



Love at Home

One day in a far away country, a band of soldiers knocked on the door and told a missionary family that they had two hours to pack up before these troops would escort them to the train station. They would be permitted to take with them only two hundred pounds of stuff. So for the next two hours the family made the hard decisions of what they should take or leave.

"What about this vase? It's a family heirloom, so we've got to take the vase." "Well, maybe so, but this typewriter is brand new and we're not about to leave that behind." "What about some books? Got to take a few of them along." On and on it went, putting stuff on the bathroom scale and taking it off until finally they had a pile of possessions that totaled two hundred pounds on the dot.

At the appointed hour, the soldiers returned. "Are you ready?" They asked. "Yes." "Did you weigh your stuff?" "Yes, we did." "Two hundred pounds?" "Yes, two hundred pounds on the dot." "Did you weigh the kids?" "Um, . . . No." "Weigh the kids!" Suddenly all the other valuables became not so valuable. The vase, the typewriter, and the books paled in comparison to the children.

What about the value of your family? Are they more valuable than material possessions?

Bean Salad

1 (15 oz.) can green beans

1 can or approx. 1 $\frac{3}{4}$ cups kidney beans, rinsed

1 can garbanzo beans (chick peas), rinsed

1 can olives, sliced

1-2 Tbsp olive oil

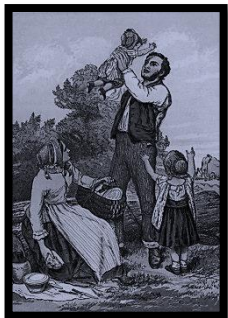
2 Tbsp lemon juice

$\frac{1}{2}$ -1 tsp salt or vegetable salt to taste

Chopped sweet onion, optional



Rinse and mix beans then add dressing and stir in gently. This is even better if refrigerated slightly, but refrigeration is not necessary. Remember color is what makes this salad attractive. You may add 1 can black beans, rinsed, for additional color if using green olives. This makes a nice cross-country travel salad if using canned beans.



Quotable Quotes

"One well-ordered, well-disciplined family tells more in behalf of Christianity than all the sermons that can be preached." {Review & Herald, June 6, 1899 par. 14}

For Better or for Worse

One day, one of my friends asked me, “How is it that you and your husband can live together when you both are so hard-headed?” I answered, “Because we both follow the same instruction book, the Bible.” When there is a difference of opinion in our household, both of us are willing to submit to a “Thus saith the Lord.” This is the first and foremost principle of a happy marriage- Christ and His word must be the center, and as each of us draw nearer to Christ we will automatically draw closer to each other. *“Except the LORD build the house, they labour in vain that build it...” Psalm 127:1*



God wants us to have happy marriages. I read this statement several years ago, and it made a deep impression on me. *“If pride and selfishness were laid aside, five minutes would remove most difficulties.”* {EW 119} It would be well to think when there is a prolonged argument- am I being selfish? Philippians 2:3,4 states, *“Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others.”* This principle allows for compromise where Biblical principles are not at stake. For example, when we got married, my husband loved sweet cereal, while I grew up eating healthier not-so-sweet cereals for breakfast. As children came into the picture, this became a bigger issue until we settled on a compromise. We would eat healthier cereal and then allow for one “dessert cereal” a meal.

A few years ago, I read a story about a man and a woman that had an exceptionally happy marriage. Several younger women asked the secret to the success of their marriage. She said, *“When we got married I decided that I would pick one thing to overlook that he did that irritated me. Through the years I never decided what that thing was, but each time he did something that irritated me, I thought maybe this is that thing.”* 1Co 13:4-8 states *“Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; Rejoiceth not in iniquity, but rejoiceth in the truth; Beareth all things, believeth all things, hopeth all things, endureth all things. Charity never faileth...”* In fact, if you implement this plan to overlook an irritation you may even learn to enjoy some of those things your spouse does that irritate you.

True love is not a
feeling, but
rather a decision.

King Solomon wrote, Pro 21:19 *“It is better to dwell in the wilderness, than with a contentious and an angry woman.”* and Prov. 21:9 *“It is better to dwell in a corner of the housetop, than with a brawling woman in a wide house.”* He clarifies what he means by saying, *“A continual dropping in a very rainy day and a contentious woman are alike.”* Prov. 27:15 Wives, I’ve learned there is a fine line to walk between reminding and nagging. If you would draw your husbands with love, be careful to stay on the side of reminding and not to cross over into nagging zone. Remember you were created to be his “help meet.” *“And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him.”* Gen. 2:18 Through our marriage years my husband’s dirty socks always seemed to end up right next to the hamper instead of inside, and for a while this irritated me. But day after day, I decided to enjoy helping him by picking up his socks and putting them in the hamper. A little over 15 years later, when my husband and I were unavoidably separated on and off for 5 months, I realized I actually missed picking up those dirty socks.

But dirty socks don’t always constitute all the problems in a marriage. Every marriage will be tested, and because many people deem love to be a feeling, when that feeling disappears, they want out. Instead of a feeling, *“True love is a high and holy principle, altogether different in character from that love which is awakened by impulse, and which suddenly dies when severely tested.”* (Christian Education 230.1) Yet the question remains “how do you decide to love?”. Here’s an idea that worked for me. The first winter after we moved to the country was particularly hard. Though a few kind folks gave us some firewood, we didn’t have near enough for winter since we had just barely “dried in” our

house before the snow. The children were still small, and day after day I trudged out to cut enough wood with a hand saw to keep the house at 50°F. I began to resent the fact that my husband got to go to work in a nice warm thrift store all day while I shoveled 3/10 of a mile driveway, cooked, did laundry by hand, homeschooled and tried to stay warm all day. One day, I finally decided I had about had it, but I decided to write my husband a letter stating why I was thankful for him. After all, the Bible tells us *“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”* (1Thess. 5:18) I was slow in starting my letter, “I’m thankful you don’t come home drunk....” But as I wrote, it became a little easier and soon I had a 2 or 3 page letter to give to him. That letter, by the grace of God, saved our marriage, for by the time I reached the end, I realized how blessed I was to have the husband that I had. I realized that true love is not a feeling, but rather a decision “for better or for worse.”

Holes Left Behind

“For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry. Because thou hast rejected the word of the LORD, he hath also rejected thee from being king.” 1 Samuel 15:23

Someone tells the story of a boy who was rebelling against his dad constantly. This boy was destroying his own life by his rebellion, but he refused to heed his father’s words. One day, the dad said to the boy, “I want to show you what you’re doing to your life. I’m going to put a wooden post in our front yard. Every time you rebel, I will put a nail in this post. Every time you obey, I will pull out one nail.” The first thought from the boy was, “I’m going to do everything I can to fill that post with nails.” And he did. In two months’ time, he filled that post with nails. But he also began to feel the damage he was doing to his own life and to his parents’ lives. With true remorse, the boy began to obey his father. One by one, the nails came out. When the last nail came out of the post, the boy broke down in tears. The dad asked, “Son, why are you crying?” And the boy replied, “I got rid of the nails, but I can’t get rid of the holes.”

Youth, today you are sowing seeds that you will reap later. Your rebellion, disobedience, and worldly lifestyle will leave holes that will never be undone. You may repent and forsake your ways when you are older (and Christ will forgive you), but you can never undo the past. Your past influence will have done its harm.

The Bible tells us, “Remember now thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them;” Ecclesiastes 12:1

Why don’t you turn to God today? Live a life you will never have to regret. Jesus calls for all young people to enter the army of the Lord and serve him. Will you answer the call?

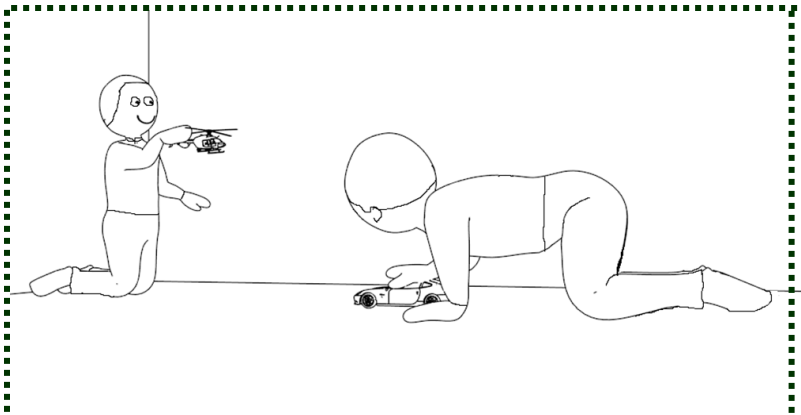
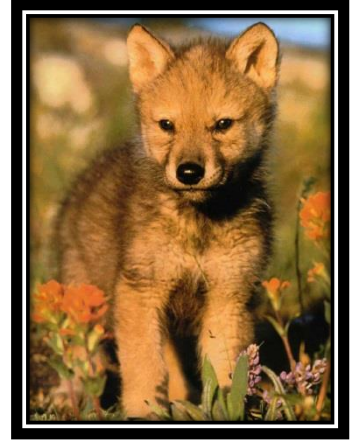
PROFITABLE TRADITIONS- Cultivate Happy Families- Play the SHMILY

game. SHMILY is short for **See How Much I Love You**. This is an excellent way to show your spouse or your children how much you love them. Hide this phrase in places for them to find. For example, write it on the toilet paper a few squares down or put it on a post-it note in folded clothes, spell it with berries on the breakfast plate. Sometimes I have written and highlighted this in a document my husband was typing up when he was having a hard day. Be creative. It may sound simple, but you may be surprised how much it cheers the day and how often it will come back to you. *“It is the little attentions, the numerous small incidents and simple courtesies of life, that make up the sum of life's happiness; and it is the neglect of kindly, encouraging, affectionate words and the little courtesies of life which helps compose the sum of life's wretchedness.”* {Mind, Character and Personality Vol. 2, 576.2}

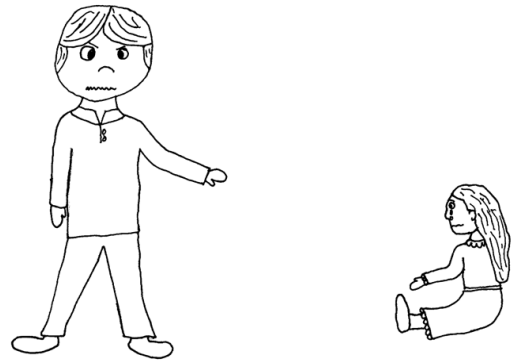


GOD'S AMAZING CREATURES

The gray wolf lives in North America, Eurasia, and northern, eastern and western Africa. The gray wolf's fur color can range from almost pure white, blond and cream to gray, brown, and black. Gray wolves live in a group called a pack. Baby wolves are called pups and are born blind and deaf. Mother and father wolves help to feed and take care of the pups. God gave you parents to take good care of you too.



Christian enjoys taking time to play with his little brother. He also sings scripture songs to him. Christian's mother is glad that Christian takes time for his little brother. Jesus is happy too.



Carnal doesn't like it when his little sister comes to play with him. He tells her to go away. She cries when he says that. Jesus is sad that Carnal is mean to his little sister.

MEMORY TEXT:

"Be kindly affectioned one to another with brotherly love; in honour preferring one another;" Romans 12:10



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Study to Shew Thyself Approved- Biblical Parenting

Children are a special gift from God “Lo, children are an heritage of the LORD: and the fruit of the womb is his reward.” Psalm 127:3

It is the first duty of Godly men to raise their children to follow God. Gen 18:19 “For I know him, that he will command his children and his household after him, and they shall keep the way of the LORD, to do justice and judgment; that the LORD may bring upon Abraham that which he hath spoken of him.”

1Timothy 3:2,4,5 “A bishop then must be blameless, the husband of one wife, vigilant, sober, of good behaviour, given to hospitality, apt to teach... One that ruleth well his own house, having his children in subjection with all gravity; (For if a man know not how to rule his own house, how shall he take care of the church of God?)”

Early training is important. “Train up a child in the way he should go: and when he is old, he will not depart from it.” Proverbs 22:6 Proper discipline in the early years is essential. The first three years is the time in which to bend the tiny twig. It is then that the foundation is laid.

Tell the child what you expect of him and what is happening next ahead of time when possible. “Surely the Lord GOD will do nothing, but he revealeth his secret unto his servants the prophets.” Amos 3:7

Don't make everything a battle. Sometimes redirecting works better. Eph. 6:4 “And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.”

One day, my husband was working with a two-year old who “didn't like” his food. Instead of battling it out, my husband asked. “Why? What part don't you like?” The two-year old pointed to a particular part. My husband scraped that part off and the child willingly ate the remaining part. This went on with each bite (the scraped off part being re-added to the food) until the whole plate of food was finished pleasantly.

Taking time to talk to your child gives them attention they need and often avoids bad behavior for attention later. James 1:19 “Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:”

Parents, always put forth a united front to your children. Don't disagree on child-raising issues in front of them. “And if a house be divided against itself, that house cannot stand.” Mark 3:25

Provide attractive better replacements for evil practices- “Be not overcome of evil, but overcome evil with good.” Romans 12:21

Teach children to reason from cause to effect, but don't overload them with too much information at once. If much is to be said, make up for briefness by frequency. “For precept must be upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little:” Isaiah 28:10

Be consistent and don't be a hypocrite. “And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.” Deut. 6:7

Our first purpose in raising children is to prepare them for heaven. “And he shall go before him in the spirit and power of Elias, to turn the hearts of the fathers to the children, and the disobedient to the wisdom of the just; to make ready a people prepared for the Lord.” Luke 1:17



Little Runner's Health Tip



Susy the Squirrel finds lots of food, but she doesn't eat it all at once. She saves some for later. This helps her to be healthy. I don't want to get sick, so I don't eat all the desserts at once. I save some for another day too.

YOU ARE WHAT YOU EAT?

A few years ago we were at the local county fair running a booth emphasizing health. As I was observing people who passed through, I noticed a little girl. She continually left her purse behind, requiring her parent to go back and get it. I also noticed that her parent was having a hard time keeping her in line. Yet she was plenty old enough to have followed along by herself. She seemed almost drunk. As they came by our booth her parent apologized for her behavior and said, "She's had a lot of cotton candy," while at the same time handing her more candy. I was immediately struck with the effect that wrong foods have on the behavior of children, knowing that they can do the same with adults.

A study published in the Journal of Physiology provides clues into how too much sugar may impact mental health. *"Using laboratory rats trained to find their way out of a maze, researchers at the University of California Los Angeles (UCLA) demonstrated that just six weeks of giving the animals fructose solution instead of drinking water – an intervention designed to mimic excessive consumption of soda — caused the animals to forget the escape route. A control group that was fed a standard diet modeled after that of the American Institute of Nutrition navigated the maze much faster, as did another group of rats whose high fructose diet also included omega-3 fatty acids."* <http://www.forbes.com/sites/gerganakoleva/2012/05/17/binging-on-sugar-weakens-memory-ucla-study-shows/>



Dr. Neil Nedley, author of the book *Depression: The Way Out*, also lists both high sugar diets and low dietary intake of omega-3 as nutritional risk factors causing depression. Nutritional risk factors include *"low dietary tryptophan, low omega-3 fat intake, low folic acid intake, low vitamin B intake, and a diet high in cholesterol, saturated fat, and sugar"* <http://depressionthewayout.com/depression-causes/>

Tryptophan, an essential* amino acid (protein building block) may be found in soy foods like tofu and also in pumpkin seeds. Omega-3s may be found in flaxseed oil, ground flaxseed and walnuts while folic acid/folate is abundant in legumes like lentils and pinto beans. Many B vitamins are

readily available by simply eating whole grains. But besides supporting the fact that we must eat that which is good to have good mental health, evidence has also shown that ingesting many non-food substances like artificial colors and preservatives may negatively affect behavior. In fact, *"A group of 227 three-year olds from the Isle of Wight took part in a month long project by the UK Asthma and Allergy Research Centre. For two weeks the children drank a daily fruit juice dosed with 20mg of artificial colourings and 45mg of preservative, which are either equal to or below permitted levels. The additives tested were the artificial food colourings Tartrazine E102, Sunset Yellow E110, Carmoisine E122, Ponceau 4R E124, and the preservative Sodium Benzoate E211**.* All five were given at the same time in a single drink.

"For the other two weeks the children drank a fruit juice which was identical in appearance but without the additives. Parents filled in reports assessing their child's behaviour on criteria such as interrupting, fiddling with objects, disturbing others, difficulty settling down to sleep, concentration and temper tantrums. The report said the results showed the artificial food colourings and sodium benzoate preservative had 'substantial effects' on behaviour." <http://www.dailymail.co.uk/health/article-144483/Additives-make-children-behave-badly.html>

But the effects documented in this study pale in comparison to the effects of caffeine. One well-known textbook of pharmacology refers to caffeine as "the most widely used psychoactive drug in the world." Mind-disorders.com states that, *"Caffeine is classified together with cocaine and amphetamines as an analeptic, or central nervous system stimulant. Coffee is the most abundant source of caffeine, although caffeine is also found in tea, cocoa, and cola beverages as well as in over-the-counter and prescription medications for pain relief."* www.minddisorders.com/Br-Del/Caffeine-related-disorders.html

It is also found in many energy drinks. This article even discusses a case of acute suicidality following sleep deprivation after the excessive consumption of a popular energy drink. It states that *"Caffeine is known to exacerbate or induce some psychiatric conditions such as anxiety, panic attacks, psychosis and mania.... We are concerned that such widely available stimulant drinks should contain health warnings or advice regarding moderating consumption."* <http://www.ncbi.nlm.nih.gov/pubmed/22472312>

If we would prefer for our families including our children to think straight, perhaps it would be well to heed the counsel of Eccl. 10:17 and *"eat in due season, for strength, and not for drunkenness!"*

*Essential simply means your body doesn't make it so you have to eat it.

**[Note: Sodium benzoate may be found even in many brands of lemon juice]