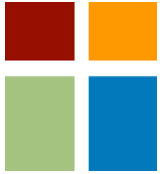


AUGUST 2021



CONCORD COVENANT

INDIVIDUAL CHURCHES UNITED IN FULFILLING THE GREAT COMMISSION.



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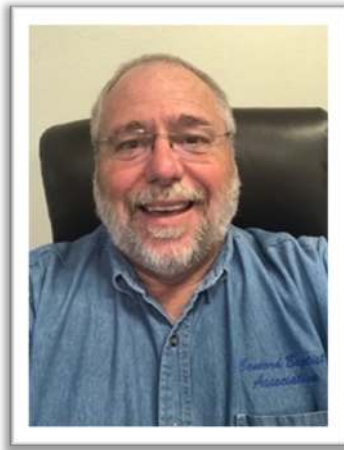
OFFICE HOURS:

MONDAY | 8:00 AM – 4:30 PM
TUESDAY | 8:00 AM – 4:30 PM
WEDNESDAY | 8:00 AM – 4:30 PM
THURSDAY | 8:00 AM – 4:30 PM
FRIDAY | 8:00 AM – NOON

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A WORD FROM OUR DOM



Dear CBA Churches,

This month's Newsletter is dedicated to all the incredible Kingdom Building activities from this summer. We have been excited to see all the local ministries and evangelistic outreach throughout the association. Our CBA Churches have been conducting VBS and going on Mission Trips. We celebrated when our Youth of the association became involved in 3MT, Adults went on mission through Concord Builders and the children going to camp. All have been exciting and are focused on sharing and serving Jesus.

Concord Builders always has a devotional and prayer time each morning before the work is started. One morning as Don Engelbrecht shared the morning devotion, he read from 2 Kings 22. Many of us remember King Josiah, the 8 years old who did right in the eyes of the Lord. But the contextual truth can be seen at what happens when a nation forgets God and His word. Judah had fallen victim to poor leadership. In fact, Josiah's father and grandfather did evil in the eyes of the Lord. But Josiah was different. By the age of 26, Josiah ordered the temple cleaned and the workers found the Word of God. ***"When the king heard the words of the Book of the Law, he tore his robes."*** (2 Kings 22:11)

What happens to a country or a people that abandons God and His word? They do evil. Don Engelbrecht shared an interesting thought, "When the Word of God is lost, so goes a nation." God was pleased when Josiah rediscovered the beauty of His word. Josiah rediscovered the Law, He reprioritized because of the law, and he repented.

Josiah desired and took steps to restore the Temple. And as a result, a nation was rebuilt on the foundation of God and His truth. For Josiah and the nation of Judah it was a season of rebuilding for God. This summer has been a building time for us as an association. Our season this summer has been about building God's kingdom. We have been building God's kingdom one child, one youth and one adult at a time.

As a born-again believer in Jesus, let us continue to be God's workers to build his Kingdom. Let us never forget God and never forget His word. If every one of God's children preaches, teaches, shares and live the good news of Jesus, can you imagine how many people will do what King Josiah did? Rediscover the Law; reprioritize your life as God instructs and repent of the things that moves us to sin and being at peace with God.

God bless and thanks for a summer of Building for God!

In Christ,

Bro. Alan

MISSIONS CORNER:

REFLECTIONS FROM OUR SUMMER MISSIONARY

This summer, I was honored to serve in the Concord Baptist Association as the summer missionary. During this 10-week internship, I had 7 major projects throughout the months of June and July.

My first project consisted of contacting each church in the CBA requesting information regarding service times. With this information, the days and times have been uploaded to the CBA church directory to allow for easy accessibility to those who are looking for a church.

The next project I participated in was Concord Baptist Church's Lift Camp. This was a music/drama camp for children in elementary and middle school. I was responsible for running recreation time for the younger group of kids. I also helped where needed during other rotations.

Next, I had the opportunity to teach the youth class at Vacation Bible School at Mt. Pleasant Baptist Church in Clarksburg. This was a great experience for me as this was the first group I have ever taught. Throughout the week, I also assisted this group in crafts and music.



I was blessed to be able to serve with Mid-Missouri Mission Team (3MT) again this year for my eighth year. 3MT took place in a different setting due to restrictions from the pandemic. Each youth group worked in their own communities and joined in the evenings for worship at FBC California. During the week, I was responsible for checking supplies in and out to groups who needed them. When I wasn't checking out supplies, I spent my time helping the youth group at Russellville Baptist Church.

Corticelli Baptist Church held their VBS and requested my help as an adult supervisor for the 4th-6th grade students. During this, I followed the group to each station to make sure everyone was there. I even participated in some of the rotations, which were recreation, crafts, and a short lesson.

During the same week of Corticelli's VBS, I helped the Concord Building Team at Fortuna Baptist Church. The building team installed insulation and drywall for the youth additions to the church and gymnasium. I had the opportunity to meet and speak with many members of the building team and got to know some amazing people. On Thursday night of this week, I delivered a devotion to the team. At the end of the week, I created a promotional video for those interested in joining the building team next year.



Lastly, I had the amazing opportunity to serve as a counselor and recreation leader for the Concord Baptist Association Children's Camp. This year, the Association teamed up with Heart of Missouri Baptist Association and held a large camp of almost 100 kids at Camp Cedar Crest outside of Mexico, MO. I spent the week fellowshiping with children and the other adults, participating in games, chapel service, and evening entertainment.

Serving as the summer missionary has been a huge blessing for me. Through these projects, I have gained quality experience with children and youth that I plan to use in the future. God has worked through me, and I have certainly grown closer to Him during these events. Thank you to Bro. Alan, Alicia, and the many amazing pastors and church leaders I have met this summer for the great experience!



Trevon Gerling



A huge thank you to Trevor for serving as our 2021 Summer Missionary! He has done a fabulous job, both jumping in and serving in a variety of roles as well as helping with some special projects at the CBA office. If you see him, be sure to thank him for all that he has done to serve our association this summer!

MISSIONS & PARTNERSHIPS FOR CBA CHURCHES

Opportunities in Montana:

Due to scheduling conflicts the CBA Vision Trip for August 15, 2021 – August 21, 2021 is postponed, pending rescheduling. Weather would permit travel as late as October. Otherwise, we will look towards March. If you or your church is interested in joining us for this partnership exploration, please notify Bro. Alan at alanearls@cbamo.org.

Missouri Baptist Children's Home:

Is your church looking for a mission project or developing an on-going ministry that will make a huge difference in the Kingdom of God and in the lives of children and hurting people? Please consider exploring a partnership, mission or ministry with the Missouri Baptist Children's Home.

For more information on the Missouri Baptist Children's Home or how you can become involved, please visit:
<https://www.mbch.org/common/downloads/public/pub00307.pdf>
<https://www.mbch.org/index>

The Missouri Baptist Children's Home and its affiliates are making a lasting difference in the lives of children, youth and families. If you are interested in hosting an official representative to speak at your church, please contact Kenny Vawter, Regional Representative at (573) 241-1113 or Kenny.Vawter@MBCH.org

Bless Every Home:

Some of you may remember Dr. Phil Hunter. Dr. Hunter served as the Evangelism Director for the Missouri Baptist Convention in the 1980's. He lives out of state but called me recently to share about a ministry entitled *Bless Every Home*. Perhaps you have heard about it or you and your church are participants. *Bless Every Home* is an opportunity for individual members of your church to register as "lights". Once registered they will receive an email each day of 5 neighbors in their own neighborhood. They will be asked to lift those specific families up in prayer. The hope and prayer is for revival and that those unsaved families in your neighborhood will be prayed for, find opportunities to build relationships with them, share Jesus and work with them to become disciples. You can learn more from their website: <https://blesseveryhome.com/> I hope to work with Phil and the man that God used to create this ministry, Chris Cooper. As I learn more, I will share with you. Please pray and if you have questions, please contact me and we will discover the answers together. This could be a wonderful follow-up to "Who's Your One". If you are not aware of the "Who's Your One" campaign, please let me know and I would be glad to share more. It is exciting to be workers with God to share the Gospel of Jesus. *Bless Every Home* and *Who's Your One* are two great resources to "make Disciples..."

PARTNER IN PRAYER

PRAY FOR OUR CHURCHES WITHOUT PASTORS, THE MINISTER LEADING IN THE INTERIM, & THE MINISTER GOD IS PREPARING TO LEAD THEIR CONGREGATIONS:

CORTICELLI

CENTERTOWN (Interim Shawn Higgins)

FIRST BAPTIST CHURCH ELSTON

FIRST BAPTIST JEFFERSON CITY

LUPUS (Interim Billy Bolden)

MT. OLIVE (Interim Alex Earls)

PRAY FOR SUMMER ACTIVITIES - THOSE ORGANIZING THEM AND THE LIVES THEY WILL TOUCH:

VBS' THROUGHOUT OUR ASSOCIATION

PRAY FOR YOUR SISTER CHURCHES AS THEY GEAR UP TO KICK OFF THEIR FALL MINISTRIES...AND FOR STUDENTS/TEACHERS AS THEY RETURN TO THE CLASSROOM.

THE ABC'S OF SALVATION

Salvation means to be saved from something. Biblically, salvation means to be saved from death. Below is a simple explanation of what this means.

"Salvation is found in no one else, for there is no other name under heaven given to men by which we must be saved." (Acts 4:12)

A – Admit

Admit what you have done wrong and ask forgiveness.

"All have sinned and fall short of the glory of God." (Romans 3:23)

"The wages of sin is death." (Romans 6:23)

"If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness." (1 John 1:9)

B – Believe

Believe that Jesus died on the cross and rose again as a payment for your sins.

"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life." (John 3:16)

"Christ died for our sins according to the Scriptures, and that He was buried, and that He rose again the third day according to the Scriptures." (1 Corinthians 15:3-4)

"But God demonstrates His own love for us, in that while we were still sinners, Christ died for us." (Romans 5:8)

C – Confess and Choose

Confess and choose to allow God to be in charge of your life.

"Then said Jesus unto His disciples, 'If any man will come after Me, let him deny himself, and take up his cross, and follow Me.'" (Matthew 16:24)

"If you declare with your mouth, 'Jesus is Lord' and believe in your heart that God raised Him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved." (Romans 10:9)

"Everyone who calls on the name of the Lord will be saved. Sinners, Christ died for us." (Romans 5:8)

If God has drawn you to Himself and you are ready to accept Jesus as Lord and the love He offers; say and mean the following prayer:

Dear God, I know I'm a sinner. Please forgive me of my sins. I turn from sin and turn to Jesus. I believe that Jesus is God the Son who died and shed His blood on the cross for the payment of my sins, was buried and that He rose from the grave three days later. Father, I want Jesus to come into my life. I want Jesus to be my boss and Lord. Thank you for saving me. In Jesus name, Amen.

THE EARLS' FRONT PORCH:



Hello, I am Paula, wife of your Director of Missions, Alan Earls. I enjoy sharing a little about us, so welcome to our porch.

As Alan and I were raising our two boys one of the favorite things we enjoyed in the summertime was float trips. We often floated to Dawt Mill down the North Fork River. We would wake up early and take a bus ride to where we put in our canoes. We took lunch and planned for a great day.

One summer when they were young, we had reservations made for our trip. When we got to the bus to head out, they warned us the river was low and we might have a difficult time. They even said a few spots were difficult to navigate. We didn't want to disappoint the boys so we boarded the bus anyway and felt we could make the best of it.

The float was going great, and everyone was having fun until we hit rocks. For about 30 minutes we had to carry our canoes and everything in them. We had to adapt to our surroundings and make the best of it. The boys, nor Alan or I were having much fun. When we finally reached the river again, we enjoyed it even more and were thankful.

The boys were tired and began to fight with each other just as we entered a very deep part of the river. They were swaying and of course capsized the canoe. The current picked up and I was frightened for them. We were so blessed to rescue the boys and catch the canoe. The only loss was a pair of sunglasses and a few snacks.

We were back to the good times. Until, yes you guessed it, we hit the rocks again. This time we had to carry everything for what seemed like a lifetime. Alan and I tried to encourage the boys to adapt to the situation and make the most of it. The boys were very tired of carrying the canoe in muddy grudge. Fortunately, we came upon a group of folks on a sandbar who helped us get our things to the next river access.

When we finally reached Dawt Mill we were all excited! What a day!!!

You know our walk with the Lord is a lot like our canoe trip. We were all good as long as we were in the water and comfortable but when we hit the rocks and had to adapt to a new challenge it was hard. It is during those times we had to depend on the Lord to provide. Like when the strangers helped us or when the boys capsized. Life is full of challenges or blessings in disguise it all depends on your interpretation.

Until we visit again, don't be afraid to get on the bus. When you hit the rocks adapt to what God needs you to do. If you capsize, remember there are many people praying for you and helping hands are there for you through the rough spots. Most of all give thanks in all situations.

Blessings,

Paula

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

(Jeremiah 29:11)

THE JOURNEY SERIES, FAIRY TALES RETOLD BY JACQUELINE VAUGHN



We are taking a slight departure in our review this month and looking at a fictional series written by JacQueline Vaughn Roe, a graduate of Hannibal LaGrange University, currently living in Alabama. This series focuses on Rapunzel as she leaves her tower prison and embarks on a journey. This journey is a physical one but also spiritual as she searches for meaning in her life and a place to belong. There is quite a bit of reflection as she travels, giving the reader the back story of why she came to be with the witch who imprisoned her. There is a Christian element to Rapunzel's journey, not a strong one but it is there. As she travels, she occasionally encounters people who show her there is more to life than she is currently experiencing. When she begins, she has no concept of God or Jesus, having been raised by the witch. She starts from the beginning of awareness of God's existence and her need

for Him in her life. It is the third book before the spiritual pieces begin to fall in place for Rapunzel.

As a retired Elementary Teacher, when I began reading this series, I was expecting them to be geared toward elementary students, this is not the case. As Rapunzel journeys, the characters she encounters are from various different fairy tales. Some of them are well-known, The Goose Girl and the Twelve Dancing Princesses were immediately recognizable, and some are more obscure. Be aware these fairy tales, on the whole, are not the Disney versions we have grown accustomed to seeing in popular movies. Fairy tales in their original form are rather violent and often contain disturbing themes that make this series more appropriate for an older reader rather than a younger one. The Author uses some medieval words most readers will be unfamiliar with such as wimple, cotehardie, liripipe, surcoat to name a few. I knew what a wimple was, but the rest I had to look up.

To be honest, I understood better where the Author was going with what seemed to be an endless journey for Rapunzel after I read the discussion questions at the end of the first book. On the whole, I enjoyed books three and four more than books one and two because it is in book three that Rapunzel makes the decisions and choices she has been struggling with up to that point. If you are looking for a summer book club read or perhaps a family read, these books could generate some good discussion on searching for the meaning of life and our influence on those that pass in and out of our lives if you can hang in there until you get to the third book.



This book review was submitted by Sarah Kennedy. Sarah is a member at Mt. Olive Baptist Church. If you have a book or study you are interested in having reviewed for your ladies' group, please contact the CBA office (office@cbamo.org).

CHURCH HISTORIES NEEDED

The 200th Anniversary of the Concord Baptist Association is coming up in 2023. In honor of the occasion, a book is being written about the history of our Association, to include the histories of the churches that have been a part of it. Roy Dameron has been working hard to write this book for us, but the information that he currently has about churches is limited. In order to ensure that each church in our association has an up-to-date history included, we would appreciate your help to update your church's history.

Roy has provided us with some parameters in what he is looking for, regarding both information and formatting, which will help him as he puts them all together:

Parameters and Suggestions for the History of Your Church

Preferred format:

- "Word" document
- 8½ x 11-page size
- One-inch margin on all sides
- Justify margins, except in explanation of references
- Times New Roman, 11 point – headings, titles may be larger
- ¼ inch paragraph indentation, no space between paragraphs
- Explain references (sources of information) on last page(s) of history with references in numerical order using Times New Roman, 9-point font

With every church using the same parameters, it should eliminate the need to re-type the history, and it will lessen the complications of putting them all together

Page One:

- Begin with three blank lines at the top
- Name of church centered in 16-point, Times New Roman
- Address of church entered in 12-point, Times New Roman
- Blank line
- By (your name) at the left of page in 11-point, Times New Roman
- Blank line
- Begin the history

Length of History:

It is suggested the history of your church be limited to about 3000 words (about 5 typed pages with Times New Roman, 11-point type). Contact Roy Dameron if it needs to longer.

Information to Include:

- **Origin:**
 - date, where (home, school bldg., etc.)
 - Names of 'organizers'
 - Names of charter members
 - Copy of the organization minutes, if available
 - First pastor – name and photo, if available
 - Services monthly, or . . .
- **Buildings:**
 - Date built, kind (log, brick, frame), size
 - Photos of first (or early) church and current facility
 - Current location, address, contact information (phone, email, web site)

- **Significant events, such as:**
 - Rules of Decorum, copy if available
 - Church discipline practices
 - Revivals, creek/river baptisms, dinner-on-the-ground
 - Ordinations to gospel ministry
 - Anniversary celebrations (50th, 75th, 100th . . .)
 - Mission trips, events
 - From ¼ time to ½ time to full time
- **Effects of slavery and the Civil War, WWI, WWII and others**
- **Photos of:**
 - Special events
 - Pastors serving 20 years or more
 - Digital pictures are to be copied and pasted in the document
- **List of all pastors:**
 - Names and years served
 - Please denote pastors who were/are veterans of major wars (Revolutionary, 1812, Civil War, WWI, WWII, later)

Please reference everything. Why? At least two reasons:

1. It will authenticate the material; and
2. For use later, maybe years later, when another article, or updated/expanded history is written. Should the Lord tarry, your church will have a significant date in the future – 50, 100, 150, 200 years old – and should have a complete history of more than 3 or 4 pages written for the occasion. For example: Concord Church in Jefferson City will be only 50 years old next March. The history has been written of those 50 years and the printed edition will have more than 250 pages.

Past history

Your church history may be printed in *Historical Sketch of Concord Baptist Association and its Churches*, 1973. This may be rewritten, edited, enlarged as appropriate. Remember, it was written nearly 50 years ago. If you would like a copy of this, please contact Alicia at office@cbamo.org and she will get you a photocopy.

Problems

If you are wanting to include copies of documents and/or photos and are unable to do so, for any reason, contact Roy Dameron and a solution will be sought.

If you have any questions about anything, please contact Roy.

Completion Date

The history of your church, is to be completed as a Word document by **July 1, 2022**, and emailed by that date to Roy Dameron at: roy.dameron@yahoo.com

NOTICE: Roy Dameron reserves the right to edit your church's history but will attempt to seek your approval of the final edit.

You may contact Roy by

Mail: 103 Homeland Drive Jefferson City, MO 65109

Email: roy.dameron@yahoo.com

Phone: 573-893-5280 (leave a message)



UPCOMING DATES

AUGUST 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Revelation Bible Study Cancelled	4	5	6	7
8	9	10 Revelation Bible Study @ 10 am	11	12	13	14
15	16	17 Revelation Bible Study @ 10 am Pastor RT @ 12	18	19	20 September Newsletter Deadline	21
22	23	24 Revelation Bible Study @ 10 am	25	26	27	28
29	30	31 Revelation Bible Study @ 10 am				

Revelation Bible Study – Join us at the CBA office on Tuesday mornings from 10:00 am to noon as we study the book of Revelations. The cost of \$20 is to cover the printed materials. *There will be no study on August 3rd.*

Pastor's Roundtable – Pastors Roundtable will be held on August 17th at noon. A light lunch will be served, please RSVP so we can be sure to plan well!

Newsletter Deadline – If you have an item you wish to have in the September issue, please send it to office@cbamo.org no later than Friday, August 20th.

Disaster Relief Trainings – There are upcoming Disaster Relief Trainings in September and October for individuals interested to be certified to participate in disaster relief work locally, statewide and nationally. For dates, locations and registration please visit <http://www.mobaptist.org/dr-training>.

SAVE THE DATE: Men's Conference – The Discipleship Council is holding a Men's Conference at Southridge Baptist September 24th-25th. See <https://cbamo.org/mens-conference/> for more details. Cost: \$20 (until September 13th); \$25 (September 14th-September 24th)

SAVE THE DATE: Fall Annual Meeting – The Fall Annual Meeting will be held on October 10th at Freshwater Church, time to be announced. Please make plans to attend!

MINISTRY POSITIONS:

BI-VOCATIONAL PASTOR

FBC of Elston, MO is a vibrant small church just outside of Jefferson City is seeking a bi-vocational pastor. Send resume to churchinfo@fbcelston.org or mail to FBC Elston, 1204 Rt. T Jefferson City, MO 65109. Visit us at www.fbcelston.org.

BI-VOCATIONAL PASTOR

The First Baptist Church of Lesterville, Missouri, is presently seeking a bi-vocational Pastor. I am reaching out to the associations hoping that you may know of a Pastor who would be interested and who may feel led to our church. We are seeking a Pastor who preaches and teaches the Word of God, makes prayer a priority, is involved with ministries of pastoral care, young adults-children, and involved with church outreach programs. Must be aligned with the SBC and in agreement with the Baptist Faith and Message 2000. Interested Pastors may send their resume with references and link to video sermons to Montereyfarm@yahoo.com. CDs and DVDs can be sent to FBC Pastor Search Team, 12763 Highway MM, Middle Brook, MO 63656.

AVAILABLE RESOURCES:

VBS Materials

Summer is coming! Traditionally, the association orders a VBS kit that is available to churches to borrow. If this is something that your church would be interested in, please email Alicia Amos at office@cbamo.org as soon as you know what dates you would be interested in reserving the kit for.

Block Party Trailer

If you are planning a summer outreach event, VBS celebration, etc...the CBA Block Party Trailer is available for churches! It contains a bounce house, popcorn and snow cone machines, as well as a variety of games and evangelism tools. Requests will be taken on a first come, first served basis. Please email Alicia Amos at office@cbamo.org for more information.

For the Church Institute through Midwestern Baptist Theological Seminary

The CBA office is excited to introduce you to a new initiative from Midwestern Baptist Theological Seminary (MBTS). It is called For the Church Institute or FTC Institute. MBTS through FTC Institute is offering free online courses for who may be seeking theological education. These courses are *offered free of charge to anyone within your church that is interested in theological education but is not necessarily after a degree or paying a lot of money*. You are encouraged to click on the link below and see what you think. You do not receive seminary credit, however, upon completion of the course you do receive a certificate and are eligible for Continuing Education Credit. For more information, please visit <https://ftcinstitute.squarespace.com/>

CHRISTIAN COUNSELING

The Concord Baptist Association is proud to announce a new partnership with Still Waters Counseling, LLC. Still Waters Counseling provides Christian counseling through a Licensed Professional Counselor in the Jefferson City area. Rhonda Myers, MA, LPC is now available to pastors and churches throughout our association. She currently offers Christian Counseling at the Concord Baptist Association office on Friday mornings. If you are aware of anyone in need of Christian counseling, please contact Rhonda Myers by cell phone at (573) 680-3718 or email for an appointment at stillwaterscounselingmo@gmail.com

THE FOUR HORSEMEN, PART 2: COMPLAINING

"A soft answer turns away wrath, but a harsh word stirs up anger." (Proverbs 15:1)

Last time I discussed criticism, one of the "Four Horsemen of the Apocalypse". It's important to reduce criticism in our marriages, but don't confuse criticism with complaining. Complaining is telling our spouse what we do or don't like. A relationship without complaining probably has resentment due to unresolved conflict. That's why we need to be able to talk about what we want in a way that is easier to be heard. The idea in Proverbs 15:1 is that we can express the same desire in different ways and get vastly different results! Doctor Gottman refers to this as a "soft startup", according to him it has four parts:

1. Share some responsibility,
2. State how I feel...
3. about a specific situation,
4. State a positive need.

For example, Fred often runs late, it frustrates Wilma. She would wait at the door and let him have it as soon as he comes in: "You are always late! You never think about me!", etc. It goes downhill from there. For many of us, further description isn't necessary. We've seen this up close and personal.

But this time, she uses a soft startup. When Fred comes in and apologizes, Wilma says "Yes, you were late, but it's not the end of the world (part 1 above)." Fred, braced for the attack, almost falls over; he was expecting a fight, but Wilma didn't give him one! Wilma continues: "When you're late, especially for something important to me, I feel like you don't care about me or the things that I value (parts 2 and 3)." She has stated what she doesn't like in a way that is easier for him to hear. Finally, Wilma states a positive need (part 4) by telling him, "It wasn't like that this time, but there are times when it's really important to be on time. We need to talk about those. Would this be a good time, or should we plan on talking right after supper?" In this way, Wilma has deescalated a situation that would likely have turned into a big fight and scheduled a discussion about how they can come to agreement on time management. Of course, this will mean both must be willing to give some ground, it also means they must have the discussion when they agreed. I say that in case Fred is like me, he's ready to agree to a meeting later, but he does it hoping it will not actually occur!

In the example above, Wilma used a soft startup. As a result, she changed the tone of the conversation, which changed its outcome. Dr. Gottman says a soft startup is "the way we treat guests", that is, respectfully and courteously. Most of us do this when a friend calls, even during a moment of high tension. Though we're frustrated or angry, we'll answer the phone with a cheery "Hello!". If we can choose to change how we respond with a friend, we can do the same thing with our spouse.

Next time, we'll deal with Contempt, the second of the Four Horsemen.



This article was submitted by Scott Wegman, M.A. Professional Counseling. He is the founder and pastoral counselor of Grace Christian Counseling, where his experience includes: marriage counseling, leading marriage counseling, leading marriage enrichment groups, pornography addiction counseling, anxiety, perfectionism and depression. More information is available at www.grace-c-c.org. If you would like Scott to speak at your church on mental health issues related to faith you can email him at gcc.taylor.mo@gmail.com.