

Dear Reader,

My name is Victor Zebulon and I am a graduate of Auchi Polytechnic, Department of Estate Management. I often meet parents and children who are struggling with things in their lives, and few weeks ago I began to feel dissatisfied with my inability to assist, encourage and appreciate them, so I decide to free myself to opportunities that I can use to rescue distresses. I was most attracted to write on the topic "Family and Love", words used for many long years by generations. This led me down a new course today, one which has led to me writing to you today.

In this letter, I'm going to humbly tell you a bit about the real meaning of "Family and Love" and the right way I think reduces distresses. As you read, I'm sure that my letter will stir up ideas of your own and it would be good if you could add these thoughts to my own, because my dad made me believe that 'something new can spring up through the meeting of ideas'. That's the kind of thing that I hope happens when I write letters to people I meet, people who are often called 'friends'.

So what is a Family? It is much more than just a group of people who are closely related to one another by blood, marriage or adoption (<http://wiktionary.org>). A Family is God's created thread that connects moments in our lives and puts them into a certain meaning and general purpose. And so, family determines who we are, and where we are going.

A friend wrote: ***'A pessimistic Family develops and nurtures a lens which makes the family members see a half empty glass and this then confirms their way of life, that they are always the worst among the rest.'***

Family creates our reality, expectations and experiences than those created outside, even though the outsider may look alike. In an online forum tagged: *What Does "Family" Mean for You?* A girl child from Germany said, for her, family means to feel secure, to have someone who you can count on, who shares your problems and to have respect for each other. Another boy child from Turkey said in the forum that "Everybody leaves but the Family is Permanent". I quite agree with them, family means a lot more than a relative by blood or marriage or adoption. It means where you are accepted, where there is no hatred or judgment.

How does “Family” now reduce distresses? Because almost all families I see spontaneously add distresses to their reality. Well, I believe we can look together at their lens and help them try a new lens, one that validates them and can help resist distresses.

How can that work practically? The tool is “Love”. Dr. Julius Soyinka said, “Families generally begin in love. The problem is how to keep this love alive and growing, for love requires constant attention, like a plant without water, it will shrivel and die.” This can insinuate “Love” is divine.

Qur’an 30:21, and among His signs is this: He created for you spouses from yourselves that you might find rest in them, and He ordained between you love and mercy.

In obeying the first great commandment: “Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind” (Matthew 22:37), we receive from him, knowledge and power to love each family member as he loves us.

1st John 3:18, my little children, let us not love in word, neither in tongue; but in deed and in truth. Love is more than words. Love literally means a strong feeling of trust, security and affection (<http://wiktionary.org>). Love birth oneness.

Joining “Family” and “Love” together as a total way of life for parents and children, they will live from time to time upon, less distresses, less overbearing challenges, fruitfulness, unending joy, victory, testimonies, fulfillments, successes and most importantly salvation by faith.

Although, in reading, this letter itself is almost finished, but in reality, it has only just begun. The last word in this letter should be the beginning of this letter’s life off these pages.

How can we let love rule our family? Put together a family history, Send “I Love You” cards, Make a family cookbook, Catch up on each other’s lives, Go camping, Practice forgiveness, Accept their advice, Offer to help out, Pray for each other and Give Sacrificially.

Have a distress-free life.

Victor Zebulon

References

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