

Home Vital Signs

When Mother Teresa received the Nobel Peace Prize for her internationally renowned Christian charity, she was asked what people could do to promote world peace. Her response was simple: "Go home and love your family."

"An unbalanced home creates unbalanced people."

Josh McDowell

¹Children, obey your parents in the Lord, for this is right. ²"Honor your father and mother"—which is the first commandment with a promise— ³"so that it may go well with you and that you may enjoy long life on the earth." ⁴Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

Ephesians 6:1-4 (NIV)



²⁹There are three things that are stately in their stride, four that move with stately bearing: ³⁰a lion, mighty among beasts, who retreats before nothing; ³¹a strutting rooster, a he-goat, and a king secure against revolt.

Proverbs 30:29-31 (NIV)

¹⁹If you are willing and obedient, you will eat the good things of the land; ²⁰but if you resist and rebel, you will be devoured by the sword." For the mouth of the Lord has spoken.

Isaiah 1:19-20 (NIV)

Affection

"Emotional deprivation as an infant can leave adults less able to deal with stress... love is the vital nutrient required to build parts of the nervous system."

Dr. David Hamilton

Matthew Perry 1969-2023



"At one point I considered 'Unaccompanied Minor' as the title of my book. It was typical to send kids on planes back then . . . but I was terrified. Not having a parent on that flight is one of the many things that led to a lifelong feeling of abandonment . . . If I'd been enough, they wouldn't have left me unaccompanied, right? Isn't that how all this was supposed to work? The other kids had parents with them. I had a sign and a magazine."

Matthew Perry 1969-2023



"[Now, when I fly] I want the sense that I can look down on safety, on someplace where someone is thinking of me, at a place where love is. Down there, somewhere in that valley, or in that vast ocean out there beyond the Pacific Coast Highway, on the gleaming primaries of the red-tail's wings, that's where parenting is. That's where love is. That's where home is."

Three Components of a Healthy Self-Image:

- 1. A Sense of Belonging
- 2. A Sense of Worth and Value
- 3. A Sense of Competency

Colleen Birchet, God's Power to Help Hurting People

As the body without the spirit is dead, so faith without deeds is dead.

James 2:26 (NIV)

But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord."

Joshua 24:15 (NIV)

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Joshua 24:15 (NIV)

"Whatever weakens your reason, impairs the tenderness of your conscience, obscures your sense of God, takes off your relish for spiritual things, whatever increases the authority of the body over the mind, that thing is sin to you, however innocent it may seem in itself."

Susanna Wesley

Jonathan Tjarks, 1987-2022



"I have already told some of my friends: When I see you in heaven, there's only one thing I'm going to ask—Were you good to my son and my wife? Were you there for them? Does my son know you?

I don't want Jackson to have the same childhood that I did. I want him to wonder why his dad's friends always come over and shoot hoops with him. Why they always invite him to their houses. Why there are so many of them at his games. I hope that he gets sick of them."

Foigless

³If you, Lord, kept a record of sins, Lord, who could stand? ⁴But with you there is forgiveness, so that we can, with reverence, serve you.

Psalm 130:3-4 (NIV)

Love prospers when a fault is forgiven, but dwelling on it separates close friends.

Proverbs 17:9 (NLT)



