



this week's creations to help you live a life of love  
chris altrock: creator/ curator

## August 23, 2023

sent every few week, love lab aims to equip you to live a life of love--for God and for neighbor.



This hour-long [podcast](#) by *No Small Endeavor* (formerly called *Tokens*) features John Mark Comer speaking from his book *The Ruthless Elimination of Hurry*. Comer says, "Most people are too busy to live emotionally healthy and spiritually vibrant lives." You'll be inspired and challenged to slow down and be more attentive to the people and things in your life.

According to the Book of Acts, one of the primary works of the Spirit is to convert Christians who exclude into Christians who include. My sermon on this topic from 8/20/23, featuring the painting to the right, may be one of the most significant sermons I've preached. Watch/ listen to it [HERE](#).





## The Beauty In Between & Beyond

### Nine Principles for Parenting LGBTQ+ Children

- 1 Treat your child as a person to be loved not a problem to be fixed.
- 2 Your child's peers are family to be received not foes to be rejected.
- 3 Your journey may involve exiting old communities and entering new communities.
- 4 Your child's sexuality is a central, but not complete, picture of their identity.
- 5 Your journey will bring not EITHER grief OR gratitude but both grief AND gratitude.
- 6 You don't have to abandon the Bible or God in order to affirm your child.
- 7 The parenting models which shaped you may not be sufficient to sustain you.
- 8 The religious models which shaped you may not be sufficient to sustain you.
- 9 You won't understand everything & you can't fix everything - and that's OK.

An online course led by Chris Altrock, D.Min.

Meets online Tuesdays, 7 PM EST Oct. 3-Nov. 28, 2023  
 \$60/ person \$100/ couple  
 Info/ Registration [www.chrisaltrock.com/digital-formation-groups/](http://www.chrisaltrock.com/digital-formation-groups/)

[The Beauty In Between & Beyond](#) is my next online digital formation group. Are you the parent or grandparent of an LGBTQ+ child/ grandchild? This nine session group covers nine principles vital to raising your child/ grandchild to flourish. At each online session we'll engage in a spiritual practice, cover one principle, and share our parenting journeys. You'll find inspiration, encouragement and practical parenting skills. Cost: \$60 (1 person) \$100 (2 person).

Mark Knoll's recent book *America's Book* is a revealing look at the way the Bible was used, misused and abused in early American history, and how this still shapes American views of Scripture and Christianity today. Specifically, independence became the lens through which Scripture was read and applied. Read a view of the book [HERE](#) or purchase the book [HERE](#).

REVIEWS | BOOK REVIEW

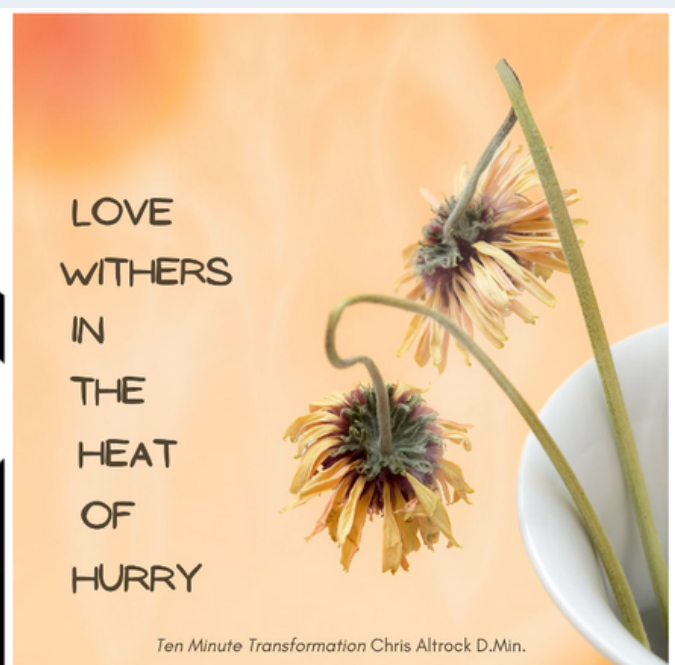
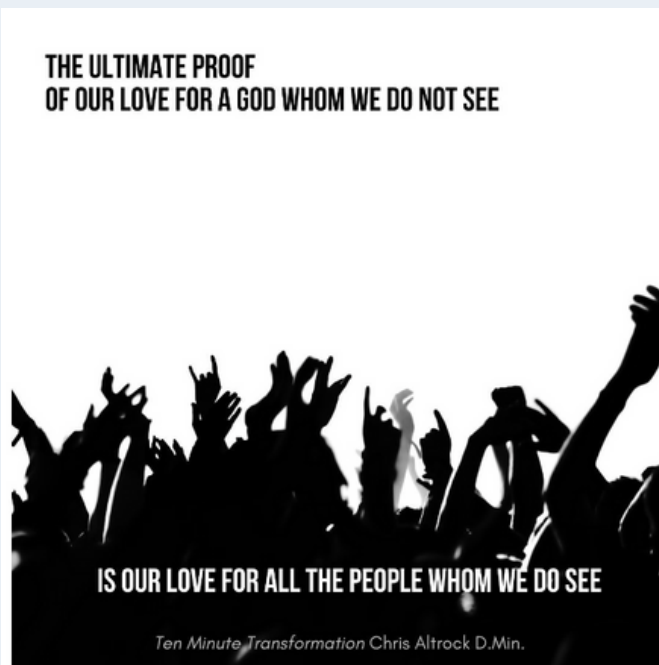
## Early Americans Read the Bible in a Way That Nearly Destroyed America

Mark Noll surveys the effects of an "independence-first" approach to Scripture.  
 SEAN MCGEVER | JULY 18, 2023



This 12 minute video message from John Ortberg is an enlightening and inspiring message about the importance of perseverance in your life, and how to persevere in the things that matter the most. Watch/ listen to this message [HERE](#).

These images from my recent social media posts can inspire and encourage you this week ...



"Sadness Into Gladness" is a breath prayer designed to bring you peace and calm. Try this brief video format [HERE](#) this week. You can try all of my breathe prayers [HERE](#).