



Living Well

New Year-New Beginnings



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Check out these websites for more information:

For more detailed information about the ministry - www.livingwelloc.org
Photos and writings about the ministry - www.livingwelloc.blogspot.com
Encouragement/culture on marriage - www.livingwellinmarriage.blogspot.com
Wisdom Community School - www.wisdomcommunityschool.com

New Year, New Beginning in marriage*....

With the new year, we get calls from people who want **a new marriage - or a new husband or wife.**

Each person could have a new marriage if the person commits **to be the new one** in their marriage.

The things, which we think should change, overwhelm us: it looks impossible or too hard. But instead of looking at everything - look at just **one thing.**

Pick one new thing that you personally can do differently and you can have a new marriage.

The most dramatic changes can come when we change our attitude or the way we speak to each other.

Instead of tackling all of them, pick one out of this list and commit to do it differently for **just one**

month! Most of us can do something differently when we see an end in sight.



Try one of these:

- 1. Don't criticize, complain, or have a cross word** before breakfast.
- 2. Eliminate calling your spouse a bad name** - "you idiot" or "jerk" or others.
- 3. Use an affirming word or phrase when your spouse is talking**, so that he knows you are listening - "that's interesting" or "then what happened" or "I'm sorry that

you had to go through that today."

- 4. Look** at her and **listen** while she is talking.
- 5. Put your phone** in another room while you eat dinner and when you go to bed.
- 6. Assume good will.** If the other person says something that sounds hurtful, assume that she/he isn't trying to be hurtful and ask for clarification.
- 7. Give a hug** every morning before you leave the house.
- 8. Text "I love you"** one a day for no reason.
9. Focus on **the good** in your spouse, keep a list, add to it.
- 10. Change one habit** that upsets/irritates your spouse.

***Hint: this works with other relationships too! After a month, you will want to continue it!**

New Year with the Lord

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. Philippians 3:13b-14

When we start a new year, many people make new year's resolutions, which are often abandoned by the end of the month. But **the new year is a good time to reflect on your life.** Ask

God to search your heart and show you what **new work** He wants to do in you.

Every day is a new day with the Lord. Every day we start over with **a clean slate** with Him.

Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is your faithfulness. Lam. 3:22-23

If I look to **the past**, I may be filled with regret and become

depressed. If I focus on the **future** too much, I can be **filled with anxiety and worry.** God wants me to live in the **present.** I might not be able to forget the past completely, but I don't have to dwell on it and be enslaved to it.

See, I am doing a new thing!
Isaiah 43:19

Sing to the Lord a new song, for He has done marvelous things.
Psalm 98:1

On the reverse side:

New Beginning with money

Me and others

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New Year, New Beginning with money

It is common for Christians to foolishly mismanage their money and then blame God for not blessing them financially.

Rod Rogers

It is a lot easier to slide into a money hole than it is to climb out of it! Some of us, may not be in a lot of debt but we have disconnected how we spend our money with our relationship with God. We buy the house, car, or goodies that we want without asking God how He wants us to spend the money that He provides.

"But I worked hard for

that money; I should be able to spend it how I want!" This is the attitude many people take, without acknowledging that it was God that provided them with the means and opportunities to earn that money.

God forgives our mismanagement or lack of management with money, but He **doesn't take away the consequences.**

You may not be willing spiritually or emotionally to acknowledge that God owns it all and has entrusted us to manage His money.

Managing money His way multiplies what you have.

Some simple **steps to get on track financially.** Take one step and He will show you the next one. **Find your next step and practice it every day for one month:**

1. Acknowledge the truth that **God owns it all.**
2. **Keep track** of how you are spending the money. Write it down as you go.
3. **Ask the Lord** how He wants you to spend His money today.

4. **Get your money in cash,** put it in envelopes, designated to where it goes. **Use REAL money!**

5. **Freeze your credit cards** in a block of ice for a month. Don't use them!

6. Before making a purchase (other than must-have food or gas), **write it down, then wait a week** and see if you still need it.

7. **Make a spending plan pray about it, and stick with it.**

[For more info, go to the money page on our website.]

Me and others

Resolved: that every man should live to the glory of God. Resolved second: that whether others do this or not I will. Martin Luther

Think about the most important relationships that you have ever had - whether it is family or friends or others. **Where are you now with those relationships?**

Has there been a change by your choice or theirs? **How can you have a meaningful relationship now?** *How do I start over?*

First, I need to think about **my expectations of the relationship.**

Am I expecting them to be or do for me something that only God can be or do?

Release those expectations to God and follow His leading about restoring the relationship.

We each want to be accepted just as we are, without demands or strings attached. **But am I willing to accept others in the same way?** Acceptance of the person doesn't mean that I always agree with his behavior, but it means that I don't try to change him.

We all want to be loved unconditionally, the way God loves us. **But am I willing**

to love other people the same way I want to be love? Unconditional means that I will love - no matter what.

One of the biggest barriers in relationships is unforgiveness. **Unforgiveness builds walls.** I want others to forgive me in an unlimited way, **but will I forgive others that way too?**

Forgiveness means that I am not going to try to punish him or pay him back for the hurt he caused. It means that I won't dwell on the hurt and I won't bring it up - in the same way **Christ does for us!**

Start over with others this New Year!