

# Living in an Embassy

**ATLANTIC**  **DISTRICT**  
UNITED PENTECOSTAL CHURCH INTERNATIONAL

**NB | PE | NL**

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## 2 Cor 5.17-21

- Different law
- Diplomatic immunity
  - Safe harbor
  - Protocols
- Representation

## QUALITIES OF A GREAT SINGLE PARENT...

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- Unshakeable faithfulness (not unwavering faith)
- Quiet honesty without pity or scorn
- Financial sacrifice
- Healthy awareness of own emotional needs
- Commitment to the spiritual family
  - Fellowship
  - Mentorship
  - Friendship

## ACTIVITIES OF A GODLY SINGLE PARENT

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- Doing what is right (protection)
- Selling out to truth (commitment)
- Leading in worship (devotion)
- Remaining gracious (charity)
- Compromising judiciously (wisdom)

# Mothers' Memorial?

## Mother's mental health<sup>2</sup>

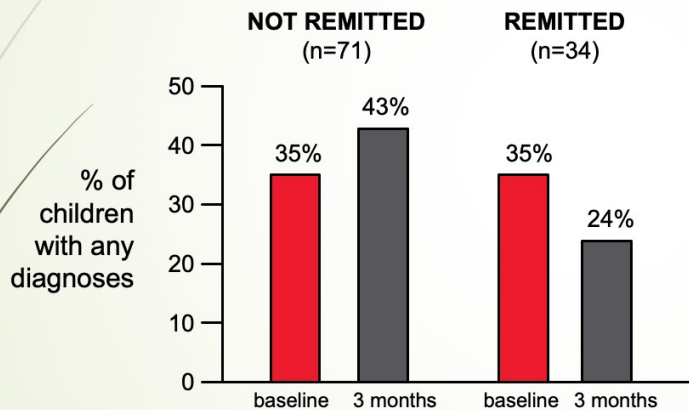
### Low

37% chance of developmental challenges

### High

17% chance of developmental challenges

Maternal remission status at 3 months<sup>1</sup>

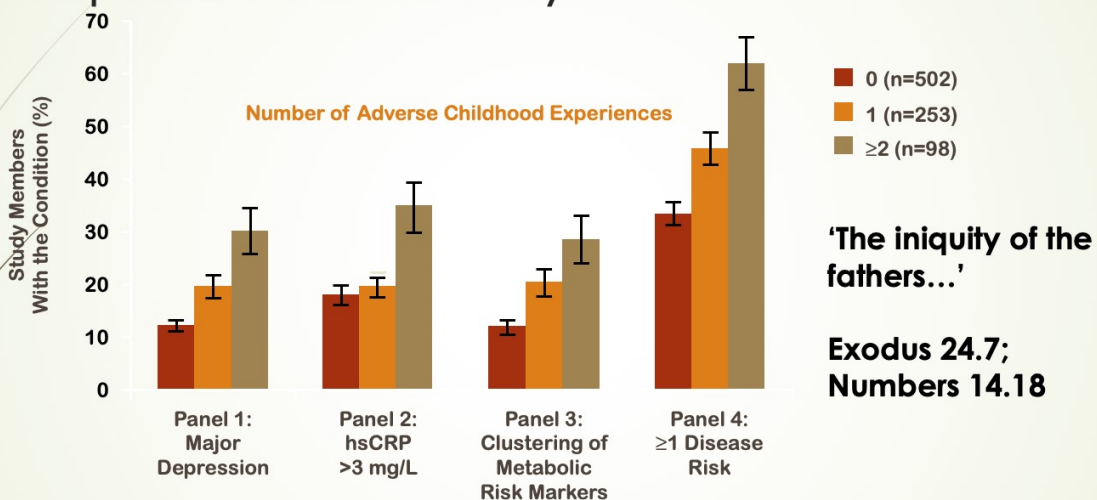


<sup>1</sup> Weissman MM, et al. *JAMA*. 2006;295:1389-1398.

<sup>2</sup> Tough SC, et al *BMC Pediatrics* 2010;10(19):1-12.

# Save the Children:

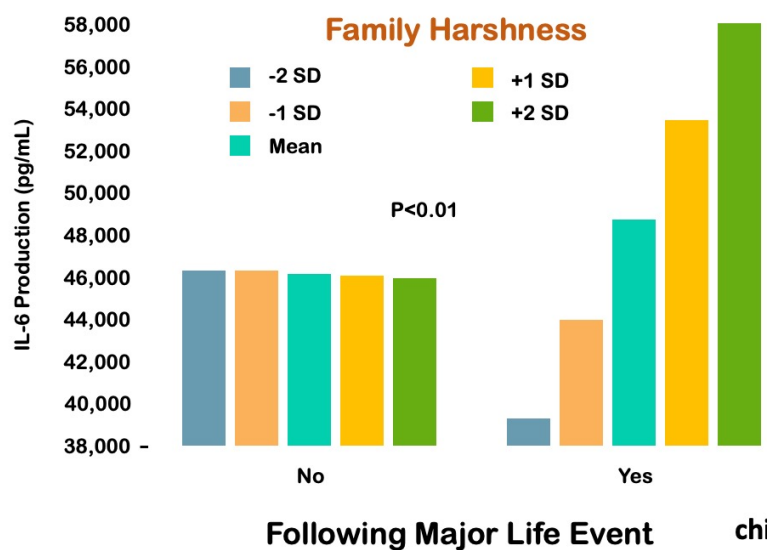
## Early Life Adversity Promotes Both Depression & Obesity



- ▶ In a 32-year longitudinal study of 1037 individuals followed from birth, ELA increased the risk of developing signs of metabolic disorder in adulthood, including overweight, high blood pressure, high total cholesterol, low high density lipoprotein cholesterol, high glycated hemoglobin, and low maximum oxygen consumption levels adjusted for body weight.

Danese A et al. *Arch Pediatr Adolesc Med.* 2009;163(12):1135-1143.

# Home Is Where the Heart Is... Shaped to Be Well or Ill

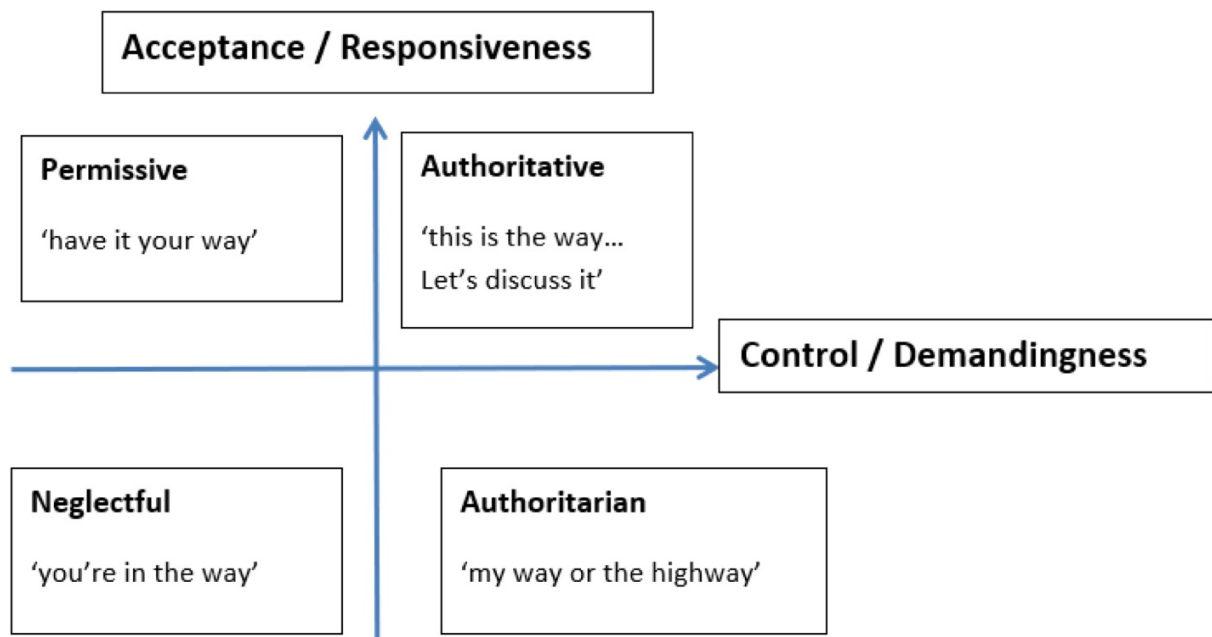


- Study authors repeatedly measured psychological stress and inflammatory activity in 135 female adolescents on 4 occasions over 1.5 years
- Participants' IL-6 production in response to stimulation with lipopolysaccharide is noted
- The graph shows levels of IL-6 production following major life events (right side) and levels of IL-6 production not following major life events (left side)

**'Fathers, provoke not your children to wrath, but bring them up in the nurture & admonition of the Lord.'**  
Eph 6.4

Miller GE, Chen E. *Psychol Sci.* 2010;21(6):848-856.

# Use Your Words





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Eph 5.21

1 Peter 3.7



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# Psalm 128

