

# *CAN WE HELP YOU?*



## RESOURCE PACKET

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## **God's Simple Plan Of Salvation**

Accepting Jesus as your Savior is the only way for you to go to heaven and have assurance of eternal life. Jesus is waiting for you to read this, confess your sins and by faith receive Him as your Savior and Lord. He will forgive you of your sins, come into your heart and save your soul from hell. Jesus paid the ultimate price for our salvation. All that you have to do is pray, repent and believe!!! Please do this now and accept Him as Lord of your life !!!!

### **1. Every person needs to be saved:**

For all have sinned and come short of the glory of God.  
(Romans 3: 10, 23)

### **2. No one can save themselves:**

Not by works of righteousness which we have done, but according to His mercy He saved us. (Titus 3:5)

### **3. God has provided a way to save us:**

But God commendeth His love toward us, in that, while we were yet sinners, Christ died for us. (Romans 5:8)

### **4. Jesus paid our sin-debt:**

For the wages of sin is death.  
(Romans 6:23)

### **5. God offers us the gift of eternal life:**

The gift of God is eternal life through Jesus Christ our Lord.  
(Romans 6:23)

### **6. How to receive God's gift of eternal life:**

- \* Confess that Jesus is Lord
- \* Believe that God raised Him from the dead.
- \* Turn from your way and accept God's way and will for your life.
- \* In prayer, call upon the Lord, confessing your sins and by faith receive Christ as your Savior. (Romans 10:9, 10, 13)

### **7. In Faith pray this prayer:**

Dear Lord Jesus---I know that I am a sinner and deserve to go to hell. I believe in my heart that You are Lord, that You died for my sins and that You were raised from the dead. Right now, I am asking You to forgive my sins come into my life and save my soul. I now turn from my way of life and receive You as my personal savior.  
Thank You for saving me. In Jesus name I pray—Amen

### **8. How to have assurance of your salvation:**

- \* Read the Gospel of John (John 20:31)
- \* Follow the Lord in believers' baptism (Acts 2:41)
- \* Attend a Bible believing church faithfully. (Hebrews 10:25)

**If you have any questions or need help with the Plan of Salvation, please call Midland Fair Havens at (432)689-3411. We pray God's blessing on you!**

## ***ABUSIVE RELATIONSHIPS***

*Are you confused? After all, you love him and want to be with him. But he gets angry and says and does things that hurt you. Not always hurting your body but hurting your very soul. You excuse his actions because it's only when he's been drinking ...or when the baby cries... or when you don't have enough money...or... Are you scared? Are you living in an abusive relationship?*

To often women who have experienced abuse in an intimate relationship express confused feelings and thoughts. Many are not even sure if their partner's actions are abusive! **“ABUSE” in a relationship is intentional, repeated acts which cause physical OR emotional harm.** If you are afraid of your partner, do not ignore the warning signs...

### **15 Warning Signs of an Abusive Relationship**

1. **A PUSH FOR QUICK INVOLVEMENT:** Comes on very strong claiming, “I’ve never felt loved like this by anyone.” Asks you to move in with him after only a few dates.
2. **JEALOUSY:** He’s excessively possessive; calls constantly or visits unexpectedly.
3. **CONTROLLING:** Interrogates you intensely about who you have talked to, and where you were, checks mileage on your car, keeps all the money, insists you ask permission to go anywhere or do anything.
4. **UNREALISTIC EXPECTATIONS:** Expects you to be the ‘perfect woman’ and to meet his every need. Wants you dressed up, the house clean and the kids quiet...
5. **ISOLATION:** Tries to cut you off from family and friends, deprives you of a phone or car. Tries to prevent you from holding a job.
6. **BLAMES OTHERS FOR MISTAKES:** ‘The boss’, ‘you’ – it’s always someone else’s fault if anything goes wrong. Never takes responsibility for his part in a problem.
7. **MAKES EVERYONE ELSE RESPONSIBLE FOR HIS FEELINGS:** He says, “You make me angry,” instead of “I’m angry”. He blames you for his unhappiness.
8. **HYPERSENSITIVITY:** Is easily insulted. He’ll rant about injustices that are just part of life. Everything that happens is about him and the world is against him.
9. **CRUELTY TO ANIMALS AND TO CHILDREN:** Kills or punishes animals brutally. May expect children to do things way beyond their ability or tease them until they cry.
10. **PLAYFUL USE OF FORCE DURING SEX:** Enjoys throwing you down or holding you down against your will during sex; says he finds the idea of rape exciting.
11. **VERBAL ABUSE:** Constantly criticizes you or says cruel things, curses, calls you ugly names. “You can’t do anything right”; “You are so stupid you could never survive without me”; “No one else would have you”
12. **RIGID SEX ROLES:** Expects you to serve, obey and remain at home.
13. **SUDDEN MOOD SWINGS:** Quickly switches from sweetly loving to explosively violent.
14. **PAST BATTERING:** Admits hitting women in the past but says she brought it on.
15. **THREATS OF VIOLENCE:** Makes statements such as, “I’ll break your neck!”, then dismisses them with “I didn’t really mean it.”

***Do you need help and you just need someone to listen? If you are single mother with young children, Midland Fair Havens might be able to help you to build a future for your family. Please feel free to call us at 432-689-3411 for more information concerning our services and qualifying criteria.***

## **PLEASE UNDERSTAND**

**YOU NEVER DESERVE TO BE ABUSED!**

Only you can take control of your situation to protect yourself and your children. An abusive man has to want to change himself. You can't fix him by nagging, begging, pleading or arguing. But there is HOPE!

You can take steps to protect yourself and your children and you don't have to do it alone.

Midland Fair Havens partners with **Safe Place of the Permian Basin** to offer protective shelter, guidance and counseling for women that are in abusive relationships.

A quick call to their  
**24 hour hotline at 432-570-1465**  
can get you on the path to safety and peace for you and your family.

**Please call today! Tomorrow could be too late...**



# PARENTING

*"Nobody told me it would be this hard!"*

You know you love your kids, but let's get real. Any parent knows that there are a lot of ups and downs. If you are a single parent, you have the double duty of being both the mom and the dad. The 'job' can seem overwhelming at times. But when all is said and done, those little ones can be your greatest blessing! At Midland Fair Havens, we promote healthy families. You can call us at (432) 689-3411 for help but here are a few things that might help you be the best mom you can be!

- **Take time to learn to be a good parent...**

Parenting is a skill that must be learned, just like cooking or driving. Most moms parent like their moms did which can be helpful or harmful. Because parenthood is one of the most demanding and challenging jobs, you need to develop the skills that will make it a joy for both you and the kids! Read books on parenting and attend parenting classes at your church or other places in the community. There are some resources listed on the last page. Remember while God made each child unique, you can always learn from being with other moms. The 'pay off' for this job is worth it!

- **Take time to know you child...**

Understand that your child will have different needs as they grow & develop.

- **Infants** need the basics: food, clothing, shelter, sleep, and lots of loving cuddling! Remember, you cannot 'spoil' a baby.
- **Toddlers & Preschoolers** need a safe place to explore and learn to do things on their own. Making messes and 'getting into things' is the way they learn about the world so 'childproof' your house to relieve frustration. They need you to read to them and talk with them so they can learn to talk. Set consistent rules to protect them but ones that will allow them to try new things. Help your child to learn how to express their feelings appropriately.

- **Elementary school children** need to know the proper way to behave and do things. They need to be independent & dependent at the same time! They need to develop friendships and be like others their age. Consistent rules are important for you to be able to teach your values and give them security.
- **Teenagers** need to become independent from parents and they need to accept responsibility for their behavior which will include suffering consequences for poor choices. They need to develop their own identity and beliefs. They will need your support and permission to become themselves. You have given them the tools to 'grow up' but they must learn to use them.
- **Take time to learn about discipline...**

**Discipline** is not the same as **Punishment**.

- Discipline is teaching your children the proper and safe way to behave so that they will know how to act as adults.
- Punishment is simply an unpleasant consequence for a certain behavior. It only shows a child what they **SHOULDN'T** do, not what they **SHOULD** do.

**Positive discipline** involves encouraging behaviors that you would like the child to learn. Praise with your words, hugs and even special treats can reinforce positive behavior. When a child behaves improperly, the goal is to point out the error and explain why it is wrong. Saying 'no' without teaching a child what is OK is confusing and frustrating for everyone. Modeling proper behavior is very important. Remember your child will always "do what you do" over what you tell them to do!

- **Take time to take care of you...**

Don't stop being a person when you become a parent. You have your own interests and needs and you deserve time to pursue those. When you feel better about yourself, it will be easier to meet the needs of your children. Even just a few minutes of solitude with God can give you a new lease on life. Look for that time when the kids are napping or at daycare/school. At times you may feel like there is no time for you, but your children are growing up quickly and will not need you as much in just a few short years. Cherish your motherhood as a time to make your imprint on future generations!





## ***PARENT RESOURCES:***

### **High Sky Children's Ranch**

8701 WCR 60, Midland - (432)694-7728

### **Centers for Children & Families**

1004 N. Big Spring, Suite 325, Midland - (432)570-1084

### **Rays of Hope**

900 W. Wall, Midland - (432)684 -KIDS

### **Casa de Amigos**

1101 E. Garden Lane, Midland - (432)682 - 9701

### **Community Children's Clinic**

1101 E. Front Street, Midland - (432)686 - 8593

### **Midland Community Health Care Services**

**(Pediatrics)**

2500 Delano, Midland - (432)697 - 4747

## ***Recommended Book List***

Raising Great Kids on Your Own - A Guide and Companion for Every Single Parent

By David & Lisa Frisbie

The New Dare to Discipline - By Dr. James Dodson

Single Parenting that Works - By Dr. Kevin Leman

The Key to Your Child's Heart - By Gary Smalley

Creative Correction - Extraordinary Ideas for Everyday Discipline

By Lisa Whelchel

Help! I'm Raising My Children Alone - By T.D. Jakes



# Creating a Budget You Can Live With!

## What is a Budget?

- A budget is simply a financial plan that helps you decide how to use your money in the best way possible.

## Why do I need a budget?

- In order to control your money, you need to have a plan. Otherwise, your money, or lack of it, often controls you! You need to know ‘how much money you have’ and ‘how much money you need’. If what money you bring home doesn’t cover what you are spending, something will have to change.

## Where do I start?

- To make a budget, you have to know where your money comes from and where it is going. Start by keeping track of every penny you spend for one month by getting and saving receipts. (This even includes those stops at 7-11 or Sonic!) Add them up to get a better picture of where your money is going. Once you see that, you can make better decisions about what you might need to change.

## What are the basic parts of a budget?

To make out a budget, you will need to know 2 main things:

- **Income** – Money you bring into your household through wages, benefits (Pell Grant , TANF, SSI, etc.), legal orders (child support, alimony, etc.) and gifts
- **Expenses** – Money that you spend in order to live

There are 2 kinds of expenses: Fixed and Flexible

1. **Fixed** – These are things you HAVE to pay EVERY month. Often, they are the same amount each month. Fixed expenses include such things as: rent, taxes, car payments, childcare, insurance payments, phone bill, and loan payments. You should also give an offering to your church each month.
2. **Flexible** – While necessary, the amount you spend on flexible expenses can be different from month to month. Flexible expenses include: electricity & water bills, gasoline, food (at home & eating out), clothing, medical care, household items, savings & entertainment.

**When you complete your budget, your Total Expenses needs to equal your Total Income** to have a Balanced Budget. If they don’t, you will need to work more to increase your income OR cut back on your flexible expenses.

## Why is it hard to make and keep a budget?

- The single biggest problem is being honest with yourself about ‘needs’ versus ‘wants’. There are very few people in the world that can truly buy everything they want! Before spending your money, always ask yourself, “Do I really NEED this or do I just WANT it?”

Included is a Budget Worksheet for you to complete. Today would be a good day to begin working on it! **If you need help with any part of your budget, please feel free to ask us at Midland Fair Havens (432)689-3411. Remember, in Philippians 4:19 of the Holy Bible, God has promised to supply all of our needs when we trust Him. May the Lord bless you with financial peace as you seek to honor Him with your budget.**

*“Seek first the Kingdom of God and His righteousness and all these things will be given you.”*

*Matthew 6:33*

**BUDGET - MONTHLY INCOME & EXPENSES**

**INCOME**

Work/Wages _____	Social Security _____
Child Support _____	SSI _____
TANF _____	Pell Grant _____
Food Stamps _____	Other _____
	<b>TOTAL INCOME</b> _____

**EXPENSES**

Taxes _____	Childcare/Daycare _____
Tithe/Offering _____	Diapers _____
Rent/Mortgage _____	Children's clothes _____
Electricity _____	
Water _____	Auto:
Cell Phone _____	Payments _____
Telephone/Internet _____	Insurance _____
TV Cable _____	Gas & Oil _____
Groceries _____	Inspect/Register _____
Eating Out _____	Repairs _____
Adult Clothing _____	
Loan Payment(s) _____	Insurance:
	Medical _____
Personal Needs:	Rental _____
Cosmetics _____	Life _____
Hair/Nails _____	
Prescriptions _____	Savings/Emergency Fund _____
Other _____	
Household Items:	Miscellaneous:
Laundry _____	Cash _____
Cleaning Products _____	Entertainment _____
Paper Goods _____	Gifts _____
Other _____	Education _____
	Other _____
	<b>TOTAL EXPENSES</b> _____

**DEBTS**

SOURCE	DUE DATE	AMOUNT	MONTHLY PAYMENT	TOTAL PAST DUE