doesn't** mean I **won't** build the shit out of something when I'm stressed. I will paint, glue and glitter until I'm exhausted. The end product might **not** be pretty, but in the end, my brain feels better.

11. Give yourself a break. Try to not get caught up in the cycle of "if only" or "what if". It **won't** help. Forward motion, baby. Life means forward motion. That **doesn't** mean we **can't** learn from our mistakes but dwelling on them is just self-punishment.

12. Just say **no** to camping. People love to break off into camps when they are faced with a volatile or difficult situation that is **not** their situation to deal with. They will set up their space and fly their little flags. One group will have the "**Divorce** is a **sin!**" flag and another will have their "You should have tried harder!" flag and then there is the "Get out there and start dating!" flag. Personally, I **hate** camping. Let people sit at their campsites and say what they want. That's when I go to a place that has room service.

13. **Don't** apologize. Like I said, a lot of people have opinions about people who get **divorced**. Your life is your life. Hold your head up and **don't** apologize for who you are. You **don't** owe the world an apology because your relationship ended.

In the end, we are all who we are. You own your life and you have **no** control over other people's opinions of your life. What you can control is how you allow that to affect you.

**Don't** get me **wrong**, I allowed myself to be defined by other people's opinions for a very long time. I felt embarrassed when people found out how many times I've been married.

**Hell**, I was committed to Randy, but I **didn't** want to marry him, only because I was **afraid** of what people would think.

Now? I am happy with my life. I adore my husband even though he drives me crazy sometimes.

I'm going to go ahead and stick around, though. Even though he sometimes makes me roll my eyes so hard I can pick up old Laugh. In episodes in the back of my brain, **doesn't** mean I'm sorry for a single second of our marriage. And I have run out of fucks to give over anyone who has a **negative** opinion about my marriages.

You know, most of these apply to "the end" of a lot of things. Leaving a job, moving away, cutting toxic people from your life. There are many situations in which we experience a "**divorce**" of sorts.

[https://www.huffpost.com/entry/13-things-ive-learned-fro\\_b\\_7070642](https://www.huffpost.com/entry/13-things-ive-learned-fro_b_7070642)



- - - - - < ^ ~ , , ~ ^ > - - - - -

## The Biggest Mistake People Make When They Remarry

The tricky process of mate selection, the second time around. - Jul 11, 2018

Research indicates that the **divorce** rate for second marriages may fall somewhere between 67 and 80 percent ([Health Research Funding.org., 2015](#)). But this does **not** seem to **stop** people from returning to the altar.

The Pew Research Center (2013) reported that **marriage** rates in the United States are declining, but remarriage rates are increasing: “4 in 10 marriages include at least one partner who had been married before.” Those over age 55 take the plunge a second time more often than younger people.

Scholars have offered a myriad of reasons as to why second marriages continue to **fail** at such an alarming rate. Some have contended that one or both partners may have been on the “rebound.” Others have blamed the independence of women. And many attribute **failure** to blended family dynamics. The purpose of this post is to simplify the matter: In my opinion, the primary reason second marriages **fail** is because most individuals make the same choice time and again. Albeit an **unconscious** decision, we seem to be continually drawn to the same type of individual, or an individual with the same type of problems, in the face of repeated **failure**.

Our new choice may look physically different, but this is hardly differential. Our selection may be more successful, but this alone is **no** significant indicator of contrast. And the new partner may be more educated and of a higher socioeconomic level — **no** guarantee of a healthier outcome.

Clients have explained the selective process with this typical assertion: “He/she **wasn't** like this when we met!” But people do **not** change that much, especially in such a brief time. Unless the prospective partner was a terrific actor, signs were missed. People are on their best behavior when they first meet, but once comfortable, they **cannot** help but show their real selves. It is then up to the buyer to acknowledge any limitations and to determine whether they are tolerable. **Not** all replication is unhealthy. Some people have the good fortune to repeatedly choose appropriate partners. This article however, is concerned with those replications that cause a pattern of pain.

### Why Do We Replicate?

People choose the same partner the second, and sometimes third, time around for a variety of reasons, depending on the chooser's unconscious needs.



And most of these needs emanate from one's family of origin. Yes, some people choose with their eyes open and for reasons of survival. Unfortunately, many of these relationships fail. But this article addresses one specific reason we choose a mate: to unconsciously continue a problematic pattern. For **example**, if you were abused by one or both **parents**, you may have internalized the **belief** that you deserve to be abused. Choosing an abusive partner may help you to achieve this objective. Or if you felt sorry for an abused parent, you may align with them by allowing yourself to be abused. A second **example** might be demonstrated by a strong unconscious desire to "right" a real or imagined "**wrong**" from your past. If your parent was too passive and allowed others to take advantage, you may continually choose a strong, **assertive** partner — as if you are hiring your own personal attorney.

If a parent was particularly dominant, you may choose someone of the same ilk and proceed to rebel against their dominance. Or you may choose more likable, passive partners. A third **example** might be to continue to pay a perceived debt owed to your family of origin (**Boszormenyi-Nagy & Spark, 1973**). If a parent was physically **ill**, you might feel more comfortable caring for needy or **sickly** partners.

Some people are attracted to an individual that has a combination of qualities. Again, the selection will depend upon each chooser's internal needs. The possibilities are indeed endless, and each couple should be analyzed accordingly. There is a certain comfort in replication; it is what we are used to, even if it is a painful experience. One client remarked, "I'd rather deal with the **devil** I know than the **devil** I **don't** know."

### How Do We Replicate?

Again, this tends to be an unconscious process. But rest assured, if you are on the verge of replication, the potential partner in **question** is tapping into — either verbally or behaviorally — something deep inside of you. They may **not** realize it, but the process is compelling. Words used or temperament displayed may trigger the replication. If you are attracted to violent individuals, for **example**, citing even the trace of a temper may draw you nearer. Provocative dress might prove magnetic. In this case you might be replicating the choice of a **flirt** or someone with diffuse boundaries. If you are attracted to those **charismatic** but self-absorbed individuals, you may have an interest in narcissists. Or if you are attracted to addicts, you may replicate a different **addiction** than you previously experienced with your first mate, but an addiction nonetheless (e.g., **exchanging alcohol for gambling**).

## How Do We Prevent Dysfunctional Replication?

Some people try to avoid replication by carefully watching for signs that indicate one is in progress. I do think this may rule out some obvious issues — addiction, overspending, or a hypercritical personality come to mind.

But again, you are up against an unconscious process, and many people can display and sustain a **false** front. The best way to avoid a **negative** replication in remarriage is to “know thyself.” If you have enough self-knowledge as to what attracts you and for what reasons, you can prevent a replication. But you must leave your fantasies behind and be painfully honest in your assessment of your potential mate. Check in with friends and family for their opinions. Investigate your prospective partner’s past relationships and the reasons for their demise. Look for certain characteristics that trigger somatic reactions. One female client claimed that she would experience nausea every time she saw someone who reminded her of her abusive, philandering **ex**-husband. Quite the alarm system.

<https://www.psychologytoday.com/us/blog/magnetic-partners/201807/the-biggest-mistake-people-make-when-they-remarry>

- - - - - < ^ ~ , , ~ ^ > - - - - -

**My next** Remarrying was crap

### **6 Questions** to Ask Yourself Before You Get Remarried - by **Charli Penn**

Like so many things in life, when it comes to marriage, we tend to act with our hearts first and minds second. But when it comes to deciding whether you should get remarried, you **shouldn't** make a hasty decision for all sorts of reasons -- financial, emotional, or even circumstantial.

“There are lots of things to consider before you decide to remarry,” says Dr. Gary Stollman, a relationship expert in Beverly Hills and author of *He Says/She Says -- A Guide to Overcoming Misunderstandings Between Men and Women*. “As with so many life decisions, it's **not** one to be taken lightly.” Dr. Stollman recommends asking yourself the following six **questions** to get answers that will paint a clearer picture for you.

"What's motivating my desire to get married?"

The only correct answer is that you're doing this because you **truly** love the person and you **can't** wait to spend the rest of your life with them. That may seem easy enough, but it's still a valid **question**. Why? "Some people decide to remarry because they're tired of being single, they're the only ones left in their social circle that **aren't** married, or to please friends and family," admits Dr. Stollman. "It's only fair to the person you're with that you enter the marriage with the best of intentions."

"Have I given myself enough time?"

It's **not** a good idea to rush into any marriage, even when you're confident the feelings are real.

Think about your last relationship and say out loud how long it's been since your last marriage or relationship ended. If the answer makes you cringe, there's a problem. "Sometimes people meet each other, and within three or four months, they say, 'Oh this person is the one for me,'" says Dr. Stollman.

"In my experience, if you **don't** know a person at least a year, you **don't** know them very well. You just know their good side." But how long is long enough? The answer is unique to every couple, but as a standard, Dr. Stollman recommends waiting at least six to eight months before you assume you know anything solid about the person you're dating -- even if you've known each other for many years before.

"Have we battled a storm together?"

Part of knowing all sides of the person you love is determining whether you've seen them at their best and **worst**. The beginning of a relationship tends to be the happiest, and there's a feeling that your relationship is almost invincible to sadness. But the **truth** is, everyone has tough times, and you deserve to be confident in how you'll overcome these moments together. "When things get tough, they may **not** deal with that situation in a way you'd be comfortable with," says Stollman. It's better to know this before getting married so you can address your problem - solving issues.

"What's your relationship like with their **ex** or children?"

A new marriage is a fresh start, but the second time around, you may be blending two families together. This means taking into consideration how the other family members, like their children or **ex**, feel about you -- and how you feel about them. "You like to think that you're just marrying that person, but you're actually entering into a relationship with their loved ones too," says Dr. Stollman.

"If they're still raising children with an **ex**, you'll have to interact with that person, whether your relationship is good or **bad**." Make sure that all the relationships you'll be bringing into your life will be healthy in the long run.

"Are our finances compatible?"

In this economic climate especially, it's a good idea to clearly define for yourself what your current financial situation is and how it'll fit with someone else's before you enter into a legal marriage that will financially bind you both. Are you in debt? Are they? Who makes more money? Will one of you be able to support the other should one of you lose your job? If so, how will that affect your 401(k) or any other money you may be putting aside for your children or another loved one? Dr. Stollman recommends you ask yourself all these **questions** almost immediately and then take the proper time to find the right answers before you proceed.

"Am I ready to be married again?"

Dr. Stollman cautions, "People sometimes think that they may be ready but are often still in love with their **ex**, dealing with commitment issues, or dealing with unhealthy emotions from a previous **divorce**," says Dr. Stollman, who recommends any person considering remarriage take an "introspective look" into why their first marriage **failed** and "even consider therapy" to make sure those old wounds have **truly healed**.

<https://www.theknot.com/content/6-questions-to-ask-yourself-before-you-get-married>

- - - - - < ^ ~ , , ~ ^ > - - - - -

### **3 TERRIBLE REASONS TO GET MARRIED (AND 4 REALLY GOOD ONES)**

Years ago, I thought of myself as someone who would probably never get married. I thought I was just "wired" for relationships that were fun but ultimately short - lived. I dated a lot, slept around a lot, and always had an exit strategy.

Fast forward to today and as a happily married man, I'm honestly surprised by how easy it was for me to transition to a committed, life-long relationship. In fact, it feels damn good!

The **truth** is, while I did a lot of work on myself, a lot of it was just looking for a good partner.

I get hundreds of emails each year from people [struggling in their relationships](#). And a lot of those people are either engaged or thinking about getting married.

I often want to wave a giant neon flag at them shouting, “**Don’t** do it!” because getting married for the **wrong** reasons can have dire consequences – **not** just emotionally, but financially, as well.

After working with dozens of couples on this issue, I’ve put together two checklists below that summarize everything. The first checklist is the **BAD** reasons people get married. The second checklist outlines the **GOOD** reasons to get married. Check it out.

### **TERRIBLE REASONS TO GET MARRIED**

Most of these horrible reasons to get married will probably seem obvious and maybe even a little ridiculous. But for a lot of us, it’s really hard to take an objective look at our own motivations and see them for what they really are.

Sometimes, your real intentions are hidden a few layers deep and you just need someone to lovingly shake them to the surface for you.

So here, let me help you with that.

#### **TERRIBLE REASON TO GET MARRIED #1: TO SOLVE YOUR RELATIONSHIP PROBLEMS**

For some reason, a lot of people seem to think that something magical happens when you get married and all the fights and toxic cycles of behavior disappear.

This is tragically misguided.

- - - - - < ^ ~ , , ~ ^ > - - - - -

- - - - - < ^ ~ , , ~ ^ > - - - - -

- - ----- < ^ ~ , , ~ ^ > ----- - -



- - ----- < ^ ~ , , ~ ^ > ----- - -

Committing to someone by getting married amplifies all facets of your relationship. So if you [genuinely love and respect one another](#), that love and respect can grow and evolve in a marriage.

But the same is **true** for problems you have in your relationship. If you're **bad** at communicating in your relationship, miscommunications will only get **worse** in your marriage. If you **don't** have respect for one another, you **won't** gain it by getting married. You'll probably lose it even more.

Basically, when you get married, things can get even better if they're already good, but they only get **worse** if they're already **bad**.

**TERRIBLE REASON TO GET MARRIED #2: BECAUSE YOU'RE AFRAID OF BEING ALONE**

Being alone can really suck.

What sucks even more, though, is marrying the next person who comes along simply because you're tired of being alone — and then they turn out to be **terrible** for you.

You've probably heard this before but **no** one is going to be happy being with you if you **can't** be happy being by yourself. I'm betting nobody ever told you how to go about doing that though. After all, it seems like a catch - 22: you need to be happy by yourself before you can make someone else happy, but you're **not** happy because you **don't** have someone to make you happy.

- - - - - < ^ ~ , , ~ ^ > - - - - -



- - - - - < ^ ~ , , ~ ^ > - - - - -

The problem is the way you're judging and valuing yourself. You're valuing others' opinions of you more than you're valuing your own opinion of yourself. You think your value as a person is determined by who you're with. Just think about how fucked up that is for a second.

Develop yourself into who you want to be first. Get healthy. Leave your dead-end job and get serious about your career. Get your finances in order. Then find someone who is excited to be with you because you kick so much ass already.

### **TERRIBLE REASON TO GET MARRIED #3: TO PROVE SOMETHING**

Maybe your crazy aunt keeps telling you about how “the clock is ticking” and you’re **not** getting any younger. Or your father thinks you need to “grow up already.” Or maybe your parents got **divorced** and you’re determined to show the world that you’re better than them. Or all your friends are married now and you want to show them you’re **not** just the third or fifth or eleventh wheel all the time.

Sometimes it’s a little more subtle but just as fucked up. Like, some people see marriage as a status symbol, so they get married thinking they’ll parade around town with their spouse and people will bow in their presence like they just conquered Westeros or something.

Whatever it is, getting married to prove something to someone — or yourself — is a god awful reason to do it.

- - - - - < ^ ~ , , ~ ^ > - - - - -



“See, look how happy we are together. See? SEE?”

- - - - - < ^ ~ , , ~ ^ > - - - - -



The fact is that a marriage **isn't** going to work unless both people are [in it for each other and no one else](#). The world **doesn't** really care if you get married. Billions of people have done it. You **don't** get a gold star and extra warm cookies on the plane just because you're married. You also **don't** get to rub it in anyone's face for more than a few months, tops. And then what?

I'll tell you what: then you're stuck in a marriage trying to figure out if it was worth it after all.

So if any of these **terrible** reasons to get married apply to your situation, well first, **don't** get married. Second, work on your [relationship skills](#). Learn about [healthy](#) and [toxic behaviors](#) in relationships. Familiarize yourself with [how emotional needs work](#) so you can better get yours met and meet the needs of others. It takes a lot of time, but it will save you a lot of pain and maybe a **divorce** or three down the road.

On the other hand, if you can take an honest look at your relationship and say that none of these **terrible** reasons to get married apply to your situation, then great.

Read on.

## THE "SHOULD WE GET MARRIED?" CHECKLIST

Alright, so you've determined that you're **not** thinking about getting married for the **wrong** reasons, but you're **not** out of the woods yet, my friend.

Below are some of what I've determined to be the most important aspects of a relationship that bode well for [a healthy and happy marriage](#).

And even though I'm calling this a "checklist," I'm **not** saying that this big of a decision can be boiled down to a few "yes/**no**" **questions** and that's it. But if your relationship **doesn't** have these things already, let's just say that it's going to be pretty hard to make a marriage work in the long run.

### 1. YOU FIGHT WELL

A [healthy relationship](#) is **not** a relationship without arguments. A healthy relationship is a relationship with healthy arguments.

What I mean is that **not** only are fights inevitable in even the happiest marriage, they can actually be a good thing for the relationship if they are fought in a healthy way.

That means that, when you do get upset and argue with each other, you try to get to the root of the issue itself and you **don't** attack the other person for who they are.

So, for **example**, maybe your partner blew you off when you really needed them and you felt hurt by it. Instead of telling them that they're a heartless fuckface who only cares about themselves, you should probably try to understand why you're so hurt in the first place and address that with them. Are you **afraid** of being left alone in times like this? And if so, do they actually understand that? Is there some way you can communicate when you really need them and are they willing to work with you on it?

- - - - - < ^ ~ , , ~ ^ > - - - - -



- - - - - < ^ ~ , , ~ ^ > - - - - -

Most arguments in relationships come from a **[misunderstanding of emotional needs](#)**. But that also means there's an opportunity for you both to **a)** figure out what each other's needs are and **b)** learn how to get your needs met and meet the needs of the other person.

And so, when done from a place of mutual respect for one another's needs, this is how arguments can be a healthy part of a relationship.

And when you do fight, it's important that, ultimately, you forgive each other and you forgive yourself.

You **don't** keep bringing up old issues but instead, you acknowledge when someone messes up and you accept their apology (**and they own up to it and change their behavior**). But you also admit when you're **wrong** and forgive yourself for it instead of continuing to beat yourself up.

Again, fights are inevitable, so you need to make sure you're fighting well before you get married. Otherwise, be prepared to deal with either a very short, tumultuous marriage or a very long, miserable marriage.

## 2. YOU HAVE SIMILAR WORLDVIEWS AND VISIONS FOR YOUR FUTURE

**Stop** and ask yourself this about your relationship: are your lives going in the same direction and do you share similar values? Or is there friction when it comes to big life decisions? Do your career aspirations and/or lifestyles mesh well with one another?

If one of you wants to be an actor and live in Los Angeles and one of you wants to live a quiet life on a farm in Idaho, well how exactly is that going to work? One of you will have to give up on your dreams, creating a downward spiral of resentment and regret. And then **no** one "wins."

Similarly, if one of you wants to spend your money on traveling and seeing the world but one of you would rather buy a nice, big house and stay home to take care of it, that's also a recipe for conflict down the road.

Essentially, if one of you has to give up on your dreams, your career, your passions, it's just **not** going to work. One or both of you will wind up miserable and resenting each other.

And if one or both of you have to suppress or change your values in some way, you're also in for a rocky marriage. Things like how to raise kids (**or if you want them at all**), religion, how you handle money issues, and so on. A lot of these things **aren't sexy** to think about, but again, any issues you have now in your relationship will be magnified in your marriage. And the bigger the issue, the harder it will be to ignore it for long.

## 3. THERE'S A STRONG FRIENDSHIP THAT UNDERPINS THE RELATIONSHIP

A fact of any long-term relationship is that romance dwindles, **sexual** desire comes and goes, and life just happens sometimes. So it's best to have someone you can count on in other ways when these things do occur. You should be marrying someone who's **not** just an ideal romantic partner for you, they're also your friend.

- - - - - < ^ ~ , , ~ ^ > - - - - -

- - ----- < ^ ~ , , ~ ^ > ----- - -



- - ----- < ^ ~ , , ~ ^ > ----- - -

A good friendship involves accepting one another unconditionally, flaws and all. They might annoy you in some ways and piss you off in others, but at the end of the day, you still want to be there for them and you want them to be there for you.

You **don't** get **sick** of each other, but when you do need your space, neither of you takes it personally and you give it to each other.

And maybe most importantly, you think in terms of “we” and “us” and **not** “you” and “me.” This is a product of having shared values that manifests as a solid, loving friendship. Of course, you recognize and respect one another’s autonomy. But you’re also a team, working towards the same goals.

If instead you feel like the other person is always interfering with your independence, then you either have a mismatch in values (see above) or you have some avoidant tendencies you need to deal with (see my article on attachment styles). Either way, you need to work this out before getting married.

#### 4. YOU SEE MARRIAGE AS AN EXCITING OPTION, **NOT** AN OBLIGATION.

Last, you **shouldn't** see getting married as something that you have to do for whatever reason.

And I **don't** just mean someone giving you an ultimatum — “we need to get married or I’m leaving” — although that’s definitely one giant **red** flag **not** to get married. But you **shouldn't** also feel like you have to get married because “that’s what people do” or because you’ve been with someone for a long time and feel like you owe it to them.

A marriage — and any relationship, really — is something that is created by two people. It’s a project, **not** an obligation.

And like any project worth doing in life, it can be challenging at times, but it should also be exciting and, in the end, worth it for both of you.

- - - - - < ^ ~ , , ~ ^ > - - - - -



### BOOKS ON RELATIONSHIPS AND MARRIAGE

- - - - - < ^ ~ , , ~ ^ > - - - - -

Lots of people ask me which books I’d recommend for understanding and creating better relationships that can lead to a healthy marriage.

The **truth** is, most books out on the topic give pretty shitty, vague advice that **isn't** all that useful. That said, there are a few books out there that I regularly recommend to people. My top two are [The Five Love Languages](#) by Gary Chapman and [Getting the Love You Want](#) by Harville Hendrix.

If you're the type who likes a more "academic" perspective, John Gottman's [7 Principles of a Successful Marriage](#) is nice overview of why relationships succeed and why they **fail**.

And if you find yourself in relationships where you're constantly fighting with one another, check out [Nonviolent Communication](#) by Marshall Rosenberg.

You can also get my [free ebook on relationships](#) and learn more about dealing with emotional needs in your relationships.

#### MORE ARTICLES ON RELATIONSHIPS

I've also written a lot about relationships — what makes them good and what makes them **bad**, why they thrive and why they **die**, and what you can do to start having better ones. Here's a list of some of the most popular ones and some of my favorites as well.

(You may click on these below and learn a lot more.)

- [Love is \*\*Not\*\* Enough](#)
- [Fuck - Yes or \*\*No\*\*](#)
- [1,500 People Give All the Relationship Advice You'll Ever Need](#)
- [The \*\*No\*\* - Bullshit Way to Find "The One"](#)
- [Attachment Theory](#)
- [Compatibility and Chemistry in Relationships](#)
- [The Three Loves Theory](#)
- [Maybe You Don't Know What Love Is](#)
- [Change Your Mind About Dating](#)
- [6 \*\*Toxic Relationship\*\* Habits Most People Think Are Normal](#)
- [6 \*\*Healthy Relationship\*\* Habits Most People Think Are Toxic](#)

- [Romance Is Like Alcohol](#)
- [How to Survive a Long Distance Relationship](#)
- [Why People Cheat in Relationships](#)
- [3 Simple Explanations for Why You're Still Single](#)
- [7 Things Sex Education Should Have Taught Us But Didn't](#)
- [How Disney Ruined Sex For Everyone](#)
- [Sex and Our Psychological Needs](#)
- [The One Trait to Look For In A Partner](#)
- [How to Date an Emotionally Stable and Amazing Person](#)
- [Why Everyone You Date Is A Psycho](#)
- [The Guide to Strong Boundaries](#)
- [Vulnerability and Avoiding Manipulative Relationships](#)
- [It's Complicated: Why Relationships and Dating Can Be So Hard](#)
- [My Girlfriend Just Dumped Me](#)
- [Power in Vulnerability](#)

- - - - - < ^ ~ , , ~ ^ > - - - - -

---

## HOW TO **STOP** FUCKING UP YOUR ROMANTIC RELATIONSHIPS

---

Relationships can be complicated and difficult. But few people know that there are some pretty clear signals to know if a relationship is going to work or **not**. Put your email in the form to receive my 29-page ebook on healthy relationships.

You'll also receive updates on new articles, books and other things I'm working on. You can opt out at any time. See my [privacy policy](#).

<https://markmanson.net/reasons-to-get-married>



- - - - - < ^ ~ , , ~ ^ > - - - - -

## 6 Scientifically Proven Facts About Love



- - - - - < ^ ~ , , ~ ^ > - - - - -

Love is tough to narrow down. Poets write about it, philosophers discuss it, musicians sing about it, and most humans crave it, but actually defining love is complex. Once you have it, you will know it, but holding onto it is **not** always easy.

Fortunately, science can help us define love, find it, and even keep it going over the long run. Here are 6 scientifically proven facts about love.

### 1. The Brain Responds Differently to Love Than the brain does to **Lust**

While chemistry and passion are a crucial component of love, they are **not** enough on their own. This is why the majority of one night stands and intense summer romances **fail**. Brain scans have actually revealed that the brain responds differently to love than it does to **lust**.

While **lust** activates the brain regions associated with rewards, and pleasure, love activates the regions that deal with the most basic rewards, like water when you're thirsty. Love is a long-term drive. **Lust** for one person **doesn't** last for hours, months and years without **stopping**. Over time, passion can lead to love, but it is a mistake to confuse these very different responses.



## 2. Love Is Both a Feeling and a Conscious Decision

Have you ever felt hopelessly in love? Research shows that in certain moments, people who are deeply in love tend to mirror each other's physiological rhythms.

Throughout the day – to - day realities of life, people who are in love tend to think fondly of each other, take on novel new shared experiences, and work toward each other's happiness.

Yet love is also a choice that you must make every day. Outside stressors, relationship squabbles, and conflicting priorities can cause even the most loving couples to grow apart. **No** matter how stressed or angry you are, it is important to consciously choose love and to respond in ways that support your relationship. Your feelings will ebb and flow in intensity over the years, but the intentionality of purposeful love can carry you through.

## 3. You Can Boost Your Ability to Love

Mindfulness has become a **hot** buzz word across many schools of thought, but research shows that it can actually improve the ability to love. Especially when paired with compassion meditation, mindfulness decreases activity in the **fear** and **anger** regions of the brain. It triggers **positive** feelings such as empathy, and helps us to become more interconnected with others, including our romantic partners.

## 4. Love Improves Physical Health

While romantic love is **not** the only option for boosting your overall health, having some form of love in your life is crucial to living a long and healthy life. Research has repeatedly shown that those who experience intense loneliness and disconnectedness are at a much higher risk for early demise. Those who are deeply emotionally attached to someone tend to feel fitter and live longer.

## 5. Love Is Actually Catching

You might have heard the quote, “All the world loves a lover.” It turns out that there is quite a bit of **truth** to this. Those who regularly exhibit the fundamental traits of love, such as compassion, empathy, and genuine caring tend to inspire others to do the same. Whether you have a rock solid marriage or are a **spiritual** leader like the Dalai Lama, modeling love is a gift that you can give to the world.

## 7. Love Sometimes Has to Be Learned

Love demands trust, openness, and vulnerability. It is a higher order function that requires the brain's prefrontal cortex to send the amygdala signals that are powerful enough to overcome the automatic fight or flight response. Those who have experienced trauma or abuse often have an overdeveloped fight or flight reaction that is extremely difficult to break through.

Over time, a patient partner can often teach someone struggling with this to experience love, especially if a professional therapist is involved. However, the person in **question** has to be psychologically and emotionally ready to undertake this often painful journey. Never try to force a potential partner to love you, and do **not** sit around waiting for that person to be ready. If you have put in some time and effort with **no** change, you might be better served by moving on.

Love is hard to define, tough to find, and difficult to hold onto. However, science holds valuable lessons that can demystify this complicated emotion and make it easier to find a meaningful, lasting love of your own.

<https://theanatomyoflove.com/blog/relationships/6-scientifically-proven-facts-love/>

- - - - - < ^ ~ , , ~ ^ > - - - - -

Is a Second Time Around Realistic?

Should you remarry someone you **divorced**? – By [Sheri Stritof](#)

It's rare that you hear someone say they wish to remarry their **ex** - husband or **ex** - wife. I guess the grass really **wasn't greener** or time did **heal** the wound! Whatever the reason, it does happen on occasion. If you are someone rekindling the romance with an **ex**-spouse, there are critical things to consider.

Why would someone want to do this in the first place? Here are some of the possible reasons:

- Single life was unsatisfying and difficult
- You realized you made a huge mistake
- You **divorced** for stupid reasons or it was impulsively

- You never fell out of love
- You have some personal growth that led you back to this relationship
- Familiarity
- You have forgiven and/or forgotten the things your spouse did **wrong**
- Your family still likes and has a relationship with your **ex**

If you and your **ex**-spouse are considering getting back together please know these three things:

- The odds are against you.
- You must take things slowly.
- You should see a [marriage counselor](#) and take a marriage education course.

#### Statistics Against Remarrying

Statistics are against couples who remarry one another. More second marriages end in **divorce** than first marriages.

Psychology Today states that "... a whopping 60% of remarriages **fail**. And they do so even more quickly; after an average of 10 years, 37% of remarriages have dissolved versus 30% of first marriages."

## Help for Making Your Second Time Around Together Successful

If you are thinking about remarrying your former spouse, here are some suggestions to improve your chances of having a [ah -](#) to one another:

- Getting back together just for the sake of the kids is a **bad** idea. Get back together because you love ([and like](#)) one another and want to be together again.
- If you do have children, do **not** let them know the two of you are dating one another again for a while. They could get their hopes up that the two of you will reconcile and this could put more pressure on you to do so even if things are **not** going as well between the two of you as you would like.
- See a [marriage counselor](#). You must learn from your own marital history or the two of you are doomed to repeat it. Unresolved and unfinished business will resurface the second time around.
- Honestly look at what caused your **divorce**. If it was an issue with finances, be clear on how you will spend money. If it was [about parenting issues](#), work this conflict out first. If it was due to infidelity, be sure to process this, forgive, and rebuild trust.
- Admit to your role and responsibility in what went **wrong** in your first marriage to one another. If you **can't** readily do this, you will continue to struggle in this or any marriage.
- Take a [marriage workshop](#) or course together.
- Keep things completely honest between the two of you. **No** game playing. **No** mind reading attempts. **No** unspoken expectations. Share with one another your expectations, hopes, and dreams.

- It is important to recognize [that the first marriage](#) is **dead**. As hard as this may be, do **not** let that **ghost** hurt your new marriage.
- Do **not** be **afraid** to confront past issues that caused conflict between the two of you.
- Do **not** dwell on your mistakes. Focus on your future together.
- Consider a prenuptial agreement
- Have reasonable expectations. At the core, you will be marrying the same person.
- Rebuilding a new foundation takes time and effort.
- Be realistic. If you learn through dating and counseling that things **aren't** right, trust your gut. Then **don't** do that.
- Stay **positive** and hopeful.

[Developing trust and making a marriage](#) work after a **divorce** requires a strong commitment to the relationship by both of you. Again, do **not** rush into a second marriage with your **ex**-spouse. Take time to understand your relationship and one another more fully.

\*Article updated by [Marni Feuerman](#)

Was this page helpful?

<https://www.verywellmind.com/is-a-second-time-around-realistic-2300932>

- - - - - < ^ ~ , , ~ ^ > - - - - -

**Crime:** The story of 3 girls who were **kidnapped** and kept captive for over 10 years !

**May 21, 2013 =>** I wanted to upload this to share the story with other all over the world ! **No** copyright intended ! All rights go to Channel 5 ! It a amazing story about 3 girls who survived a personal **hell** !

Documentary exploring the **kidnapping** - and recent release - of the three young women who were held captive in a cellar in suburban Cleveland, Ohio, for 11 years. Featuring interviews with neighbors, witnesses, mental - health professionals and criminologists, the programme examines the long-term psychological effects of the girls' traumatic ordeal, and speculates the motives of Ariel Castro, the man charged with snatching them.

<https://www.youtube.com/watch?v=bLObkZTi5TM> **45 min**

- - - - - < ^ ~ , , ~ ^ > - - - - -

[Greg Jane Moore to Power and Love Testimony Group](#)

One off the most loving testimony gifts we have been given is realizing that We are **not** only activated in Love and power but We are able to take what has been given to us and pass it along.

In 2010 we came alive which lead us to start activating hundreds of others in the **Love and Power** of Jesus and a key inspiration was **Power and Love**. Over the past 5 years we have been blessed to have activated hundreds of others in living a supernatural lifestyle. Bringing those around us into a love encounter with Jesus as well as teaching them that they can do the same.

Thanks Tom for your faith in starting **Power and Love** and Todd for increasing the fire. 🔥🔥🔥. Love to all ❤️❤️❤️ and remember ... “pass it along, make and attempt, give it a go.... you’ll be blown away how Papa (**God**) will take it to the next level in and through YOU!”

- - - - - < ^ ~ , , ~ ^ > - - - - -

**Worst Marriage ever**

**40 Worst Mistakes Married People Make**

**SIDESTEP THESE PITFALLS ON YOUR WAY TO MARITAL BLISS.**

There are a lot of amazing things about being married: knowing that you've chosen a partner for life, having a constant companion, and getting a forever teammate. But it's also undeniable that even the most incredible marriage is **not** free of challenges.

Some of the obstacles you'll encounter are completely out of your control (**health crises, job loss, and family dynamics, just to name a few**), but many are totally avoidable if you know what to look for. Ahead, find out what relationship experts say are the most common mistakes they see married couples making, plus how to dodge them. And for more great marriage advice, here are [30 Things Straight Couples Can Learn from Gay Couples](#).

### 1 Taking Each Other for Granted

Listen up, because this is a big one, people. "Couples get so comfortable with one another that they **stop** noticing and appreciating all that their partner does for them and the relationship," says Rhonda Milrad, LCSW, relationship therapist and founder of online relationship community, Relationup. "More importantly, they **stop** acknowledging and expressing gratitude for their partner's efforts."

So next time your spouse does something nice for you, know that a simple 'thank you' can go a long way. And once your relationship is back on track, consider [these great ways for spicing up the bedroom](#).

- - - - - < ^ ~ , , ~ ^ > - - - - -

- - - - - < ^ ~ , , ~ ^ > - - - - -

## 2 Not Saving Money Together

- - ----- < ^ ~ , , ~ ^ > ----- - -



- - ----- < ^ ~ , , ~ ^ > ----- - -

It's **no** secret that cash is often a subject of contention in marriages, but some of the friction around money can be solved by simply saving more of it.

“Money is an integral part of a marriage and it is very tempting to jump into the ‘married lifestyle’ with nice cars, a nice home and nice vacations instead of building up your emergency fund and saving **enough** for retirement,” notes [Scott Carroll, M.D.](#), author of **Don’t Settle: How to Marry the Man You Were Meant For**. Make saving a priority from the beginning for less stress down the road. For several handy and easy ways to save, know these [18 Secrets Salespeople Don’t Want You to Know](#).

### 3 Spending More Time Planning the Wedding Than The Marriage

Planning a wedding is fun, but planning your actual marriage is way more important. “Couples **don’t** talk about their future goals, how they’ll handle issues like finances or in-laws, and they **don’t** create a plan to work together,” points out Amy Morin, psychotherapist, lecturer at Northeastern University, and author. Instead of focusing all your energy on the act of getting married, spend some time talking about what happens afterwards, too. And for more long-term tips, **don’t** miss the [50 Worst Pet Peeves That Grind on Relationships](#).



#### 4 Undermining Each Other

The whole good cop, **bad** cop thing can go too far.

“This happens most frequently when children are involved, but it can happen with extended family and friends,” says Justin Lavelle, Chief Communications Officer at [BeenVerified.com](http://BeenVerified.com). “It is important that the relationship presents as a unified front. Undermining discipline, decisions about plans, or just general principles of the relationship will stir resentment and anger between the two. Make sure that differences are discussed privately beforehand so that the decision is a consensus.”

#### 5 **Not** Being Totally Invested

Meaning they’re too quick to make their exit when the going gets tough. “It seems so easy for couples to call it quits today,” says Tiya Cunningham-Sumter, a certified relationship coach and blogger. “Marriage is a commitment that comes with its good days and **bad**. Couples must stay invested and committed even when things feel a little funky.” For help, read the [5 Ways to Know She’s the One](#).

#### 6 Relying on Each Other Too Much

- - - - - < ^ ~ , , ~ ^ > - - - - -



- - ----- < ^ ~ , , ~ ^ > ----- - -

“Regardless of your relationship structure, one person **can’t** meet all your needs,” points out Kait Scalisi, MPH, an intimacy educator. “Having a strong community of friends and family strengthens your relationship.”

## 7 Using **Sex** as a Barometer for The Relationship

- - ----- < ^ ~ , , ~ ^ > ----- - -



- - ----- < ^ ~ , , ~ ^ > ----- - -

**Sex** matters, but it’s **not** the only thing that matters. “Often stresses in the relationship will be reflected in a diminished desire for **sex** by one or the other,” says Kenneth Jeddling,

LCSW, a psychotherapist and author. “**Sex** will ebb and flow in a long marriage and, frankly, a long marriage, if good, will be about love more than **sex**.” In short, **sex isn’t** the be - all and end -a ll of your relationship, so it **shouldn’t** be the only way you measure the success of your marriage.

- - ----- < ^ ~ , , ~ ^ > ----- - -

## 8 Thinking You **Don't** Have to Court Each Other

Just because you're married **doesn't** mean you should **stop** trying. "So many people feel that once they've found the one, that they **don't** have to put in the work into the relationship," says Stef Safran, a dating and matchmaking expert. "Romance and courting is something that people often say they miss when they get married. **Remember** to show your partner that they are special with words, gifts, romantic gestures." **Don't** just take it from us. [Take it from Jennifer Lopez and Alex Rodriguez.](#)

## 9 **Not** Being Friends Anymore

They say that couples who are best friends last forever, and there's a good reason for that. "I have my clients plan dates together that **aren't** typical dinner and a movie dates," says Sunny Rodgers, a clinical **sexologist**, certified **sex** coach, and intimacy counselor. "Couples need to work on building their friendship, which will lead to a solid foundation for their partnership — and can help keep them together for a lifetime."

## 10 Never Fighting

"Arguing too little can be just as **bad** as arguing too much," Carroll says. "Holding in all your frustrations just leads to resentment or if you try to block your frustrations from your conscious mind, it goes into your subconsciousness where it causes all kinds of psychological and physical problems. This is why it is so important to learn how to argue well in a healthy way, so you **don't** take cheap shots at each other and you **aren't afraid** to discuss — and even argue about — the issues you need to."

## 11 Fighting for Control

"Many couples get into the dynamic of fighting for control, whether it is by trying to dominate the handling of financial issues, spending habits, or how to raise the kids," notes Steve Mindel, J.D., a certified family law specialist and managing partner of a law firm. "To keep a relationship healthy, the goal is to strive for balance. Sit down together and decide who gets to be the captain of what." That way, you'll each have your own domain to have a say over.

## 12 Waiting Too Long to Try Therapy

Many couples can benefit from therapy way earlier than they expect. "By the time they see a marriage counselor, they are looking for permission to get **divorced**," Morin says.

### 13 Forgetting to Talk About **Sex** and Desire

“In the beginning of relationships when everything is **hot** and new, sharing fantasies and being experimental may be an integral part of the getting – to – know – each - other process,” says Shula Melamed, a relationship and wellness coach based in NYC. “As time goes on, some married couples may rest on the laurels of all that history instead of continuing the conversation as the years and relationship progress.”

### 14 Having Unrealistic Expectations

There’s **no** sugarcoating it: Marriage is challenging. “Sometimes couples forget there are imperfections in life, in people, and yes, in marriage,” Cunningham-Sumter says. “Their spouse has flaws and will make mistakes, as will they. That has to be okay. Marriage is the real deal; it’s **not** a trial run or a fairy tale. It’s two real, imperfect people trying to make life and love work.”

### 15 Spending Too Much Time Together

“Many couples make the mistake of trying to spend too much time together and this time, inevitably, **doesn’t** amount to quality time,” says Dr. Jess O’Reilly, Astroglide’s resident **sexologist**. “If you spend all of your non - working time with your partner, you’re bound to find yourselves engaging in dull, repetitive activities like running errands, staring at your phones, or surfing the web.” That’s pretty boring, and if you’re bored, that’s **not** a great sign. Take it from [This Amazing Couple That’s Been Married for 70 Years.](#)

### 16 Ignoring Disconnection

“Couples often make the mistake of not paying attention to slow-moving but ongoing emotional, physical, intellectual, and experiential disconnection,” says ulienne Derichs, a licensed clinical professional counselor. “They **don’t** realize the many subtle ways they are ‘turning away’ rather than ‘turning toward’ their S.O.” This can lead to chronic disconnection, which snowballs into a much bigger issue.

“Couples need to consciously and deliberately find ways to connect with their partner every day, and in ways that are meaningful in their unique relationship.”

### 17 **Not** Working on Yourself

Self - improvement **shouldn't stop** once you walk down the aisle. "Get to know yourself well," Scalisi suggests. "What triggers an intense emotional reaction? What parts of yourself **don't** you love? Where can you be happier? You can find someone to help you on this journey or do it on your own."

### 18 Never Going to Bed Angry

Some old sayings about relationships just **don't hold true**. "In their quest to never go to bed angry, couples make up without actually making up," says [Chris Armstrong](#), a certified relationship coach and author. "Instead, couples should take a night break and agree to talk about things in the morning. This gives them an opportunity to talk when they're likely more awake and less raw emotionally."

### 19 Not Having Sex

While experts say stressing too much about sex can cause problems, **not having sex** at all is another major issue. "**Sex** is both a normal and healthy desire and a critical way of emotionally bonding that has to be constantly renewed," Carroll explains.

"The bonding **sex** produces **isn't** just conscious, it is mostly unconscious through the limbic system of the brain and is mediated by pheromones and neurotransmitter and neuropeptides such as dopamine, endorphins and oxytocin." In other words, even if you **don't** think you need **sex** to feel close to your partner, you probably do.

### 20 Not Keeping Things Exciting

- - - - - < ^ ~ , , ~ ^ > - - - - -

- - - - - < ^ ~ , , ~ ^ > - - - - -

- - - - - < ^ ~ , , ~ ^ > - - - - -



- - - - - < ^ ~ , , ~ ^ > - - - - -

“Sure, it might **not** be as exciting as those first few dates, but you need to keep it fun or otherwise you’re doomed,” Lavelle says. “Make sure that you have something to look forward to. Maybe this is a monthly date night or an annual vacation but plan it and do it.”

## 21 Letting Outsiders In

Allowing others to get super involved in your marriage is never a good idea. “It’s okay to get a little advice — occasionally — for your marriage,” says Cunningham - Sumter. “However, **no** one has more power, insight, knowledge, or say on a relationship than the couple actually involved. Married couples have to communicate with one another and make decisions that work best for the two of them only.”

## 22 Never Spending Time Alone Together

While it’s definitely possible to spend too much time alone together, it’s also pretty common to neglect your couple time when life gets crazy.



“Frequently, married couples become so lost in their careers, their kids, or their extracurricular activities that they forget to spend time with each other,” notes Monique Honaman, author and marriage expert. “When the job ends, the kids move out, and they **no** longer play tennis several times a week, they are left looking at each other and wondering who that person is. Stay involved and do things together. Spend time alone with each other.

It’s great role-modeling to your kids about the importance of focusing on each other to be a stronger married couple and better parents.”

### 23 Cheating

- - ----- < ^ ~ , , ~ ^ > ----- - -



- - ----- < ^ ~ , , ~ ^ > ----- - -

Obviously cheating is **bad**, but couples often think they can work to forgive and forget what happened.” In most cases where there has been betrayal, it is very difficult for the partnership to **heal** and takes a lot of time,” Milrad says. “Many couples are **not** able to rebuild a sense of trust and safety in the relationship.”

- - ----- < ^ ~ , , ~ ^ > ----- - -

## 24 Needing to Always Be Right

“This can drive a wedge between a married couple,” says Vikki Ziegler, celebrity **divorce** attorney, relationship expert, and author of [The Pre-Marital Planner](#). “Marriage is about compromise and being vulnerable, so you must let go of your ego and cop to your mistakes — otherwise it will derail your marriage.”

## 25 Saying You **Don't** Care

It might be easier than explaining how you feel about something, but using this phrase too often can cause lasting damage.

“This ‘I **don't** care’ statement is cavalierly thrown around, and what couples **don't** know is that it subconsciously erodes the foundation of their relationship,” notes Rodgers. “Rather than relying on that simple – yet - complicated phrase, I suggest couples tell each other how they really feel about a situation, and why.”

## 26 Neglecting to Solve Problems

“Instead, they ignore them,” Morin says. “Ultimately, those problems grow bigger and bigger and they become much harder to address.” Deal with issues as they arise so they **don't** get out of control.

## 27 **Not** Listening to Each Other

There are a lot of distractions in today’s world, which makes it more important than ever for spouses to truly listen to each other. “Put down your smartphone, get off the computer, or turn off your TV and give your partner your full attention by taking in every nuance and every word — and how it’s said,” Mindel suggests. “The lack of listening can creep up on the marriage and deep - down abandonment begins, or at a minimum, people start to build resentment. Listening is key, all the way around.”

## 28 Trying to Change Each Other

Most people know that going into a marriage hoping your partner will change is a pipedream, but it happens more than you’d expect. “The only person you can change is yourself, and that includes your reactions to your partner and how they behave,” Scalisi says.



## 29 Forgetting That Relationships Take Work

“Initially most relationships flow easily, but that is because there are so few expectations,” says Monte Drenner, a licensed counselor and life coach. “The longer the relationship lasts, the more expectations there are.” So why does it get harder the longer you’re together?

“The reason is simple: If staying together was easy, everyone would be doing it. Once a couple realizes that it is normal to have to work at a relationship, they can settle in and do the work necessary for the relationship to grow.”

## 30 Thinking Marriage Will Solve Your Problems

Lots of couples feel that sealing the deal with marriage will suddenly erase the problems in their lives or relationships, but unfortunately, that’s virtually never the case.

“Being with someone **doesn’t** solve our problems, and if we expect our lives to radically transform, then we’ll tend to consciously or subconsciously blame our partners for the things that we brought to the relationship and that have nothing to do with them,” Jedding says.

## 31 Making Big Decisions Without Each Other

“In the best relationships, partners function as a team,” says Samantha Burns, a couples counselor and dating coach “This means there’s a ‘we factor’ instead of a ‘me factor.’” This comes into play with decisions as small as what to do on a given weekend to ones as big as quitting a job or purchasing a home. “Consulting with your partner shows you value their opinion, care about their feelings, and have their interests in mind. Oftentimes the conflict stems from differing expectations, which is why it’s essential to sit down and directly communicate so that you can set and agree upon expectations around decision - making, and avoid future conflict.”

## 32 **Not** Defining Boundaries

Whether it’s a nagging mother – in - law or a best friend who keeps overstepping, it’s crucial to set boundaries as soon as possible in a marriage. “Instead, couples ignore them,” Morin says. “Ultimately, those problems grow bigger and bigger and become much harder to address.”

### 33 **Not** Having Each Other's Backs

“You may **not** always agree with your partner's opinions or behaviors, but it's important that you approach threatening people and barriers as a unit,” Burns says. “You are a team, and you need to support your partner when he or she is in pain. A common issue I see in couples counseling is when one partner feels slighted or hurt by their partner's family. You **shouldn't** have to choose between your family and your partner, but you should have your partner's back and assert yourself by addressing disrespectful behavior.”

### 34 Forgetting The Difference Between Love and Like

Both feelings have key roles to play in a healthy marriage. “I try to remind clients that **no** matter what, they love each other,” Rodgers says. “It's okay to **not** like each other all the time, as long as they can **remember** that their relationship is based in love.”

### 35 Waiting to Be “In The Mood” to Have **Sex**

“If you wait until you're in the mood to have **sex**, you may never do it again,” notes O'Reilly. “This is because many of us **don't** experience spontaneous **sexual** desire. We **don't** work all day, make dinner, clean up, help the kids with homework, put them to bed, listen to our friend complain about traffic on the phone and then hop into bed with an intense desire to have **sex**. Instead, we hop into bed exhausted and pining for sleep. Couples who are still having **sex** after 25 or more years of marriage understand this: Sometimes you need to get aroused before you experience desire and that's perfectly normal.”

### 36 Underestimating The Power of Date Night

It might seem weird to keep going on dates with each other even after many years of being married, but experts say continuing to go on dates can lead to greater intimacy and connection — even for longtime spouses. “As lives get busier and routines get set, planning for spontaneity is one of those seemingly oxymoronic musts in committed relationships,” Melamed says. “Be sure to create unique and special experiences in this designated time as well as just mellow catch - up dinners.”

### 37 **Not** Being Honest

“This happens most frequently with finances,” Lavelle says. “One spouse will incur debt or other obligations without first consulting with the other, and it almost always leads to

untimely discovery and a fight. Be honest and forthright with your spouse and discuss issues, financial or otherwise, before it becomes a problem.”

### 38 **Not** Appreciating Each Other

It sounds basic, but it’s more common than you might think. “I hear this so frequently from couples in crisis,” Honaman says. “Even if it’s emptying the dishwasher or switching the laundry, both husbands and wives need to **remember** to show appreciation to the other for things that are done to support each other or support the home or family.”

### 39 Putting Your Children First

Many pairs are surprised to find out that this is actually **not** the right move. “This should never be the case,” Armstrong says. “It should always be that your spouse is number 1 and your children are 1a. When spouses are number one, both partners will feel taken care of, thus enabling them both to lean into their children’s lives more fully and together.”

### 40 Taking Your Phone to Bed

This is a hard habit to break, but one that’s ultimately worth it. “You need to be present and find time to look at and talk with each other instead of staring at your phone 24/7—especially in bed!” Ziegler says.

<https://bestlifeonline.com/marriage-mistakes/>

- - - - - < ^ ~ , , ~ ^ > - - - - -

Guest: **Curt Landry**

**August 4, 2019** => True identity establishes authority in the **spirit** realm. Rabbi Curt Landry says that when you get it right, it attracts the glory — and all the possibilities of God. **28 ½ min**

[https://sidroth.org/television/tv-archives/curt-landry/?src=weeklybroadcastemail\\_080519&utm\\_campaign=weekly-broadcast&utm\\_medium=email&utm\\_source=luminate](https://sidroth.org/television/tv-archives/curt-landry/?src=weeklybroadcastemail_080519&utm_campaign=weekly-broadcast&utm_medium=email&utm_source=luminate)

- - - - - < ^ ~ , , ~ ^ > - - - - -

## Hidden America: Chilling New Look at **Sex Trafficking** in the US

ABC's Diane Sawyer reports on the danger of vulnerable young women falling victim to **prostitution** rings.

<https://www.youtube.com/watch?v=gSgTmcq-bBk> 12 min

- - ----- < ^ ~ , , ~ ^ > ----- - -

X

- - ----- < ^ ~ , , ~ ^ > ----- - -

Jhgfdtrewed. KKKK

- - ----- < ^ ~ , , ~ ^ > ----- - -

### **Why No One Will Burn Forever In Hell**

Whether you are a Christian or **not**, chances are that you have heard about the idea of **hell**. A place somewhere under the ground, where **bad** people who **died** and did **not** believe in God **burn** and **suffer** in the **hellfire** for eternity. This is a widely accepted teaching in the Christian world, but is this really what the Bible teaches?

It might surprise you, but to find the answers to this topic we need to go back to the garden of Eden. Here we find the introduction of **death** into the world. When we have laid that foundation, the rest will be much easier to understand.

“You shall surely **die**.”

### **“FREE WILL FOR MANKIND**

When God had created earth and made Adam and Eve, HE told them **not** to eat of one specific tree in the garden. HE warned them and said that if they would eat of it, they would **die** ([Genesis 2:17](#)). Well, Adam and Eve chose to eat of the tree anyway.

And they would have **died**, but God, who did **not** wish for man to **die**, provided for them a second chance through a potential substitute. When Adam and Eve chose to **sin**, they made a choice to choose their own way over God's way. God created man with a **free will** so that they would be able to make a choice to love God or **not**. HE did **not** create them as robots, with a predetermined setting to love HIM.

## CHOOSING YOUR OWN WAY

The flip - side of having a **free will** is that God then needs to honor man's choice, whether the choice is good or **bad**. If HE would **not** honor that and decide to overlook it, HE would still force HIS way on man, meaning that man never had a **free will** after all. When Adam and Eve disregarded God's command, they turned their backs on God, the only source of life. If you turn from life, where do you turn to? **Death**. This is the natural consequence of man's choice to do it their own way.

According to God, there is a way in which man can and 'shall surely **die**'. **Satan** opposed the word of God and said that man 'shall **not** surely **die**'.

The difference between these two statements is only one word: '**not**'. That man **cannot die**, and therefore has immortality, was the first **lie** in human history. Sadly, many religions –including most of Christianity - still teach this ancient **lie** of the immortality of the soul in various forms and so go directly against God's word.

## HONORING THE **FREE WILL**

During our life, we have chosen many times to do it our way which should have led to our own **deaths**. This is called **sinning**, and **sin** leads to **death** ([Romans 6:23](#)). It's like pushing a self - destruct button. Even if we would change our mind at some point and want to turn back to God, we are still stuck with all the choices that we have made in the past. Plus the possible present and future times that we would slip up.

God **cannot** simply ignore those choices, because then HE would **not** honor our **free will** that we then exercised to make those particular choices. To honor our **free will**, what has been sown must be reaped. The only way we can take responsibility for those choices is to **die**. But if we **die**, we **cannot** live. (**Or can we?**) You see the big problem we are in? But because God loves mankind, Adam and Eve, you and me, HE wants to give us a second chance to choose. In HIS mercy, HE gives us time that we can change our minds.

## A SECOND CHANCE PROVIDED

God knew that it would be impossible for man to face the consequences of their own choices and still live. But then the good news of [the gospel](#) kicks in.

God HIMself offers you the possibility to place your **sins** on HIM, Jesus Christ. HE can take your place, to face the consequences of your **sins**, to honor your **free will**. This is 'grace'.

[John 3.16](#) "For God so loved the world, that he gave HIS only begotten Son, that whosoever believeth in HIM should **not** perish, but have everlasting life."

You got to love a God like that!

**Don't** take this lightly though, this **wasn't** easily done. God went through a whole lot to make this possible for you today. Make sure you understand what HE has gone through for you ([read more here](#)). If we understand what our **sins** have cost HIM, we do **not** want anything to do with **sin** anymore.

[Romans 6:1 - 2](#) "What shall we say then? Shall we continue in **sin**, that grace may abound? God forbid. How shall we, that are **dead to sin**, live any longer therein?"

We embrace a loving God who gave everything for you and me, and we chose to change the course of our lives. We want to live in harmony with HIS perfect character and chose the way of love and life. And the standards for this life we find written in the ten commandments ([Exodus 20](#)).

We will **no** longer see the law as a burden ([1 John 5:3](#)), but we will understand that these are ten promises that describe the life of love ([Psalm 119:34 - 35](#))!

"Do we then make void the law through faith? God forbid: yea, we establish the law."  
[Romans 3:31 KJV](#)

## WAGES OF **SIN** ARE **DEATH**, **NOT** ETERNAL SUFFERING

God has provided a way to escape the consequences of **sin**, if we by faith allow Jesus to take our place. However, if we do **not** accept this gift from God, then who is going to face the consequences of **sin**? Each person faces the consequences of their own **sins**, which is **death**. An eternal separation from the source of life.

This is what Paul is saying when he says too, just like God in the garden, "the wages of **sin** is **death**" [Romans 6:23](#). If then those who did **not** accept this gift from God ([called in the Bible, the wicked](#)), would suffer forever in **hell** according to the popular belief, do they then **die**? **No**, in that case they would still have eternal life. Which would mean that God and Paul either **lied** when they said **death** is the result of **sin**, **not** eternal life, or God does **not** respect the **free will** of those people, and still forces HIS will on them - for them to live. **No**, the two - options are clear: eternal life, or eternal **death**.

## What happens to the **wicked**?

The Bible helps us understand what we are to expect when the time will come to an end. Sodom and Gomorrah are given as an **example** to what will happen to the wicked, those who have **sinned** and **rejected** the second chance given by God to turn from **death** to life.

“Even as Sodom and Gomorrha, and the cities about them in like manner, giving themselves over to fornication, and going after strange flesh, are set forth for an **example**, suffering the vengeance of eternal **fire**.” [Jude 7 KJV](#)

“And turning the cities of Sodom and Gomorrha into ashes condemned them with an overthrow, making them an **ensample** unto those that after should live ungodly;” [2 Peter 2:6 KJV](#)

These two cities were full of **evil** and their destruction is set to be an **example** for what will happen to the ungodly. Notice here that they suffered the vengeance of eternal **fire**, and have been reduced to ashes.

## ETERNAL **FIRE**

What does it mean to suffer the vengeance of eternal **fire**? People often connect **hell** with **fire** (“**the fire is not quenched**”, “**blazing furnace**”, “**the lake of fire**”).

The **fire** seems to be a **bad** thing. Please allow Isaiah to put your preconceived notions about this completely upside down.

“Who among us shall dwell with the devouring **fire**? who among us shall dwell with everlasting burnings? He that walketh righteously, and speaketh uprightly; he that despiseth the gain of oppressions, that shaketh his hands from holding of bribes, that stoppeth his ears from hearing of **blood**, and shutteth his eyes from seeing **evil**; He shall dwell on high: his place of defence shall be the munitions of rocks: bread shall be given him; his waters shall be sure.” [Isaiah 33:14-16 KJV](#)

Wait, what? Who will be in the everlasting **fire**? The **wicked**? **No**, the righteous! The picture that the wicked will forever burn in the **fire** is completely opposite to what these verses tell us. How can this be? The answer is rather **simple**: we have understood it the **wrong** way around. Is God eternal? Most certainly ([Deuteronomy 33:27](#), [1 Timothy 1:17](#), [Revelation 1:7](#), [Isaiah 57:15](#)). Is God like a **fire**? Again, yes ([Hebrews 12:29](#), [Exodus 24:17](#), [Deuteronomy 4:24](#)). God HIMSELF is the eternal **fire**.

Let me ask you, are Sodom and Gomorrah still burning today? **No**. Is the **fire** still burning? Absolutely. Can you quench God's **fire**? **No**, absolutely **not**. It is a glorious **fire** for those who love God, but the same is a consuming **fire** for the wicked.

## TURNED TO ASHES

The glory of God is described as a consuming **fire**. Sodom and Gomorrah were faced with the **eternal fire**, but instead of burning forever, they were reduced to ashes. And Peter says that this is what will happen to the ungodly. We find the same concept in the last book of the Old Testament.

“For, behold, the day cometh, that shall burn as an oven; and all the proud, yea, and all that do wickedly, shall be stubble: and the day that cometh shall burn them up, saith the Lord of hosts, that it shall leave them neither root nor branch... And ye shall tread down the wicked; for they shall be ashes under the soles of your feet in the day that I shall do this, saith the Lord of hosts.” [Malachi 4:1, 3](#) KJV

Can you burn ashes? **No**. There is nothing that can be burned anymore. So if the wicked will be ashes, can they burn forever? **No**, they **cannot**. After the judgement those who have **not** put their faith in Christ, will face the consequences of their **sins**, their own **free will**, **death**. They will face destruction and will forever be separated from life and God ([Revelation 20:9](#), [Psalm 37:10](#); [37:20](#), [2 Thessalonians 1:9](#), [Matthew 25:46](#)).

## THE BURNING OVEN

In [Daniel 3](#) we find the story about the three Hebrew boys, Hananiah, Mishael, and Azariah (**better known as Shadrach, Meshach, and Abednego**).

A Babylonian law was made that required everyone to bow and worship the image of Nebuchadnezzar when the music played ([Daniel 3:5 - 6](#)). In the same way the book of Revelation tells us that an image will be made in the last days, and all who worship the image will receive the mark of the beast ([Revelation 14:11](#)) and eventually be destroyed in the same way as Sodom and Gomorrah, with **fire** and **brimstone** ([Revelation 14:12](#)).

Those who did **not** worship the image will be delivered ([Revelation 15:1 - 2](#)). [Learn more here about the future image that will be set up](#). The same happened in the story in Daniel. The three did **not** worship the image ([Daniel 3:18](#)) and the wicked threw them in the **fire**, the burning oven. The **fire killed** the men who threw the three boys in the oven ([Daniel 3:22](#)). This represents the wicked to whom the **fire** is a consuming **fire**. But it did **not** consume the three boys. They were alive and well. The Son of God even joined them ([Daniel 3:25](#)). HE walked with them in the midst of the **fire**. The story of [Daniel 3](#) illustrates what will happen to the righteous and the wicked.

The character of God



## JUST OR UNJUST

Shifting gear a little bit. Think of the picture of God that this popular and widespread teaching of eternal suffering presents: “love me and do it My way or suffer forever.” Does that sound right to you? And would it be justice, that a person who has lived wickedly for approximately 80 - years, would need to pay for it for eternity?

That is unthinkable and horrible. Yet this is the picture that the Church has presented to the world. **No** wonder many people reject a god like that.

## LOVE AND MERCY IN THE DESTRUCTION

The Biblical teaching of hell however reveals a God of love and mercy. HE upholds and honors the free will of man, that is love. God does **not** force. HE gives us time, postponing our own chosen doom, to try to win back our hearts, so that we may turn to HIM and live.

HE HIMself came down to earth to take upon HIMself the consequences, so that whosoever will, can be saved. God wants to save everyone ([1 Timothy 2:4](#)). But HE still **doesn't** force HIS own will on mankind. HE does **not** save those who **don't** want to be saved. And in HIS mercy HE accepts the choice of those rejecting HIM, even though HE has tried everything to save them. With pain in HIS heart HE will destroy part of HIS precious creation.

Before God destroys the wicked, they will experience **hell** for a certain amount of time in the “lake of **fire**”. Each according to their own works from this life ([Romans 2:6](#), [Revelation 20:13, 14](#)). We **don't** know how long this will be, but we know that it will be in proportion to their **evil deeds** in their lifetime. Never would God want anyone to suffer for eternity. HE does **not** at all like to see HIS creation suffer for one second ([Ezekiel 18:23; 18:32](#)).

And I am sure that HE will weep over every single individual, because HE had hoped that they would have changed their mind. We do **not** have a **blood** thirsty, angry or sadistic God, but one full of compassion, mercy and love.

## The call to respond

God wants to get your attention. By giving you another day to live, and yet another, and another, HE hopes that you will come to acknowledge that you're on the **wrong** path. You have turned your back on God, and because of that have positioned yourself facing **death**. God will not force you to turn around and chose HIM, but HE has done everything HE can to appeal to you to choose life instead. HE will honor every single decision you have made in your life.

So, in order for you to be able to turn around and live, HE HIMself offers to take your place to face the consequences of the choices you have made that lead to **death**. Jesus Christ died on the cross, for your **sins**. It is up to you, make a decision today, who will face the consequences of your **free will**?

“As surely as I live, declares the Lord GOD, I take **no** pleasure in the **death** of the **wicked**, but rather that the **wicked** should turn from their ways and live. Turn! Turn from your **evil** ways! For why should you **die**, O house of Israel?” [Ezekiel 33:11 KJV](#)

<https://thechristianlife.com/why-no-one-will-burn-forever-in-hell/>

- - - - - < ^ ~ , , ~ ^ > - - - - -

**KKKK.**

- - - - - < ^ ~ , , ~ ^ > - - - - -

**KKKK.**

- - - - - < ^ ~ , , ~ ^ > - - - - -

**KKKK.**

- - - - - < ^ ~ , , ~ ^ > - - - - -

**KKKK.**

- - - - - < ^ ~ , , ~ ^ > - - - - -

**KKKK.**

- - ----- < ^ ~ , , ~ ^ > ----- - -

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

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

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

Or May E-Mail: [LehrLionsClub@bektel.com](mailto:LehrLionsClub@bektel.com)

- - ----- < ^ ~ , , ~ ^ > ----- - -

If you like these **PDF** 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**) to you and can provide a lot of entertainment and a fulfilling day when you're in the right mindset.

- - ----- < ^ ~ , , ~ ^ > ----- - -

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**) 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 next Her for YOUR life. This Web Site is sponsored by a **Lions Club**.

- - ----- < ^ ~ , , ~ ^ > ----- - -

**Note:** Yes. Both single people, people just dating and married people have reviewed (**Well Pre – viewed**) this “Web Site” and its **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:** First - one may have a Subscription as over age 18 Adult (**including the open part**) or the open or short PDFs Web Site part for only a small fee of \$1 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/>

- - ----- < ^ ~ , , ~ ^ > ----- - -

**KKKK. Still in draft.**

**The rest of the pages of this PDF is on the membership part.**

- - ----- < ^ ~ , , ~ ^ > ----- - -

If you have any comments please E-Mail us: [info@marriagesecondtimeplus.org/](mailto:info@marriagesecondtimeplus.org/)

Visit: [Tri-CountyRegion.US](http://Tri-CountyRegion.US)

New Web Site: <http://marriagesecondtimeplus.org/>

- - ----- < ^ ~ , , ~ ^ > ----- - -

Here is the link to the books (**stories PDF**) you can use.

The store files with the books (PDF) and checkout.

<https://tri-countyregionbooks.com/>

- - - - - < ^ ~ , , ~ ^ > - - - - -

If you have any comments please E-Mail us: [info@marriagesecondtimeplus.org/](mailto:info@marriagesecondtimeplus.org/)

Visit: [Tri-CountyRegion.US](http://Tri-CountyRegion.US)

Visit a new Web Site: <https://marriagesecondtimeplus.org/>

- - - - - < ^ ~ , , ~ ^ > - - - - -

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

Also: may like to visit: [www.Tri-CountyRegion.US](http://www.Tri-CountyRegion.US)

Also: may like to review books: <https://tri-countyregionbooks.com/>

Or May E-Mail: [LehrLionsClub@bektel.com](mailto:LehrLionsClub@bektel.com)

- - - - - < ^ ~ , , ~ ^ > - - - - -

May download this or many others at MSTP PDF for a donation of \$5.

May download this as a MSTP member the PDF for a donation of \$3.

Here is the link to the books (stories PDF) and MSTP PDFs - you can use.

The store files along with the many books (PDF) and checkout.

<https://tri-countyregionbooks.com/>

Visit a new Web Site:

<https://marriagesecondtimeplus.org/>

- - - - - < ^ ~ , , ~ ^ > - - - - -

- - - - - < ^ ~ , , ~ ^ > - - - - -

This sponsoring Lions Club does **NOT** endorse all information contained this **PDF # 22** part.

- - - - - < ^ ~ , , ~ ^ > - - - - -