

Jesus is the Reason... for the Season!!!

M O T I V A T I N G U M I N I S T R I E S , L L C

SPECIAL POINTS OF INTEREST:

- Turning holiday stress into holiday bliss
- Dating your Spouse
- Dating tips for married couples
- Balancing the Scales Seminar coming soon
- Prayer in Action

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HOLIDAY BLISS OR HOLIDAY STRESS?

Very few people will argue with the fact that the holidays can offer you many pleasures or bring you much stress. The question is, "What will or has the 2007 holiday season brought you?"

After you've purchased all the gifts, mailed out all the holiday cards, cooked up tons of food, and visited family and friends or had them come to visit you, what can you truthfully say the holiday season has brought you this year that is different from what you received on last year? Should it not be our goal to learn, to grow and to develop, while experiencing new adventures, taking on new opportunities and learning from our mistakes? Oh, yeah, the mistakes that everybody

knows about, but not too many people will talk about. I dare not say that we all know what



When the holidays have got you bent out of shape...

they look like, over-eating, over-indulging, over-committing, over-spending (ouch!) - the list can go on and on. We're all familiar with what makes "the list" for us as individuals, but what do we do about it? Some of us choose to learn from "the list" and we grow, while others choose to pretend "the list" does not

exist so we repeat the same mistakes year after year. My friends, let me tell you that acknowledging and learning from "the list" will allow you to experience Holiday Bliss, but running from, ignoring or pretending "the list" does not exist for you will only bring you Holiday Stress.

If you are tired of looking forward to the holidays only to be knocked off of your feet with stress, then let me encourage you to try something new this year. Prepare yourself to face the holidays with a new way of thinking. Review "the list" this year and be prepared for it next year. You can do it and you owe it to yourself to enjoy the holidays with much **Bliss** and less Stress.

TIPS FOR THE HOLIDAY

Here are some helpful tips for enjoying the 2007 Holiday Season:

- ◆ **Do** spend the holidays with those you love and trust.— You will find that spending the holiday season with family, friends

and loved ones will bring you much joy and cheer.

- ◆ **Do** let some things go.— Avoid holding onto anything that can potentially hold you back.
- ◆ **Do not** limit your gift giving to items that are pur-

chased.—You may be surprised at how many people are looking for only your love, time and attention.

- ◆ **Do not** forget what this season is about.— If it's about love, then give love.

DATING YOUR SPOUSE AFTER YOU SAY "I DO"

Many couples struggle with making time for each other, yet they are somehow amazed when they find that they have drifted apart. It is not uncommon these days for marriages to end in divorce with one of the main reasons being that the couple would not find the time to stay connected or stay acquainted. Let me suggest to you that dating is not necessarily for singles as much as it is for married couples. Dating shouldn't end at the alter, it

should only increase. In fact, after you say "I do", you should begin the rest of your life with dating your spouse. Dating is the means of getting acquainted and staying connected. Many married couples are aware that as time changes, so do people, but they fail to see the changes that take place within their spouse. It is crucial that a husband and wife stay in tune with one another. What better way to make this happen than by dating on a consistent basis. Just as

you need to stay in tune with your own needs, it is likewise imperative that you are aware of the needs of your spouse. So, don't put off that trip to Paris or that date in the park. Make every night a date night, whether it's for 5 minutes or 60 minutes, don't let a day go by without checking in with your spouse. Believe me, you will be glad you did. Dating just may be the missing piece to your unbalanced marriage.



Let him knock you off of your feet. Never Stop Dating!!!

DATING TIPS FOR MARRIED COUPLES

- ◆ Dedicate the evening to getting reacquainted
- ◆ Go to the movies during low traffic hours and sit alone
- ◆ Spend time alone playing your favorite board game together
- ◆ Have a luncheon in your yard
- ◆ Dress up and meet for a candle light dinner in your bedroom
- ◆ Take a stroll down memory lane
- ◆ Create an evening in paradise by fantasizing together
- ◆ Go to your favorite dessert place and share a dessert
- ◆ Send the kids away and enjoy the weekend alone
- ◆ Return to the place where you first met
- ◆ Go to a drive-in movie alone
- ◆ Spend an evening dreaming together
- ◆ Exchange small gifts that represent your life together
- ◆ Share gifts that are symbolic for your love for each other
- ◆ Do something that brings out the kid in both of you

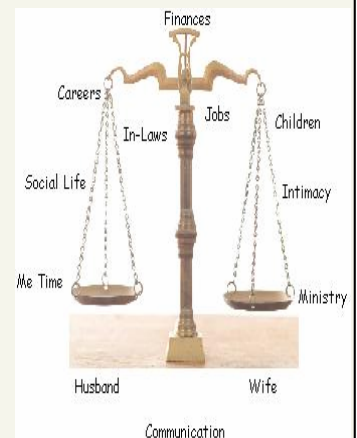
FINDING THE BALANCE TO SURVIVE

Life brings many different challenges. Some of which we are ready for, while others seem to be able to knock us off of our feet. The ones that send us running or falling have the tendency to tip the scale of our life in an unfavorable position. When the scale is tipped too far on one side, everything becomes unbalanced and somewhat out of control.

Motivating U Ministries, LLC would like to help you find the balance you so long to experience. That's why we are offering a life changing workshop that is guaranteed to equip you to **Balance the Scales: When Life is Weighing you down**

If **YOU** are struggling with finding the balance you need to survive, this is an event **YOU** don't want to miss. Come

learn how **YOU** can make a change to tip the scales in **YOUR** favor. Join us at the Radisson hotel in Richardson for an event you won't soon forget. See upcoming events for more details.



C H A N G E Y O U R B E L I E F S ; C H A N G E Y O U R L I F E

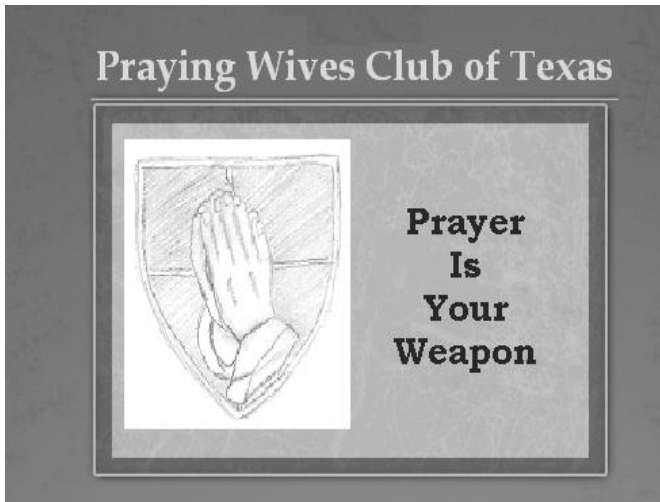
Watching others plan for the holidays has been an emotional experience. Many people have found themselves in the unfortunate position of preparing for the holiday's without their spouse, when just a short time ago, they were enjoying it together. Why the change? Why now? Many have justified their "new life" by believing they have simply grown in a different direction from their spouse. How many times have you heard couples that are separating or divorcing say, "we just grew apart?" Let me suggest to you

that it is not that simple. Allow me to point out to you that you don't **grow** apart, rather you decide to **go** apart. You have the option to go and take the other person with you, just as the other person has the option to go with you or stay behind. Growing is going together, in the same direction, not apart. If you believe you and your spouse are growing apart, let me encourage you to change the way you believe so that you may successfully change the way you live. You can be **driven** by passion, **sustained** by love,

connected through dating, and most of all **married** and **enjoying** it.

If you are struggling with your belief system, know that help is near. Your beliefs must change before your life will change. You can change your beliefs without first changing your life, but you can not change your life without first changing your beliefs. Request a free consultation today, and let one of our belief therapists help you through this process. What you do today **will** impact your tomorrow.

P R A Y I N G A N D M A K I N G A D I F F E R E N C E



Are you wondering what in the world is going on these days? Have you stopped to think about the recent changes in our society as it relates to morals, values, ethics, and integrity? Looking at the world around us can cause depression, but staying in our own little world can cause oppression, until we have to stop and ask what can we do or where can we

go for help. There's a group located in Dallas, Texas that declares that "there is a balm in Gilead". They are willing to give everything that they have to prove that there is an answer for the world today. They believe that there is healing available for the sick and broken-hearted. They believe that there is a physician waiting to heal, deliver and set free. They

have declared that they have the answer to the chaotic world we live in today. The answer is none other than Jesus and He's no further away than prayer. This group of women, also known as the Praying Wives Club of Texas or PWCOT believes that prayer is the weapon our society needs in order to bring back hope. They use prayer to fight for marriages, families and themselves. Prayer has made a difference in their lives so they are sharing that same tool with others. They have changed the way they believe through prayer and are reaching out to others to help them to do the same thing. If you feel like you are fighting a losing battle, **FIGHT BACK** with prayer. They believe in the power of prayer and they believe in you. To learn more about the Praying Wives Club of Texas, Inc, visit them online at:

www.pwcot.org



*"Driven by passion.
Sustained by love.
Connected through dating."
Married and Enjoying it!*

WE'RE ON THE WEB!
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Experiencing Greatness!!!

U P C O M I N G E V E N T S . . .

December 2007

- ◆ **Pearls...from the Soul of a Woman** book by Dr. SR Smith will be sold at an event sponsored by the BPA organization at Frito-Lay—12/7/07.
- ◆ **Balancing the scales of Marriage: When Life is Weighing you Down** Retreat for couples — 12/08/07. Come Rekindle, Reconnect, and Recommit to your spouse at the Radisson Hotel, in Richardson, TX.

January 2008

- ◆ **Mentoring Brother 2 Brother Youth Symposium** at the University of Texas at Arlington— 1/26/08. for more info visit www.m2b2.org.

February 2008

- ◆ **Balancing the Scales: When Life is Weighing you Down Workshop** - 2/09/08, Radisson Hotel, Richardson, TX

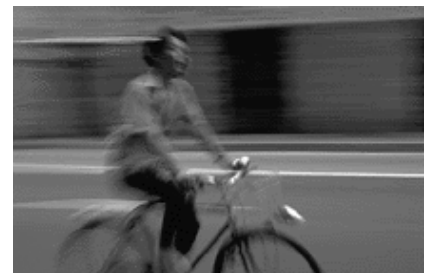
If YOU are struggling with finding the balance you need to survive, this is an event YOU don't want to miss. Come learn how YOU can make a change to tip the scales in YOUR favor.

March 2008

- ◆ **Motivating U 2 Excel**

Need an extra push to move forward in your life? Here's your chance to meet with a Professional Life Coach/Belief Therapist to help move into the place

you want to be. Stay connected to obtain additional information regarding this event.



**Whatever you do,
Don't let life pass you by...**