

FATHER'S DAY

Deuteronomy 6:4-9

DEUTERONOMY 6:4-9

⁴ "Hear, O Israel: The Lord our God, the Lord is one.
⁵ You shall love the Lord your God with all your heart
and with all your soul and with all your might. ⁶ And
these words that I command you today shall be on
your heart. ⁷ You shall teach them diligently to your
children, and shall talk of them when you sit in your
house, and when you walk by the way, and when you
lie down, and when you rise. ⁸ You shall bind them as
a sign on your hand, and they shall be as frontlets
between your eyes. ⁹ You shall write them on the
doorposts of your house and on your gates.

DEUTERONOMY 6:4-9

4 "Hear, O Israel: The Lord our God, the Lord is one.

Top Professional Sports Leagues by Revenue



https://ei.marketwatch.com/Multimedia/2016/07/01/Photos/NS/MW-EQ612_sports_20160701120602_NS.jpg?uid=b537ec86-3fa5-11e6-9ff2-0015c588dfa6

2015 Season

TOP 10 SPORTS LEAGUES BY REVENUE

- National Football League (NFL): \$13 billion
- Major League Baseball (MLB): \$9.5 billion
- Premier League (English/Welsh football league): \$5.3 billion
- National Basketball Association (NBA): \$4.8 billion
- National Hockey League (NHL): \$3.7 billion
- Bundesliga (German football league): \$2.8 billion
- La Liga (Spanish football league): \$2.2 billion
- Serie A (Italian football league): \$1.9 billion
- Ligue 1 (France/Monaco football league): \$1.5 billion
- Nippon Professional Baseball (Japanese baseball league): \$1.1 billion

DEUTERONOMY 6:4-9

⁵ You shall love the Lord your God with all your heart and with all your soul and with all your might.

TEN COMMANDMENTS

TEN THE COMMANDMENTS

I. I AM THE LORD YOUR GOD:
YOU SHALL NOT HAVE
STRANGE GODS BEFORE ME.

II. YOU SHALL NOT TAKE
THE NAME OF THE LORD
YOUR GOD IN VAIN.

III. REMEMBER TO KEEP HOLY
THE LORD'S DAY.

IV. HONOR YOUR FATHER
AND YOUR MOTHER.

V. YOU SHALL NOT KILL.

VI. YOU SHALL NOT COMMIT ADULTERY.

VII. YOU SHALL NOT STEAL.

VIII. YOU SHALL NOT BEAR
FALSE WITNESS
AGAINST YOUR NEIGHBOR.

IX. YOU SHALL NOT COVET
YOUR NEIGHBOR'S WIFE.

X. YOU SHALL NOT COVET
YOUR NEIGHBOR'S GOODS.

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Understanding a Stressed Man

Amy Guertin

Hormones and Stress

There are three hormones involved in stress reactions:

- Cortisol
- Epinephrine
- Oxytocin

How Hormones Affect Stressed Men Versus Women

In men, lower oxytocin levels lead men to a more typical "fight or flight" response. When stressed, men tend to:

- Become more argumentative
- Respond more critically
- Become less comforting and supportive to others
- Withdraw into themselves, becoming quiet
- Ignore their stress
- Engage in activities by themselves

In women, higher oxytocin levels lead to a "tend and befriend" response to stress. When stressed, women tend to:

- Want to be around loved ones and friends
- Become more nurturing
- Share stressful experiences through talking
- Process emotions verbally, frequently by talking about them over and over

One of the easiest ways to increase oxytocin is through touch. When you touch a stressed man, it:

- Activates the vagus nerve in the brain, which triggers the release of oxytocin
- Increases feelings of reward and compassion
- Fosters cooperation and sharing in relationships by signaling safety and trust
- Can inhibit the natural stress response people have toward potential threats

DEUTERONOMY 6:4-9

⁶ And these words that I command you today shall be on your heart.

DEUTERONOMY 6:4-9

⁷ You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.



YOU ARE

NOW

ENTERING

YOUR

MISSION

FIELD

MARK 12:28-34

²⁸ And one of the scribes came up and heard them disputing with one another, and seeing that he answered them well, asked him, "Which commandment is the first of all?" ²⁹ Jesus answered, **"The first is, 'Hear, O Israel: The Lord our God, the Lord is one; ³⁰ and you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.'** ³¹ The second is this, 'You shall love your neighbor as yourself.' There is no other commandment greater than these."

MARK 12:28-34

³² And the scribe said to him, "You are right, Teacher; you have truly said that he is one, and there is no other but he; ³³ and to love him with all the heart, and with all the understanding, and with all the strength, and to love one's neighbor as oneself, is much more than all whole burnt offerings and sacrifices." ³⁴ And when Jesus saw that he answered wisely, he said to him, "**You are not far from the kingdom of God.**" And after that no one dared to ask him any question.

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