



Bulletin

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MARCH INTO SPRING!

FROM IMPOSSIBLE TO POSSIBLE

BY JIM DALY

IN TRACK AND FIELD, THE “FOUR-MINUTE BARRIER” WAS CONSIDERED the Holy Grail of athletic achievement. No one in the history of the sport had ever run one mile in under four minutes. The barrier stood for so long, many athletes believed it was physically impossible to break.

That all changed on May 6, 1954. Twenty-five-year-old Roger Bannister slipped beneath four minutes by six tenths of a second. Although Bannister just narrowly broke the four-minute barrier, he shattered decades worth of preconceived ideas.

And that changed everything.

In the next five years alone, over 20 athletes broke the four-minute barrier. And over the past six decades, more than 1,000 athletes have done it.

What changed? What separated the athletes who came before Roger Bannister from those who came after? Belief.

Belief is a powerful force. It can hold you back or propel you forward. What you believe creates either barriers or opportunities.

Hebrews 11:1 describes faith as “the assurance of things hoped for, the conviction of things not seen.” Believing who God is and what He can do for us anchors our souls in bedrock when we’re up against financial, relational or other kinds of barriers. It’s through faith that we break through to victory.

When we believe that God can do the impossible, the impossible becomes possible.

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**Tough
Questions
from Kids**

**Why is it
good to
pray?**



COURAGE TO LEAVE THE COMFORT ZONE

Your spouse may want to do something different in his or her life, but they need a little encouragement to step out of their comfort zone and take that first step. There are many reasons your spouse may be hesitant to leave the familiar and try something new—even if they really want to.

What can you do?

Rather than assuming your spouse's wants, find out what they really desire. One of the best ways to start a conversation is to ask an open-ended question that will help you both better understand the other person's internal debate on leaving their comfort zone.



Questions you can ask include:

- Why do you think you are hesitating to take this opportunity?
- What is one step you can take toward achieving that goal?
- What will happen if you don't take that step out of your comfort zone?

What will happen if you do?

- Is there another option that would be a better fit for you and your skill set?
- What do you think the Lord wants you to do? How can you find out?

Lovingly sharing what you see as their potential may do wonders for their self-esteem and desire to try something new. Provide examples of times you have seen them use their skills well. Let them know what you think they are capable of—especially in a new area they are considering.

Telling your spouse about the things you notice them doing well may just spur them on to advance the Kingdom of God by using their gifts to fulfill a role that God made them for.

Ultimately it is your spouse's choice to step out of their comfort zone. It is important that you let them choose to stay where they are if they desire. You can't and shouldn't control what your spouse does. All you can do is encourage them when possible.

By sharing how you believe in their potential and being willing to help them be who God intended them to be, you provide the courage they need to step out in faith. And when they are on the other side, they will be so grateful you said something positive to help them get there.

—Ashley Durand

LESS GRUMBLING, MORE GRATITUDE

Gratefulness is evidence of God working within our souls. Taking note of our gratitude reminds our kids that when we are grateful, there's someone we need to thank: God.

When it comes to teaching my kids not to grumble—and to be grateful instead—practicing what I preach is the biggest factor. When I model gratefulness, it teaches my kids how to do it.

When I catch myself in a grumbly mood, I'm learning to let go of the expectation that life will be easy and comfortable and that everyone will just go along with my plan. Instead, I am trusting that what I have now is exactly what God wants me to have. I thank Him in the moment.

Just as we can grumble with words or with an eye roll, we can be grateful with a whisper of thanks and a smile. When it comes down to it, I want my family to be known more for our gratitude styles than our grumbling styles. And even though it takes daily work, practicing gratitude changes us for the better.

—*Tricia Goyer*



RAISING THE CHILD OF A KING

You are royalty in God's family. You and your children are princes or princesses in His Kingdom.

Be bold in your faith, in coming alongside others and defending God's Kingdom. It's your Kingdom, too, after all, as you have an inheritance in it! Show others that God's Kingdom is better by far than anything this world can offer. If you remember that you are God's child, it gives you value beyond anything this world can provide. God's love is constant, and His standards never change.

Ask yourself today:

- Do I genuinely believe I am a child of God, and that I am royalty in His family?
- What can I do to show my citizenship in His Kingdom?
- How can I teach my kids their identity in Christ?

Be assured that you and your children are dearly loved and deeply cherished, and that God esteems you as princes or princesses in His Kingdom. By teaching your kids their identity in Christ, you are teaching them that their value comes from being a child of God, not from the world.

—*Carol Cuppy*

FAMILY MATTERS

Answers to your questions...

How can I teach my children to be humble?

ANSWER:

Scripture emphasizes the importance of humility and its ability to create that deep-rooted growth in many places. James writes that God gives grace to the humble and opposes the proud (James 4:6). The Bible also says it is our responsibility to humble ourselves under God's mighty hand and to foster a humble heart (1 Peter 5:6).

Ephesians 4:2 explains that humility and gentleness, mixed with patience, provide the ingredients for people to truly and deeply love others. This verse states that we can bear with one another in love as we move toward unity and peacefulness. Humility invites God's unifying Spirit to act in and

through us as we learn to love others.

So how do you help cultivate this trait in your child? Here are seven quick tips:

1. *Listen.* Help your children understand that people crave to be known. Why are they sharing what they're sharing with you? What do they truly want? Teach them to be slow to speak and quick to listen. It is tempting to overrun people with our own opinions and thoughts.

2. *Practice empathy.* Empathy is about being genuinely relational and seeing other people through a lens of value and worth. Children can also practice empathy by caring for pets or maintaining a garden.

3. *See invitations rather than inconveniences.* Opportunities to engage and serve others can be em-

braced as invitations rather than dreaded as inconveniences.

4. *Practice gratitude.* Look around as a family and intentionally talk about what you're thankful for.

5. *Encourage respect.* Respect each other's unique ideas, emotions and interests by noticing and learning to live well together in those differences.

6. *Use words of encouragement.* Children can learn to genuinely encourage others without feeling the threat of losing their own value in the process.

7. *Serve.* Map out ways you can serve within your family and in your neighborhood, school or community. A culture of service is more worthy of celebration than straight As on a report card.

—Danny Huerta

TOUGH QUESTIONS FROM KIDS

ANSWER:

Praying is good because it brings us closer to God, our heavenly Father. We wouldn't have a very good relationship with Him if we never talked to Him. Also, God tells us to do it. And if He says we should do it, then that is what is best for our lives.

For more information on any of the topics in this bulletin, go to FocusOnTheFamily.com or call 800-A-FAMILY (232-6459). To reach Customer Service regarding your subscription, please call 1-800-692-9912. To check out more ministry resources, please visit us at www.tyndaleperiodicals.com.

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