

Reach UP

The Magazine to Empower and Enrich Today's Woman

Summer 2014



Faith
Adoption by God

Family
7 Ways Our Words Put the Knife In

a • dop • tion

by Ken and Dottie Phillips

[uh-dop-shuh n]

Take or receive as one's own, such as a child; to take another's child into one's own family.

Long, long ago he decided to adopt us into his family through Jesus Christ. (What pleasure he took in planning this!) He wanted us to enter into the celebration of his lavish gift-giving by the hand of his beloved Son. - Ephesians 1:5

You can tell for sure that you are now fully adopted as his own children because God sent the Spirit of his Son into our lives crying out, "Papa! Father!" - Galatians 4:5

In ancient Rome, adoption was sometimes the method used by the emperors to pass on succession to well-trained heirs. For example, Augustus Caesar was adopted by his great uncle, Julius Caesar. Emperors Tiberius and Hadrian were also adopted. All of these proved to be strong rulers because each one was raised and trained to live like a child of his adoptive father. Under Roman law, adopted children had all the rights and privileges of biological children. An adopted child received his father's inheritance.

Every Christian who has accepted Jesus as his or her Savior is an adopted child of the King of Kings. Our adoption comes at a great cost. God made it possible to be brought into His family through the sacrifice of His Son, Jesus, on the cross. Our adoption was completed when we asked Him for forgiveness for our sins and accepted Jesus as our Savior. Romans 8:17 tells us that God has made us not only adopted children, but children with an unbelievable inheritance!

What a privilege and what a blessing!

That gives us so much reason to thank

God for all that He has done for us. There is no way to repay Him for the price He paid to adopt us into His family.

The adopted Roman child gained not only the rights of a blood-born child in his new family, but also the responsibilities. He was expected to study and train to be a worthy member of the family. In the same way, God wants us to live as children of God are expected to live, honoring our heavenly Father. Our instruction and training is given to us in God's Word.

In Colossians 3:5 we are told by the apostle Paul what we are to get rid of when we have been adopted by God: *"Put to death the sinful ways of our old life; sexual immorality; impurity; lust; evil desires; greed and idolatry."* Since we are children of God, we should act like it.

Our old way of life is to be replaced by activities and desires that show that we belong to the family of God. Paul tells us in Colossians 3:12 that we are to *"Put on compassion, kindness, humility, quiet strength, discipline."* This describes Jesus. Jesus said, "I and the Father are one" (John 10:30). Jesus did what the His Heavenly Father wanted. As adopted

children, if we really understood how much He wants to give us, why wouldn't we want live our lives God's way?

In Romans 8:15 Paul tells the people in the church at Rome, *"For as many as are led by the Spirit of God, these are the sons [and daughters] of God."* We need to be led daily by the Spirit of God in order to do the will of God our Father and to become more like Christ.

God is waiting to adopt all who do not know Him as their Savior. To be adopted, all you have to do is admit that you are a sinner, ask God for forgiveness, and then ask Him to come into your life. He will adopt you as one of His children. John 1:12 reads, *"He gave the right to become God's children to everyone who believed in Him. These people didn't become God's children in a physical way—from a human impulse or from a husband's desire to have a child. They were born of God."* So if you haven't asked Jesus to be your Savior and adopt you into God's family, why not ask Him now? If you are IN God's family, just let Him know that you want to be more like Him.

PRAYER

Thank You that You want to/have adopted me as Your child. Give me the strength and determination to live for You every moment of this day. May all who I meet tell by my words and actions that I am an adopted child of God.

Adapted from a daily online devotional written by Ken and Dottie Phillips for World Bible Society.

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REACTIVE ATTACHMENT DISORDER

by Nicole Homan

Although you may not want to admit it, some days it seems too much to care for all the needs of your children. *And you silently wonder, What's the big deal? If I give them food, why do I have to bother with anything else? I've got my problems to get right before I can help anyone else.*

Or, maybe you're taking care of a child who has you at wit's end. You've tried everything, but they still misbehave and drive you crazy.

After learning about a seminar where our author spoke about raising children with RAD, we asked her to write on the subject. *Reach UP* does not encourage you to label or diagnose your child, but these tips can help give understanding why and how to deal with difficult children.

I have been bit, scratched, punched, kicked, and spit at more times than I can count. I have been told that I am not fair, that I hate my children, and that I am a horrible mother. I have been lied to, had thousands of dollars of property damaged and destroyed, and been stolen from. I have found countless slices of bread, bags of candy, and juice boxes hidden under beds and smashed into dresser drawers. I have been screamed at for hours on end. I have carried out more than one child who has lost control in a public place, and ushered more than one in to say he was sorry for stealing something while we were there. I have had to cancel playdates, stay home when I wanted to go out, and explain to countless babysitters why my child would threaten them for something that seems completely unimportant. If I'm being honest with you, there are some ugly days at the Homan house.

We have ten children, six of whom are adopted. *Messy* is our middle name. *Noisy, busy,* and sometimes *stinky* could all describe us too. With every child we adopt, we learn more and more that what happens at the very beginning of a child's life matters. Children need someone to connect to, and for many of our children, there was no one. The results of that are heart-breaking.

This kind of neglect can result in a condition now titled Reactive Attachment Disorder or RAD. It is most common in children who have not had someone to attach to in their early years. If a child (even as young as a newborn baby) has felt unwanted, overlooked, or been

left to fend for themselves, a seed of distrust can grow into a fear of trusting anyone. This can then lead to a child who does whatever they have to do to survive and take care of themselves. They might steal, hide food under their beds, destroy property, be unwilling to share their toys, or always want more and never be thankful. And if they don't get their way, children with RAD can become very upset and even violent.

So how do you love a child who is broken? **The same way we love the unbroken one.**

1. Love No Matter What. We all make mistakes. Children need to know it's okay to make a mistake. They need to know that you will still love them even when they mess up. Remind your child everyday through kind words, notes in their lunchbox, or hugs on the way out the door that you LOVE them and nothing can change that.

2. Forgive. Forgive. Forgive. RAD children get in trouble a lot -- at school, at home -- everywhere. If you get angry and hold it against them, you won't be able to help them. So forgive, forgive, and then forgive again. We all need forgiveness. (Ephesians 4:32)

3. Keep Your Promises. Every time you make a promise and keep it, you show your child you are trustworthy. And the more they trust you, the more they will let you into their heart.

4. SEE Them. Do you know your child's favorite color? Their favorite sport? Favorite doll? Favorite t-Shirt? Get to know your child and get involved in what they like. Not sure what they like? ASK THEM! Children love to share who they are with their parents!

5. Don't React. Respond instead. I was at the store years ago and my son was screaming at me as I pushed him in the cart. With every kick of his feet and wave of his arms, I felt more and more embarrassed. What would people think of me? I could feel my anger boiling inside. I was getting more and more upset. I started to tear up. And then God spoke to me, "Niki, you can't control how he's acting, but you can control how you respond." So, breathe. Pray. And then, only when your emotions are under control should you respond.

So remember, family can be messy, but never forget that family is **WORTH IT.**



RESEARCH MORE AT:

http://www.focusonthefamily.com/parenting/adoptive_families/attachment_and_bonding/reactive_attachment_disorder.aspx

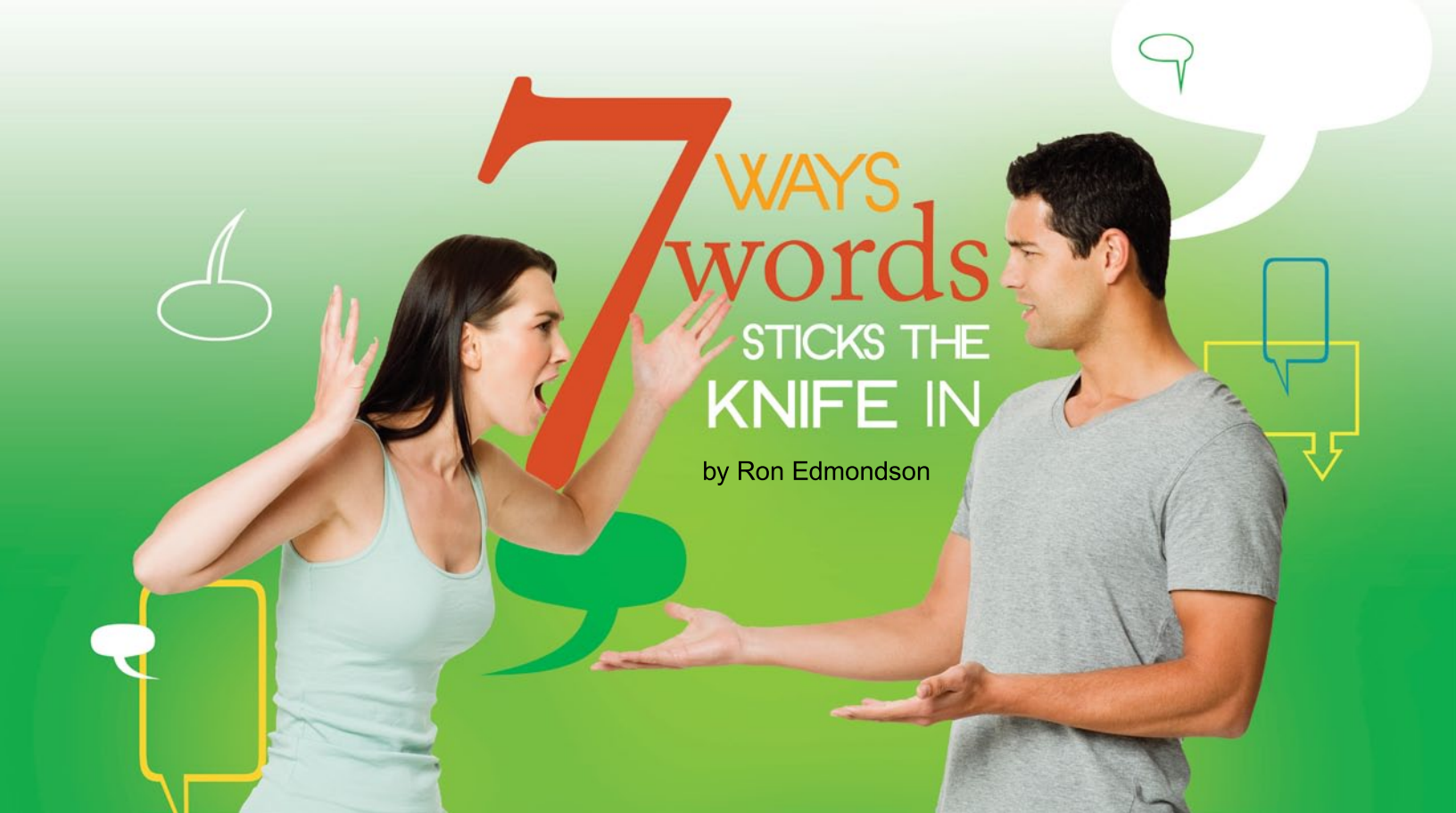
www.helpguide.org

Search "Reactive Attachment Disorder" for a good definition of symptoms, therapies, etc.

www.thehomanites.wordpress.com

(Our Family Blog - I write a lot about RAD, our kids/life, etc.)





I was talking to a man the other day. He was hurt, but not severely. He will survive. Hopefully. The wounds aren't deep right now. But he is injured.

It's an emotional hurt. Sometimes those are the worst kind.

The person hurting him? His wife. And most likely she doesn't even know she's doing it.

Surprised?

I'm not. It happens all the time. She probably has her hurts too. And he probably doesn't know when he's hurting her. Marriages are made of two very different, imperfect people. And we often hurt most those we love the most.

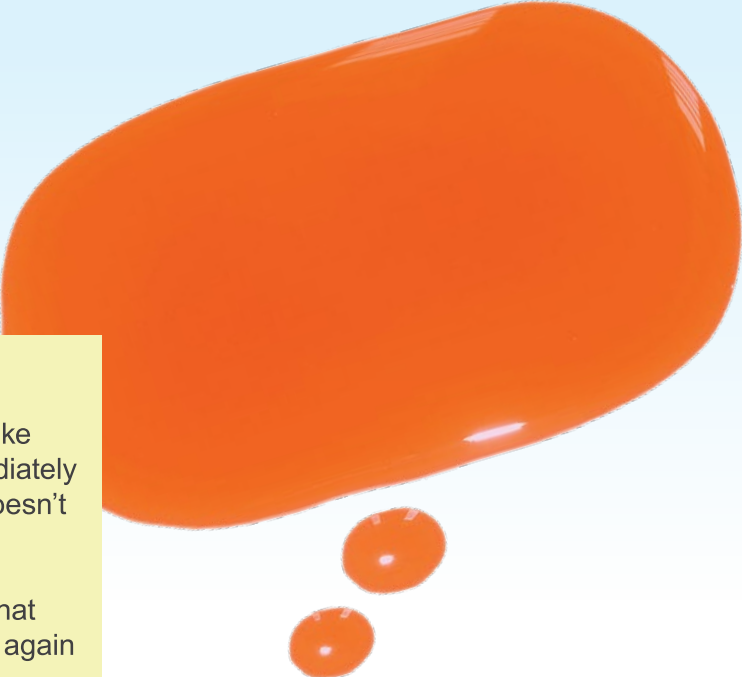
My friend is newly married. Over the course of the last few months he's begun to realize how many things his wife says and does that cause him to pull away from her. Rather than start a fight, he withdraws. And, he's withdrawn to the point that he was willing to admit his hurt, which is difficult for any man to do. I was proud of him for being humble enough to ask me if this was normal in a marriage.

But it didn't take long before I realized that this marriage is headed for disaster if they don't address their issues soon. Thankfully, they're in a great season to ask hard questions, learn valuable lessons, and strengthen the marriage.

As a man, I feel most prepared to talk about how wives hurt their husbands without even knowing it. In the following ways I mention, you'll notice I'm a little sarcastic sometimes. That's partially because it was easier, but it also shows the harsh realities in a gentler way. By the way, if you're not married, these tips are good for boyfriends and other important relationships.

Here are 7 ways a wife hurts her husband (without even knowing it):

- 1. Put him down in front of other people.** When around friends and family, put your husband down so they all hear it. Most men won't say anything about this type of put-down in public. They will simply take it -- and hurt. When they do talk about it, it will be out of stored up resentment, maybe even anger -- and it won't be pretty.
- 2. Go behind him when he tries to do something at home.** Always show him how much better you



can do things than he can do them. He will appreciate that. When he fixes the bed, make sure you show him the “correct way” immediately after he finishes. He will be reminded he doesn’t measure up to your standards.

3. Constantly nag him. If he doesn’t do what you want him to do, remind him. Again and again (because that works, right?).

4. Use the “you always” phrase all the time. Because he **always** (every single time) does that thing to bug you. And best news yet, with you saying that phrase, it builds him into a man who always will do that thing to bug you.

5. Hold him responsible for your emotional well-being. He’s the reason you feel bad today and every other day you feel bad. So, make sure he knows it’s his fault. And, you don’t have to tell him. Just be in a bad mood, and don’t release him from guilt. He’ll take the hint and own the responsibility. He will think it’s his fault even if it’s not.

6. Complain about what you don’t have or don’t get to do. Your man has a desire to fix things. He wants to be a provider. Every man does. Some attempt to live it out and some don’t. But, when he’s trying, doing the best he can, and yet he feels he isn’t measuring up, he’s crushed. When you are always commenting on what other women have that you don’t, he carries the blame, even if that’s not your intention.

7. Don’t appreciate his efforts. Want to really hurt a man? Refuse to appreciate the things he does well. He gets part of his identity in the things he does, whether work or hobbies or even his character traits. When you don’t find them as valuable as he does, his ego is bruised.

The reality is that a man’s ego --- his self-confidence and sense of worth --- is greatly tied to his wife, just as a woman’s ego is tied to her husband. We can be fragile people, some more than others.

Understanding these issues and talking openly about them, with a third party if necessary, will help build healthier, stronger, and happier people and marriages.

I understand that some women, especially those of you who have been equally wounded by men, could get offended with this article. When we are hurt, it is harder to look at our own possible shortcomings. Remember that my goal is to help, not to hurt you further. But you can’t change what you do not know. Your response is up to you. The good news is that when we give to others what we’d like to receive ourselves, that makes room for God to make up the difference.

Ron Edmondson is a pastor with a heart for developing churches and growing and improving the kingdom of God.

For the original article, visit ronedmondson.com.

STENCIL it

by Rebecca Wacker with Crystal Knapp

I decided it was okay to use half a pattern at the bottom since a full-size one wouldn't fit nicely.

Next came the fun part: painting the stencil. I added dimension by dabbing on a shadow by using a different color. But that's a personal choice. This picture is taken of a finished section using the same pattern but a different background color.

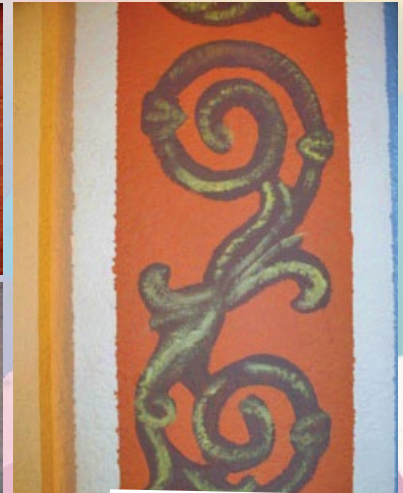


It started with this thing (see photo) I picked up. I liked the shape of it. So I traced it on regular paper. After cutting it out, I traced the pattern onto cardboard (a shoe box cover worked great). That became my stencil to use over and over.



Since I was making a border between hallway and bedrooms, I needed to change the under color (the color that shows through the design). To make the border straight, I used painter's tape to mark off the top and bottom of the border. Then I painted within the lines. (If you like the under color, you can skip this painting step.)

Next I traced the stencil onto the (dried) painted surface with pencil. Because I was making a continuous border, I had to first measure how many times the design needed to be repeated. Good thing my pencil markings could be erased!



TOOLS NEEDED:

- ✓ Pencil
- ✓ Latex paint
(not water-based)
- ✓ 1/2 inch brush
- ✓ Paper and cardboard



Given to you by: