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# **Daniel Files**

**Bill & Winkie Pratney**

“Children in whom was no blemish, but well favoured, and skilful in all wisdom, and cunning in knowledge, and understanding science, and such as had ability in them to stand in the king's palace, and whom they might teach the learning and the tongue of the Chaldeans.” – Daniel 1:4

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## **RED DAWN 605 BC**

For four young men, the whole world utterly changed overnight.

Year after dangerous year, the backslidden nation of Judah had turned a deaf ear to the warnings of God. His judgment finally fell. In 605 BC Nebuchadnezzar, the undisputed most powerful ruler of the ancient world conquered Judah. He crushed the nation, orphaned its young people, cut them off from their homes and families and put an entire generation of teenagers under the power of an alien culture.

Everything they ever knew and loved was swept away. Devotion to the true God all but vanished as the young of Judah were introduced to a civilization filled with the most astonishing array of beauty, technology and spiritual options the world had ever seen. Few past commitments survived. Babylon, the greatest empire in human history, totally took over the hearts, minds, lives and worship of an entire generation.

Nebuchadnezzar was the chief ruler in history to dominate the *whole known world*. He took the cream of every nation he conquered and assimilated them into the Babylonian civil service. He chose the very best of Judah's youth to utilize in his service and to contribute their gifts, talents and powers to the empire of Babylon. They had to be "**without defect.**" Once selected, they were entered into a program of intensive re-education with thorough grounding in the language, literature and life-style of the ruling world power.

Nothing was permitted to distract them from their studies. Their names were changed to include the name of a pagan deity. Their very purpose, identity and destiny was to be swallowed up by the power of Babylon. They were even to forget they were Jews; and especially that they were ***originally chosen to be God's servants.***

Yet astonishingly a small number stood up for God. Almost alone in the days of the Babylonian exile this covenantal remnant was represented by just four teenagers. Wonders of the ancient world, they were **Daniel, Hananiah, Mishael and Azariah.**

Daniel was about 14 when he was taken away from his home and forcibly marched to a strange land. He was subjected to strong indoctrinations and surrounded by powerful and jealous enemies who plotted against his life. He was exposed to great temptation. Yet he not only survived three different governments, but was considered so significant and irreplaceable he continued to serve in each one in exactly the same position of power and responsibility. Daniel and his three friends had to face their "Red Dawn" without warning. The rest of their lives demonstrate the real truth about godliness; true spirituality never depends on things being easy.

*What happened to Daniel has happened again in your time.* The pressures they faced and the program they were put on is here again. Babylon the ancient city is gone. (Isa. 13:19-22; Jer. 51:37-58) Babylon, the spiritual power of the world **never left.** (Rev. 17:1-5) Young

people on the edge of the 21st century have to deal with Babylon today. You face the same choices Daniel and his three friends had to face. *Babylon is alive, dangerous and dominant in the ruling civilizations of our century.*

Daniel's decision to obey God in all things could only have one practical consequence; the utter **highest and best** he was capable of achieving. At the end of the days among them all were found "*none* like Daniel, Hananiah, Mishael and Azariah" and in all matters of wisdom and understanding ... he found them *ten times better* " (Daniel 1:18-20) If Daniel had no grace or courage to refuse the royal provision associated with idolatry, he never would have had the power to stand firm in the lions den, nor his three friends survived the threat of the fiery furnace.

Daniel's band put God first. They dared believe His ways were not only excellent, but extraordinary. They took the king's own goals and turned them into an adventure in showing their world the glory of God. He had in turn honored them and stirred up in their lives gifts, privileges and authority they never dreamed they could have.

*You stand now where they stood.* Here, in *the Daniel Files*, we have brought together some of God's great open secrets, the Bible way of achieving your highest and best. Dare to do what Daniel did, and you will never be the same again. The God who made them great for His glory is with you now, unchanged and unchanging, ready to show the world once more through you what it means to really live. He awaits only another Daniel band. What He did then He can do again.

*We challenge you to prove His power.* Dare to be a Daniel. In Jesus Christ the Lord, the future belongs to you.

Winkie & Bill Pratney  
New Dawn 1996 AD

## Physical Perfection - “no blemish”

### Body, health, appearance, self-acceptance

3971: no spots, blots, or stains

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# Chapter One

## Self Acceptance

### PHYSICAL BODY - The House You and God Live In

“I will praise You for I am fearfully and wonderfully made; marvelous are Your works and that my soul knows right well.” (Psalm 139:14-15)

David knew that his body was fashioned and shaped by the design of God. You and I are not the Maker; we only hold this temple in trust for our Owner. Your body is not the most important thing of your life, nor the whole of the real you. Yet it is still the most wonderful, astonishing mystery in all the Universe outside of God. It is the first thing people see when they meet you. You naturally want it to be choice.

*“Don’t let someone else create your world for you, for when they do, they will always make it too small” (Ed Cole).*

How do you make the BEST OF WHAT YOU HAVE? No man or woman is the same. God made us all different. Because we are all unique, there is no *one* best way for everyone. Since so many young people hurt their bodies trying to get them to change into someone else’s idea of what is right, we will start

with **physical training**. Do you want to improve your shape? Do you want to build up or slim down? Then ask yourself:

### What have I got to work with?

### What do I want it to look like?

“Your eyes saw my substance, yet unfinished; and in Your book all my members were written which in continuance were fashioned when as yet there was none of them.” (Psa. 139:16)

Your body as the temple of the Holy Spirit is a home for the living Presence of God. His gift to each of us is our **physical talent**, our genetic potential. We all have a measure of genetic talent that we cannot change, some greater than others. **Skills** are the mechanics of how you use your body, say to run, jump, throw, kick or hit a ball. Although talent is a gift, you *learn* skills. PHYSICAL CONDITIONING and TRAINING improve those skills. Although your body is only a house for the real you, and physical exercise has limits, physical training will build your energy, increase your alertness, sense of dignity and self-worth. God wants you fit and well. It not only benefits your body, but your mind. The first component in bringing your body up to its Divine potential is to “*discipline it for godliness.*” (I Cor. 9:24-27) O.K. then. Deep breath. Strip down to your birthday suit. *Take a look in the mirror.*

### WHAT DO YOU SEE?

Be honest. What is O.K.? What can be changed? Note what needs help. To help you see yourself physically the way you actually ARE, get a tape measure. If you can’t see what needs to change, the tape will tell you the truth. Measure your biceps (flexed) chest (not expanded) stomach (not sucked in) hips, thighs and calves. A rule of thumb for a well-toned slender body is that your chest should be 8-10” larger than your stomach. Your hips should be 5-8” larger than your stomach, your biceps and calves the same measurement and your thighs 7” larger than your calves. (If you have a fat gut, your goal is not to blow up your chest but to slim down your waist!)

Your genes give you long or short muscles. Short muscles react more quickly to anaerobic exercise, gaining bulk and size quicker. Long muscles are

easier to define and tone. GUYS, if God gave you the shell for heavier weight training and you want to build a bigger body, go for it. If what you have is not like that, work instead on a superb slim body. Don't waste your time on what won't work. GIRLS, you have a higher fat ratio in your body than men, so battles of the bulge will always mean more.

You want a workout made for **you**, not someone else. Do you want to lose weight OR put on a few pounds of muscle somewhere? Do you need to improve your general health? Do you want to gain more stamina and strength for a particular sport or work? Now *you decide* what you want to change. Not just mental assent. You must *see it* and *say it*, even put it into written words. Stick it on your mirror or clothes closet.

## EXERCISE BASICS

You can do four things to help your body; *condition* it with aerobics, *tone* it with exercise, *sculpt* it with free weights and keep it *flexible* with stretches.

### (1) CONDITION: *Aerobics*: For **stamina, endurance and quick recovery.**

Conditioning primarily affects your heart, lungs and blood flow. Every day your heart has to beat *100,000 times* to pump 1,600 gallons of blood through 60 miles of blood vessels. Aerobic exercise expands the air and blood vessel surface areas. It lowers the work your heart and lungs have to do. A **CONDITIONED** heart beats at a rest rate of around 60 beats a minute. If you are out of shape it will be closer to 80, and if you don't exercise at all, over 80. A healthy heart cruises at 190 beats a minute without strain but badly conditioned one may kick as dangerously high as 220 a minute. If you cut your heart rate down from 80 beats a minute to 60 by aerobics, you save your heart *30,000 beats a day* and *eleven million beats a year!* The more efficiently your body delivers oxygen to your muscles, the longer you can work or play and the less time you need to recover. Aerobics builds your health.

**Build LIFE-LONG EXERCISE HABITS.** Learn to keep moving during the day, even when you have to sit for long stretches. Swim. Walk or bike when you can. Climb stairs instead of using an elevator. Any exercise is better than no exercise, even if it is only a

walk of ten steps. Get that blood moving, and air surging through your system.

Your body is like a car. It is hard to start if stalled, but once moving, it tends to keep on going. If your goal is to lose weight, you lose little just walking, running, swimming, dancing or climbing alone. But *get your body warm and moving and it tends to go on in this mode.* Food you eat then converts to energy instead of being stored as fat. **Three to five times a week of thirty to forty-five minutes a day sustained air/blood moving exercise will help give you more energy and endurance than anything else you can physically do.**

Anyone who has cardiovascular fitness feels better, happier, more confident and sleeps better. Your goal is *longer distances* and *slower repetitions* for *longer times*. Warm up first by jogging in place two minutes, and cool down afterwards slowly for the same time.

**(2) TONE: *Anaerobic exercise*** enhances **speed, strength, agility and self-esteem.** The chief benefit of this form of work is to *build muscle and strength*, and *condition* your body for less recovery time and less injury under stress. Building lean muscle is one of the best ways to lose fat. Each pound of muscle uses 40 calories a day, so a gain of five pounds of muscle translates to an extra 200 calories a day burned. Speed sprints in running, cycling, swimming do increase your competitive speed but create oxygen debts that force you stop and recover. You don't need them just to stay fit.

You need more aerobic energy training if you get tired easily, hurt yourself over and over again when you exercise, or have problems losing or using fat properly. Your cells get too much food and not enough oxygen. People with bad circulation, low blood sugar, hormonal imbalance, depression and anxiety also need a good aerobic training program. What happens if you do? Your lungs, heart, blood vessels all enlarge. Although it may take a time of some 2-8 months to develop a good aerobic base, your body will actually change and climb to a whole new level of ability. You'll get a better red blood supply, and healthier, oxygen-rich cells. You eat, digest and eliminate better. You sleep and feel better both physically, mentally and emotionally.



Weight-training for **strength** (heavier weights, fewer repetitions) and **endurance** (lighter weights, more repetitions) does build muscle, but if you want to build up a specific muscle group you must be careful. Do it wrong and results will be limited or even hurtful. You might use free weights that are either too light to help a set of muscles to respond and build. Or you may use something too heavy, or in the wrong way so it strains or damages them. You may even use (without knowing it) muscles for that exercise you did not plan on working.

For FREE WEIGHTS, first find the *maximum weight* you can lift once in a particular exercise. 60% of that will be your starting weight for your program. If your limit was 25 lb., start with 15 lb. Increase your weights from there in the smallest increments available. Only train muscle sets *alternate days*, so they can rest & re-form.

Remember if your body isn't inherently designed for big muscles, all the work in the world won't change it. You are better off using weights to get the most out of what you have, sculpting and defining.

For instance to develop biceps, after you do a regular biceps/triceps workout with free weights, pick up a lightweight barbell and pyramid. Stand holding it with both hands and curl it up to the chest. Lower it, wait for a count of five, then curl the barbell twice. Wait another five count. Continue adding another curl until you reach ten repetitions. Then starting at ten, work your way back down. This principle of slowly increasing tension, or **adaptive stress** is just one example of a significant secret we will look at later. There are many weight programs in clubs, charts, books or computers that will help you develop the particular training that is best for you. ***We give you an excellent one in the appendices.***

**(3) BALANCE: Calisthenics:** These **tighten, tone and balance** your body by using its own resistance. Sit-ups, push-ups, leg lifts, jumping jacks and trunk twists help train and equalize your muscle sets, but don't build muscles as effectively as anaerobic exercise nor increase your heart rate as well as aerobic. You *build* and strengthen stomach muscles by sit-ups, not flatten them. Extension movements like leg-lifts, thrusts and scissors are better if you want to lose weight in this area. ***See the appendix for some good calisthenics exercises.***

**FLEX Stretches:** A **longer** muscle is a **stronger** muscle. Stretches are suitable for all body types and are the only universal exercise. They are vital to warm up the body before any other kind of training. Stretches reduce soreness and the risk of injury, especially muscle tears or rips during hard exercise. Watch a cat. **STRETCH SLOWLY.** *Never bounce* in a stretch; hold each one for a full 25-30 seconds before you gently release it (less than that and the muscle doesn't properly lengthen) Warm up slowly a minimum of 12-15 minutes. Cool down the same way afterwards.. The most important stretches in athletics are for the low back and hips, Achilles tendons and calves, hamstrings, quads, groin and shoulders.

Covert Baily says fitness is LOST if you exercise two days or less a week; KEPT if you exercise four days a week; and IMPROVED if you exercise six days a week.

**What else** do you need to keep your body fit and in the best health you can be? You need fresh air, plenty of clean water, the right food and sunshine. Lets take a look:

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## Air

"The wind blows where it pleases; you hear its sound but can't tell from where it comes or where it goes. So is everyone born of the Spirit. " (John 3:8)

The work of the life-giving Spirit in Scripture is compared many times to wind. (Gen. 8:1 Ex. 10:13; 14:21; Num. 11:31; Ezek. 37:9) Wind is air in motion, but in strong motion; the power of the Holy Spirit's presence shown more like a blast than a breeze! On the day of Pentecost, God signaled His coming by a sound like a "rushing, mighty wind". That God's life of the Spirit is like a strong, deep draught is also true in your physical being. *The greatest primary need of your body is air.* You cannot live for more than a few minutes without it. If you don't get enough, you die.

Cell energy comes from ATP, a wonderful substance you use each time you move a muscle, think a thought or get a cell healed. You make and use up about the same amount of ATP each day as your *entire body weight!* Where does it come from? OXYGEN is its vital ingredient. What happens if you

don't get enough? You get tired, sick, upset and start looking and feeling old too soon. All 75 trillion cells of your body need lots of air every single day.

According to Sheldon Hendler, when we breathe shallowly (only from the upper chest) we neglect the primary muscle to bring air to the body - the *diaphragm*. When we don't get enough air, our breath is rapid, shallow and we will sigh and yawn a lot. What counts is not how *much* you breathe, but *how* you breathe. If you don't breathe deeply enough each day, you gradually hurt your whole body.

Your lymph immune system has no pump like the heart, yet you have *four times* more lymph fluid in your body than blood. A lymph system *kicks* on oxygen. Get in enough deep breaths and you boost its power 10-15 times! Cells die when they don't get enough oxygen. Overload of toxins into the blood pushes up the pressure in your veins. This pushes cells away from capillaries that need to feed them oxygen. Cells not getting enough air start to die. Brain cells without oxygen begin to die within five minutes. When you don't get enough air, your cells start to die.

Signs of oxygen starvation can be a stiff neck, shortness of breath, sneezing and sniffing, tiredness, depression and a poor immune system. Bad breathing habits can give you heart, lungs and stomach pain, headaches, anxiety, dizziness, seizures, increased susceptibility to infection, sleep disturbances and even hallucinations. Futile breathing can seriously disturb blood chemistry; it alters its alkaline/acid balance. You need **three times a day to take at least ten deep breaths** Inhale, hold, and exhale in a ratio of 1:4:2. In other words, count to yourself as you inhale, multiply that number by four and count as you hold your breath. Multiply the first number by two and count to that number as you exhale. Also make sure your room gets enough fresh air. Open the windows daily and let the breeze blow through. Air out your whole room, especially if you are recovering from an illness.

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## Water Of Life

The next most important thing for life and health is CLEAN WATER. Almost 70% of your body is fluid; nearly two thirds water. Water provides the liquid medium for all your essential biochemical processes.

Of all nutrients you must have for good health, looks and athletic performance, *water is perhaps the most critical, and least appreciated*. Jesus likened His gift of life to a well of crystal water. (John 4:14; Rev. 21:6)

You must REPLACE FLUID LOST not only after but before and during a workout. Your body has to maintain water balance. Water regulates body temperature, maintains proper circulation, salt and electrolyte balance, and removes wastes as urine. Muscle exercise generates heat your system must get rid of. WATER COOLS working muscles by evaporating through your skin as sweat. This also cools your skin and blood near skin surfaces. If you don't get enough cooling, you can suffer heat exhaustion, or more seriously, heat stroke. A whole body temperature increase of just 7-8 degrees can kill you. On a hot day you may shed up to *two gallons* of perspiration to help bring your temperature down.

You can *badly dehydrate and yet not feel thirsty*. It is possible to lose up to 2 quarts of water before you notice you are thirsty! Thirst is also quenched before body fluids are fully replaced. Most people stop feeling thirsty when they have drunk *only about two thirds of the fluid they have lost*. When you know you are going to lose lots of water in an endurance event you must compensate for fluid loss BEFORE, DURING, and AFTER the workout. American Dietetic Association and College of Sports Medicine guidelines:

### BEFORE

- drink at least eight 8 ounce glasses of fluids the day before
- drink 16 to 20 ounces of fluids about 2 hours before exercising
- drink 6 to 16 ounces of fluid 15 to 30 minutes before a workout

### DURING

- drink 3 to 7 ounces of fluid every 15 to 20 minutes during a workout

### AFTER

- drink 16 ounces of fluid for each pound lost (check weight before/after workout)

Special SPORTS DRINKS with calories and electrolytes (sodium and potassium) can help if you are involved in endurance sports but all you really need is simple fluid replacement. Carbohydrate/protein supplemented sports drinks work best immediately *after* a workout.

Take your drinks *cold*. You absorb cool drinks more quickly than warm room temperature drinks. Cold drinks in hot weather help drop your body temperature. If you work or play sport in hot weather, fill an insulated jug with ice and water and use it often. A loose handkerchief around your neck kept ice watered will help cool you quickest.

It is a bad idea to drink sugared beverages and juices the final hour BEFORE exercise. Sugar stimulates insulin release from your pancreas. Insulin's job is to speed glucose removal from the blood. Glucose is the form of energy your muscles need to work. If you exercise hard, your stimulated insulin removes that glucose too quickly and your blood sugar level drops sharply. Rob your muscles of this fuel and you get very tired.

Much of our water today especially in inner cities is anything but clean. City water is loaded with both chlorine and fluorine. It also may have poisons like asbestos, heavy metals (lead, copper) and toxins like trihalomethanes, the by-product of chlorination. If you have lead pipes, run the tap a little before you drink to reduce lead leach from the pipes. Never, never use *water from the hot tap* for drinks or cooking; the heating element leaches metal into the water. Metal pots and pans, especially aluminum are suspect; whenever you can, use enameled or glass pots for cooking.

If you can afford it, invest in a good *charcoal-only* water filter, (change it often) or a stand-alone purifier or distiller. The cleaner you get the water you drink, the less problems your body will have to put up with. If you are visiting another country where you know the water may carry infection, boil any water you drink to kill bacteria. Then filter it to remove other impurities. Don't eat salads there or unpeeled fruit; don't use ice.

## GETTING & STAYING CLEAN

The second major value of water is to WASH AND CLEAN. Your skin is the outer layer of your body's

incredible system of exchange. It is a window to your internal physical and emotional health; your skin shows up what is going on inside you. It absorbs into your body whatever is put on it, and is your largest elimination organ. Our nine pounds of skin is the finest way we sense and touch our world. Studded with half a million tiny sensors, it ceaselessly monitors wind, particles, parasites, changes in pressure, temperature, humidity light and radiation. Skin is the first thing people see about you, and the best way to express how you feel. When Jesus healed people He touched them. (Matt 8:3)

Life on the surface of your body is never easy. Skin both absorbs and excretes, defends and expels, protects and regulates. It is under constant assault from hard sunlight, dirt, bacteria and toxins you touch in things you handle and contact each day. It is programmed as your immune and disease-fighting first line of defense against a myriad of airborne yeast, molds and bacteria that can infect and hurt. *Each of us carries as many creatures on the surface of our skins as there are people on the planet.* (Fearfully And Wonderfully Made - Dr. Paul Brand) There are millions of drugs, compounds and concoctions in our culture aimed at the health of your skin. You can spend a fortune, but here is a secret. *The best way to help your skin is just to keep it clean.*

## SHOWER

First thing in the morning, after a work-out or when you get home, take a quick shower. You only need a few minutes and you don't need to waste water. If you are in a place where you can't, use a washcloth and basin and give yourself a quick all-over sponge. BENEFITS are enormous. A shower not only cleans off dirt and odor from bacteria but built-up oils, toxins and dead skin cells, of which we shed some ten thousand million a day. (Up to 90% of household dust is dead skin cells.) It helps recharge your skin for its protective electrical shield. Miss out and you invite acne, blackheads, clogged pores, rough or oily skin and smells deodorant won't cover. A FACIAL SPLASH in cold water (6-7x) wonderfully tightens and tones as well as refreshes you. Minimize soap use on your face. Don't rub your face with your hands. It stretches your skin and transmits dirt and germs.

Commercial soaps, deodorants, hair sprays and shampoos usually contain extra ingredients that can affect your skin and eventually even your system

health. Absolutely minimize their use. Especially dangerous are those that contain forms of propyl alcohol, benzene and PCP; some research links these substances to cancer. If you know you have any kind of immune problem *stop using **all** such products immediately.*

SWEAT is odorless. Bacteria feeding on it creates body odors. You *need* to sweat. It not only cools your skin, but excretes toxins, especially from the upper body. A dab of lemon juice, quarter of a teaspoon of citric acid or vitamin C in a pint of water followed by a dab of cornstarch make good natural deodorants. Or after a shower, use a dab of baking soda.

If you want to use a MOISTURIZING OIL, use a natural one like olive or apricot kernel oil. Three of the best and safest cleaners you can use are also the simplest and cheapest; **washing soda**, **borax** and food grade **hydrogen peroxide**. Borax, a traditional pioneer soap is anti-bacterial and softens water. It does not lather but removes sweat and soil without stripping your hair color or skin from natural oils. As a hair shampoo it inhibits scalp bacteria and stops flaking or itching. A few squirts clean quickly without the sensation of soapiness. Rinse very well. Use a little lemon juice or citric acid (1/4 tsp./pint) in water to re-acidify your scalp and skin after the shower. (Natural skin acidity is stripped by most soaps.) You can make your own anti-bacterial borax SOAP SHAMPOO by adding a gallon of water to an inch of borax in a plastic container. Use washing soda and half-a-cup of borax for your LAUNDRY; clothes rub residual commercial additives left over into your skin even after rinsing.

You can even make a years supply of YOUR OWN SOAP, guaranteed free from additives with lye and lard or olive oil! Put 3 lb. of the lard or oil in a 10"x12" flat plastic or glass pan. Use no metal. Carefully add a can of lye a little at a time to three quarts of very cold water in a plastic or glass pan. Be very careful with caustic soda. Use rubber gloves, stir with a plastic rod. Let it cool an hour. Slowly and carefully add the lye to the lard or oil. Mix as it melts until it is thick (15 mins.). Let it set overnight. Cut into bars.

BRUSH your teeth with either a pinch of baking soda dissolved in a glass of water (metal fillings) or a half—and-half solution of hydrogen peroxide and water (plastic fillings only). A few drops of the peroxide/water mixture (17-35%) on your brush will not only

help sterilize it; with a few months of use it will whiten your teeth.

FLOSS your teeth with 2 lb. monofilament fishing line, not floss. Brush and floss once a day. If you need new fillings, ask your dentist for plastic or ceramic, never metal. Use a new toothbrush; buy another when the first gets worn or raggedy. Brush up and down, letting the bristles clean the spaces between your teeth, and don't forget the back of your molars. Bad breath is usually a sign of decay of some sort in your teeth or gums.

### PROBLEM HAIR

What is it about hair that makes you so mad or frustrated when it isn't right? Your biggest problem is *trying to do too much with it*. Less is more. Pass on trendy colors or styles that make you spend hours trying to coax it into place with gobs of gel or spray. *When in doubt, don't.* Find a cut that suits you and stick with it. If you see a style that fits the kind of hair you have or if you get a good cut you especially like, get a friend to take side, back and front pictures. Take them to show your hairdresser. Brighten dull hair with a little vegetable oil after you wash and dry it. Clean oily hair often, and rinse with a little vinegar (dark hair) or lemon juice (light hair). Brush it well for shine and scalp health.

SHAVING is best done right after a shower where water has a chance to open your skin pores, remove dirt and wet the hair. Rinse your razor under very hot water. Beard shaves begin with cheeks, under your lower lip and end with the heavier hair on your chin and upper lip. Rinse face at least *twenty times* in warm water to remove all traces of lather. A rinse in the shower can help cut razor discomfort and shave marks, soothing your skin. After-shaves may scent but they shock the skin and dry it out. You don't need them.

### HYDROTHERAPY

Hydrotherapy is the use of water to treat body imbalances or for cosmetic purposes. BENEFITS of hydrotherapy are: it develops muscle tone; reduces inflammation or swelling; stimulates sluggish circulation; raises or lowers body temperature; can help stop bleeding; purifies the body by removing wastes; relieves congestion of blood, lymph, and other body fluids; unclogs the pores; and stimulates



or sedates the nervous system. John Wesley was a great advocate of the cold bath as a health measure.

Hydrotherapy used with forms of massage is very effective in stress relief, toxin release and deep relaxation. Here are three other uses of water that you may try:

**Steam inhalation** - helps clear the sinuses, open blocked bronchial tubes, increase respiration, and clean toxins from the skin, while it helps with difficult breathing. Steam helps relieve feelings of stiffness. Herbs or natural oils in the steam give aromatherapy.

A **sauna** opens pores, cleans wastes from skin layer, provides relaxation. **Spa baths** relax and massage, but chemicals or contaminants from others can create problems. Bathtubs with spa jets are cleaner personal alternatives.

**Swimming** - the ultimate exercise! A good swim builds and strengthens muscles, increases respiration, improves circulation, and massages muscles for relief of aches and pains. Swim often if you can, but never right after eating and watch out for the sun if outside. Use a hat and limit your skin exposure especially between the hours of 11 am and 3:00 p.m. when exposure risk is greater. You will burn quicker in the sunlight of the Pacific region as you get closer to Antarctica; the ultra-violet levels are higher there. (See *Appearance under Sunlight for further help in this area.*)

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## Food

Critical to the young people of Daniel's day was their stand on food. Much is said in Scripture about eating. (I Cor. 10:31) Blessings and dangers surround this most central and significant event in our daily lives. Remember this; it was on the issue of **food** that the teenagers first stood up for God and His ways. Their clear stand here made all the difference later. Here they first began to prove "ten times better" than everyone else in the realm. Yet this initial test is the one key area so many young people fail when it comes to a choice between Babylon's program and God's.

*How about you? Would you pass the first Daniel test?*

## THE THIRD WAY:

Notice the way these boys witnessed. When faced with a choice between the Kings fare and that which they knew under God they neither compromised nor rebelled. They did not buy into Babylon, but they were also not seen as religious freaks or rebels. "*Test us*", they told their guardian. "*Deal with us as you see the results.*"

The principle is simple and profound. *God's laws are not inventions. They are descriptions of reality.* How can you be the best you can be? Your task is to find out what He says and how He set up things to work. Then align your life to the truth you see. Match your life-style and your habits to His and you maximize your potential in everything. Walk away from truth in **any** area and you will pay the penalty.

And what is the truth about your body and food? "*Man shall not live by bread alone*" Jesus said "*but by every word that comes from the mouth of God.*" (Matt. 4:4) In this saying Jesus links truth and food together. Just as bread is central to nutrition and we cannot live without it, so is His word and His speaking to us. The link between what and how we eat to sustain our physical life and what and how we hear to sustain our spiritual life is more profound than we realize. (John 6:35-51)

## GOD'S GUIDE TO GOOD FOOD

*God designed us.* We are not accidents. He designed our sustaining ecology. He was the one who first planted a garden for man and set him in it. He commanded all its foods and herbs (with the one exception of the tree of knowledge of good and evil) to be for his care and food. Not only did He make foods look good, He even made them *taste* good! Things we routinely process out of our foods and throw away today as waste or animal food often holds the very things we most need to help us in a high-stress, high-risk culture. We also face much greater toxin levels in our air, ground and water that we must compensate for whenever we can with heightened nutrition.

**Fruit juices** act as body cleansers; the blood, kidneys, urinary system and digestive tract. They provide natural carbohydrate sugars for energy as well as minerals and vitamins, especially C. Apple juice, freshly extracted is one of the best energy builders you can use. It is mildly laxative, helps treat

nasal or sinus congestion and acts as a cleanser for the liver and gall-bladder. Its silicon is good for the skin, hair and fingernails. The best thing you can start your day with is nothing but some form of fruit or fruit juice.

**Vegetables** and their properly extracted juices build and rebuild body tissues. Almost all of your needed enzymes and amino acids as well as vitamins and minerals are in chemical and preservative-free fresh vegetables. Raw juices like celery, cabbage and carrot are wonderful healers after illness or surgery. You will need a serious extractor to do some of these vegetables as juices, but this life investment will cost far less than one hospital bill!

**Carrot juice** is full in particular of the healing vitamin A for mucous membranes; sinus, lung or nasal conditions like asthma, hay fever or bronchitis. It is especially good for teenagers, helping your glands develop normally and minimizing acne problems. Raw **cabbage juice** in six-glass a day lots for 3 weeks has helped heal stomach ulcers; it can be mixed with a little carrot juice for better flavor.

**Celery juice** is high in minerals like sodium, magnesium, potassium calcium and sulfur, as well as vitamins A, B and C. It is one of nature's best tranquilizers, promoting sound sleep and rested nerves. It also works to dissolve unwanted calcium deposits and is beneficial for arthritis and hardened arteries.

### DIGGING YOUR GRAVE WITH A FORK

What foods can hurt you in quality or quantity? Whenever you have a choice, stick to things that are *fresh, natural and unprocessed*. The more that is done to a food, the less chance it has of helping you and the more chance it has of hurting you. Learn to eat healthy and give your body what it deserves to do its best for you. Many commercial foods, beverages and even bottled water today are contaminated by solvents, toxins and pollutants that will hurt your body over a period of time. If each time you ate a meal someone put a drop of paint thinner in it, how do you think you would feel after a month? Something like that happens with a great deal of off-the-shelf cereals or processed snack foods.

If Satan re-designed an orange he would first pick it before it was ripe, suck the juice out of it, fill it with antifreeze preservative and paint it with chemical dye

to make it look the right color. Then he would label it "New, Improved" and sell it to you for three times what it would cost off a tree. The question is: *why would you prefer one of his?*

### Foods to Minimize Or Avoid

You know it, but you still need to hear it; *avoid as much as possible all **junk food***. If you just eat junk you'll feel like junk. Treat your body right and it will do a magnificent job for you. Rob it long-term of what it needs to perform well and it will one day close shop on you in one or more painful or life-threatening ways. Remember Humpty-Dumpty. Go high on all kinds of good grains and home-made breads and granolas. At least 70% of what you eat should be water-rich foods. Plenty of vegetables and fruit. Juices, water, milk. When you go to eat something ask yourself: "Is this going to *clog me or clean me?*"

Some kinds of **meats** can be bad for you long-term. The word **unclean** as used of creatures in the Bible does not mean evil. *An unclean animal acts as an agent of judgment on humanity*. To eat an unclean food is not evil, but it can definitely result in physical judgment! Meats from omnivorous animals (those that eat both carrion meat and plants) are much more prone to disease. Eat them, especially poorly cooked and you risk their acquired infections. Some meats, like pork, can carry in their flesh over twenty different kinds of worms and parasites including the deadly and usually fatal trichinosis. *See the appendix for a natural, painless herbal cleaning program that can clean up over a hundred different types of parasitic infections within two weeks.*

You can recognize them from Bible warnings - don't eat those that neither *split the hoof or chew the cud*. (Lev. 11:3-26) Animals that do are always safer than those that don't. Lamb, beef, deer and other similar meats are O.K. as long as you avoid eating the entrails, blood or the fat - leave these to burn as a present to God! (Lev. 3:3-9)

**Carrion fish** are the rats and roaches of the sea. Likewise taboo to Israel in Scripture, they can be simply recognized as having no fins (tails) or scales. (Lev. 11: 9-12; Deut. 14:9-10) Some forms of seafood carry greater risk. Shark, catfish and swordfish are all garbage collectors. Shrimp, crab, oysters, and other shellfish are more prone to disease

and concentrate lethal sea water-dissolved toxins like mercury in their flesh. Bite for bite, undercooked or raw shellfish is the *riskiest food* you can eat. Focus on finny's. Good fish include trout, bass, flounder, snapper, perch, tuna, salmon, sardines. Make sure fish are fresh with little or no smell. Cook well in a pan.

**Birds** or flying creatures prohibited as unclean food in Scripture are again carrion-eaters like the eagle, osprey, buzzard, bat and owl. Duck, chicken, turkey, geese, pigeon and pheasant and other grain or seed-eating birds are fine. (Source: Gordon S. Tessler Ph.D. - Nutrition & Biblical Health)

Again make sure all meats are well-cooked and (even when refrigerated) not kept stored for more than a few days before preparing. All meats should be drained and cooked well, never eaten raw (Gen. 9:4, Lev. 19:26). Many meats carry hidden parasites which are only destroyed by cooking temperatures of at least 212 °F (100°C) for at least 20 minutes. Avoid the rare. Let meat fall off the bone. Use butter, olive oil, or lard but avoid all hydrogenated oils & margarine. Also remember that open-flame cooking like barbecue and toasting can produce carcinogens.

Even the way you mix foods when you eat affects your ability to get the most out of it. Different foods call out different digestive juices and some of these don't work well with each other at the same time. Bad food combinations result in only partial digestion that over time builds up in your body like left-overs in a refrigerator. If you have problems with gas, bad digestion, headaches, sour stomach or similar tummy troubles, eat foods in their proper order. Don't mix fruit with anything else and eat it first. It digests quicker. Some favorite combinations like meat and bread or meat and potatoes, eggs and potatoes or eggs and bread don't work well for the digestion. Don't eat starches and acidic foods together, like potatoes and lemonade. Don't combine carbo's and protein in the same meal. Don't even drink fluids with your meal; it dilutes down your digestive process.

Sugar, candies, salt, coffee, tea, refined and over-processed foods can all long-term hurt you. **Caffeine** is a toxic alkaloid, a slow-working vegetable poison that directly affects your central nervous system like its close relative nicotine. If you're trying to kick a smoking habit, don't drink caffeine! Soft drink

companies add it to most sodas; check the labels. Why? Not for its taste (it is quite bitter). *Like any other narcotic, it can addict you.* And does it? We drink over 50 million cokes alone every day! *That's the real thing.*

**Tea and coffee** are multi-billion dollar industries; coffee is America's largest food import. Everybody drinks it. Yet the amount of caffeine in just two daily cups of coffee not only can cause life-threatening changes in some heart rhythms but increases a woman's risk of breast cancer *ten times*. Caffeine *addicts* you and will cause withdrawal symptoms if you try to stop - nerves, irritability, sleeplessness and even muscle shakes. Decafs are even worse. Caffeine is not removed. It is only reduced from 2-4 grains a cup to 2-15 mg a cup. Methylene Chloride, the solvent used for this process, is a toxic solvent suspected as cancer-causing. *That cup of coffee that gets you started in the morning may be ending your life - and sooner than you realize.* (American Heart Association) Even tea is not exempt. A single tall glass of iced tea can give you over 20 mg. of kidney-stone forming oxalic acid. Cocoa and chocolate also contain oxalic acid. Some preachers of the past put coffee & tea right in with alcohol & tobacco. Yet you must drink a lot each day. Go with fruit juices, herbal teas, or just plain water - at least 8 glasses a day - whenever you can.

**Sugars** greatly inhibit your body's ability to fight disease and depress your immune system. Check it out. **Cut right back and you'll begin to get well again.**

Try the Daniel test: "*Ten days*". *Cut out all problem foods completely for ten days.* Then check out how you feel. Now imagine what you will look and feel like *three years from now* if you go on eating smart. Adam and Eve first fell over food. Don't hurt the house of the Holy Spirit. Don't let a Jack or Mac attack do you in. Get a life. Eat right or die both sick and quick. Power to the phytochemicals.

## FASTING

"But the days will come when the Bridegroom shall be taken from them; then shall they fast." (Matt. 9:15)

**Over-eating** (surfeiting or gluttony) is a sin in Scripture. We eat far too much and too much bad

stuff. Your waste disposal systems are incredible, but they have their limits. If your body is overloaded with bad or undigested food it toxifies. A toxin-loaded system reacts with various symptoms of sickness. Fever, headaches, chills, nausea and pain are all signs of a lowered immune system no longer able to keep the poisons and nutrition debts you have collected at bay. *Disease can be a sermon to your system; listen carefully to what it says.* A round of colds and flu usually follows right on the heels of huge Thanksgiving and Christmas dinners. Fasting is a great tool for both cleansing and regulating the body. Fast a meal now and then. Rethink your daily eating habits. Cut back on how much and how often you eat; you will not only look and feel better, but probably live much longer.

Try a longer fast (2-3 days) if your body needs a rest or recovery and you have time to do it. Daniel fasted and sought God for his nation and had a supernatural encounter from heaven (Dan. 9:3-23). While you can “fast” anything that is important to you, like sleep, friends, conversation or music, the Bible word for “fast” means to cover the mouth. FASTING for the Christian is simply the voluntary missing of a life need. It is not always food—it can be rest, sleep, friends, or drink. But used in the Bible it usually means *not eating food* for a certain time. It can help you in two ways: it can **rest and clean** your body by not weighing it down with food; it can **draw your heart close to God** since you are spending the same time you would usually give to eating in prayer instead. You can fast from anything that you are willing to temporarily sacrifice for God.

Before any big, important event in your life, when you really need to do your best with God’s help, this is a Christian secret you might like to try. For an important speech, prayer, message, or game: FASTING may be a real help. It is an indication that you are EARNEST, that there is something you want so greatly, you will put everything aside to get it. It’s honestly, sincerely—sometimes desperately—reaching out for God and His will. We put Him first, above food, water, friends.

Fasting is mentioned over fifty times in Scripture, always in context where people were getting serious with God. Besides Jesus, Moses, Ester, Nehemiah, David, Paul and other key leaders of the Bible took extended fasts. A FULL FAST is nothing but water; you should always drink more water when you fast,

to help clean out your system. A food *and* water fast for 3 days in Scripture is a rare DESPERATION FAST, because it can actually threaten your life with the build-up of released toxins in your body. A FORTY-DAY FAST has been a life-changing experience for those who have felt called and strengthened of God to try it. Don’t WORK and fast for any long periods; be sensible and discreet. Fasting is not self-hate, protest or calculated self-destruction. (Isa. 58:5) It is for power with God to break chains and set people free. It is a declaration act of utter devotion. Do it as to the Lord. (Matt. 6:16-18).

### RULES FOR FASTING:

(1) It must be VOLUNTARY, something you choose to do yourself. There is no value in doing it because you are told to. God will not force you to fast, but if you really need that extra intensity, it is there to help.

It must be PRIVATE. If you tell anyone you are fasting, so they will be convinced of your spirituality, God will not bless you for it. Fasting must be done for HIM. If you go around boasting about it to others, you already have your reward.

Of course, you may have to tell parents, or friends who know your eating habits, so as not to worry them; but this is different. When you fast, don’t go around looking haggard, dead-on-your-feet, and wiped-out. (Matthew 6:18.)

It must be SENSIBLE. You won’t want to fast for weeks as a teenager, nor if you have a demanding or strenuous job to do as well. Holiday or weekends are best; you will be able to control your activity better. If you want to go on a long fast, start with a few smaller ones and then work up with rests in between. Long fasts need longer rest periods both during and after the fast.

It must be THOUGHTFUL. Don’t inconvenience parents or friends by being difficult! On a long fast, you must drink MUCH WATER, at least eight GLASSES A DAY. If you want a real fast? don’t drink anything else. Long fasts can last from two to three or even four weeks. The most difficult part is the first five to six days. You may feel headachy, sick to your stomach, and tired, as your body poisons are emptied out. Keep flushing your system out with water. After the worst peak is over, you can go many, many days without real appetite for food. STOP the



fast if HUNGER returns; this is a sign that the body has used up all its reserves, and if you go on any longer you will begin to starve. Be very careful in breaking a long fast; take as LONG TO BREAK IT AS YOU DID TO TAKE IT. Use juices, clear, non-milky soups, etc., until you come gradually back to normal diet. Use your normal action time, eating, pleasure, company time, for prayer instead. Talk to Jesus during this time. Read the Bible. You'll be richly blessed.

## POWER FOODS

There are many **special foods** that you can buy to supplement your regular meals that are power helps to your general health. You may want to try some of these:

**Alfalfa** in tablets or powder is one of nature's most complete nutritional foods. It has every essential amino acid, all the fat-soluble vitamins (A, D, E and K) as well as C and the entire B complex, almost all the key minerals and most of the key trace minerals. Its antitoxin powers exceed that of liver, brewer's yeast and wheat germ. Studies show it provides resistance to and healing in all kinds of sinus and "-itus" diseases, like arthritis, neuritis, bronchitis. It has the ability to lower high levels of cholesterol. You can't OD on it, and can eat it raw as sprouts, as a tablet (6 or more a day) or drink it as a tea.

**Blackstrap Molasses**, the third extraction of a sugar refinery is both black and bountiful. It contains thiamin, riboflavin, niacin and pyridoxine (Vitamins B1, B2, B3 and B6), inositol, pantothenic acid, biotin, calcium, magnesium, potassium, iron, phosphorus and copper! Two teaspoons twice a day, morning and night have helped heal bad cases of skin rashes, eczema and shingles, stopped hair color and thickness loss, and anemia.

**Brewer's Yeast** is one of the most powerful energy pickup foods you can eat. It has all the B-vitamins, 19 amino acids and 18 minerals! A heaped teaspoon to a tablespoon of the powder in a glass of orange juice is one of the most potent instant energy drinks you can make. Because it is high in phosphorus (which pulls calcium from the body) when you use it compensate with 1-2,000 mg a day of calcium gluconate.

**Brown Rice** is another complete food, containing in its raw state a tremendous number of needed

nutrients for your entire body. As with other natural grains it is cheap and tasty.

**Golden Seal** is one of God's most wonderful and powerful antibiotic herbs. It is a natural remedy for all sorts of skin, mucous membrane, stomach and toxic liver troubles, including colds, flu, open sores, boils, skin infections, ringworm, etc. It helps clear drugs from your system. Golden Seal is toxic to some bacteria and microbes, and reduces inflammation. It aids digestion and appetite, though no more than one/two capsules of the powder should be taken a day (250-500 mg).

**Honey** is a great natural Biblical sweetener and comes in all kinds of flavors. Honey from a local area helps desensitize from local pollens. Add a quarter teaspoon Vitamin C to any store-bought honey to detoxify any ergot mold. Warm to mix and dissolve.

**Lecithin** is another wonder food great for your memory and cardiovascular system. As an emulsifier it keeps fat in solution, and hinders cholesterol precipitation in blood vessel walls. It lowers blood cholesterol, and with it high blood pressure. It helps distribute body weight better. Three 19-grain caps a day has effectively helped psoriasis within a three-month period. Again you can take as much as you want without harm.

**Purple Coneflower** (or *Echinacea angustifolia*) like Golden Seal has a long folk history of use in killing bacteria, inhibiting inflammation, stimulating the immune system and promoting wound healing; all great for acne! Use like Golden Seal 250-500 mg. a day.

**Sea Kelp** is the best known source of all the body trace elements in almost direct proportion to their balance in the human bloodstream. Loss of trace minerals can lead to painful leg cramps, easy bruising and brittle fingernails. **Copper** deficiency causes premature hair graying and loss, skin rashes and possible heart damage. **Iodine** shortage leads to apathy, listlessness and low blood pressure. Insufficient **manganese** can bring on all sorts of back problems as well as muscle fatigue and exhaustion. 1-3 tabs a day.

**Wheat Germ** is loaded with high-quality germination and growth nutrients; protein, minerals, vitamin B complex, fats and complex carbohydrates; its oil is

high in Vitamin E. Besides its value in the heart and blood, it helps restore normal menstrual flow and fertility in women, and builds up energy and vitality. Mix it in cereals and drinks.

**Nuts** of all kinds - walnuts, peanuts, macadamias, cashews, pecans etc. are a delicious and instant source of snack energy. Especially powerful are raw almonds; between 9-11 of these eaten at once will give you one of the greatest bursts of instant energy of all the foods. Whenever possible eat nuts raw, but pass on any that have brown spots on them; they contain toxins. You can heat them to kill molds or use them for cooking.

### Self-Hate - Anorexia & Bulimia

*"...Your hideous obsession with celebrities, beauty and youth has made every single one of my friends convinced they are ugly and worthless."* Crasher, US Talk Net

One of the great battles in many teenagers lives is with the idea of fat. Thousands of young people today, believing they are physically ugly, overweight and worthless either starve themselves in anorexia or binge and purge in bulimia. Some go so far in these forms of food slavery they feel like dying; and sadly, some actually have. To fight these terrible battles with something God designed not only as a need but a joy in our lives is an awful reversal of His design. Our culture makes a god of beauty and slimness. From a thousand subtle hints and pressures around us even from our families and friends, we can get the idea that we are the wrong weight or shape to be loved and valued.

And all this is nonsense. To take our image of our lives from a culture that changes its sense of value like a set of clothes is utterly wrong. Only from Jesus can we get a true picture of our worth. Only in Christ can we have our false and ugly self-pictures broken up and be given a new vision of value. *Love Him and love your neighbor as yourself.* SELF-LOVE is a command of Christ. (Mark 12:31) It is the exact opposite of selfishness. If you have bought into a bad picture of your own body, the proper place to start is an *apology to God* for self-hate. There is much you can do to improve your looks if you need some help. But start right first. Don't put yourself down. Thank God for what you have and are now. Change can

come but it must be God's way. (Eph. 5:29; I Cor. 6:9)

### GLUTTONY

The sin of *gluttony* in the Bible is not just eating too much. A glutton is not always fat. You can be totally skinny and be a glutton. *It is making a god out of food.* It is centering your whole life around what you eat. It is making food the most important thing in the world to you. Food is important but food is never to be the center or answer of your life. (Prov. 23:21; Matt. 6:25; Rom. 14:17) In the Bible, people who made a god out of food and drink actually courted death (Deut. 21:20; Prov. 23:2)

Perhaps you really do need to lose some fat. Perhaps you really do have a problem carrying around too much weight. It is true that being overweight carries its own penalty. But fat is not something bad. Fat is a key part of your body's energy storage system. Used right, fats can be your friend. You need to know what fat really is.

### Why Fats Can Be Your Friend

*"Their faces were fairer and fatter than all the others"*

Fats are made of fatty acids and glycerol. Fatty acids are long chains of carbon atoms linked to hydrogen atoms. If all the possible spaces for hydrogen atoms are filled, we call it a saturated fatty acid. A fat with two empty hydrogen atoms spaces on its chain is monounsaturated. Fatty acids with room for more than two hydrogen atoms are polyunsaturated. All natural foods contain a mix of these fatty acids. Fats supply 9 calories of energy per gram whatever their saturation.

It is true that today we often eat too much fat. In the early twentieth century, the fat in an average Western diet was about 30% of our total daily calories. Now with our cooking oils, salad dressings, vegetable shortening and hydrogenated fats it is between 40 and 45 percent. (A single tablespoon of salad dressing contains 12 grams of fat.) The average American eats 155 grams of fat a day, much more than we need. *97% of the fat we eat is stored as fat.* In the Far East, eating about 1/4 the amount of fat of an American diet they have much lower heart disease and colon cancer rates.

Much of our food fat is from obvious sources: butter, oils, salad dressings and fatty meats. But 2/3 of the fat we eat comes from “hidden sources”. These are foods like whole milk, ice cream, luncheon meats, avocados, olives, nuts, cheese and chocolate. Nutritionists think calories provided by fat should be no more than 30% of your daily total. If your aim was 2,000 calories a day you would eat 67 grams of fat at most. The bottom line is this; *if you don't want to get fat, eat less fat. Fat makes you fat.* To cut down, eat everything else but fat. You will always have the same number of fat cells in your body, but fat cells can grow to 20 times their normal size.

What use is fat? Most of your body energy is from carbohydrate (glucose) and fats (fatty acids). Protein pitches in if you don't get enough of these. Yet by far your most abundant *energy source* is fat! One molecule of fat yields about 460 molecules of ATP (adenosine triphosphate, what your muscles use to work.) Glucose yields only 36 molecules of ATP. Fat stored in a healthy adult 150lb+ male is 100,000 kilocalories of energy. Glucose stored as glycogen can give only about 2,000. *If you learn to burn fat, you can tap into long-term endurance energy.* You can get 80-90% of your energy from these fat stores if you train your body by right eating & exercise.

You get enormous benefits. You store less fat (leading to weight loss). Endurance improves. And you “spare” your glycogen for when you need it most: short high-intensity efforts. Within the first five minutes of short term high intensity exercise, you pull glycogen directly from your muscles and liver. You can only store a limited amount of glycogen in your body, though training, conditioning and good nutrition can increase it. (It takes about 90 seconds for your muscles to recharge with ATP after a short energy burst. That is why in high-intensity, short-exchange sports like tennis, a 90-second sit-down break between change-overs really helps.) A by-product of glycogen burn is lactic acid, one cause of muscle soreness.

Longer endurance oxygen-burning events draw progressively more on your fat reserves, and do not create lactic acid as a by-product. (Melaluca markets the Access™ Bar, a patented food that bypasses the body's fat storage system and allows you to directly utilize body fat during workouts for energy.)

Phillip Maffetone, an applied kinesiologist and athletic trainer says that while it is obvious that too much fat can hurt you, the key is to *balance your intake*. Just as you mix aerobic and anaerobic workouts, you need to combine dietary fats. Try for twice the amount of unsaturated (Omega 6) to saturated fats.

(A) **Omega 6 (monounsaturate)** fats are in vegetables, peanuts, peanut butter and olives, margarine, vegetable shortening, and most nuts. You find them in many oils like olive, safflower, peanut and corn oils, and concentrates of black-currant seed, borage, and primrose oil. They elevate cholesterol levels, but not as high as saturated fatty acids.

(B) **Saturated fats** (with the essential fat arachidonic acid) Mainly in meat and dairy products like cream, cheese and butter, egg yolks, chocolate, coconut and palm oil. Most are solids at room temperature. These all help build up cholesterol. We know it for its bad role in blood vessel walls deposits that can lead to heart attacks and stroke.

(Cholesterol is a yellowish, wax-like substance closely related to fat. You only get it from eating animal products. Foods particularly high in cholesterol are red meats, lobster, shrimp, oysters, liver, kidney, veal, lamb, crab, beef heart, and egg yolk. Yet it is a normal part of our cell structure. It makes building blocks for bile acids, vitamin D, sex and adrenal gland hormones. If there was no cholesterol in your diet, your body would create what it needs to function properly. Insoluble in water, our blood stream carries it by a protein in a combination called a lipoprotein. The ratio of cholesterol to High Density Lipoproteins is important. People with higher levels of some HDL have less risk of heart disease. Even saturated fats don't have to be “bad” in a balanced diet.)

(C) Omega 3 fats are **polyunsaturated**, usually liquid at room temperature. These are in beans and plant oils like corn, safflower, cottonseed, and sunflower as well as in linseed (flaxseed), sesame, soy, and walnut oils. You find them in fish and fish oil concentrates called EPA. There are *mixes of all three fats* in all natural foods.

What is the key in getting fats to work for you? Aim for equal amounts of all 3 each week or month. It is easier than you think. Most foods contain a

combination of all three types. (If you're a vegetarian and eat very little "B" fats then eat equal amounts of "A" and "C." Your body will convert some to "B.") Follow this ratio. Stay within the 30% limit of total fats in your diet, and you won't have problems with excess fat.

**Pro-Protein:** Athletes need an increased level of protein. It lets you use the proper amount of calories without boosting your fat or carbo percentages. (Think of it as creating an optimum fuel mix for a race car.) Protein prevents muscle breakdown, and mental and physical fatigue. It also regulates body workout functions.

A hormone derived from protein increases the carbo your muscles can store after hard exercise. Your protein balance also controls *serotonin*, a chemical that influences how tired you feel.

**Cutting Down on Carbos** - Besides balancing fat intake, you must stop your body from turning off its fat-burning mechanism. It will do so if you eat too much carbohydrate. Carbo stimulates insulin release, which causes a drop in blood sugar. To compensate, your body sends more blood sugar to the muscle cells to increase glycogen storage. Your body tries to use more carbohydrate as fuel. But because you only have a small storage space for glycogen, insulin changes about 40% of that carbohydrate into fat. High-carbo diets - those including refined carbohydrate such as pasta or rice - result in more insulin being released and less fat being burned.

There's more: If you don't provide your body with enough fat to use as energy, you force it to use more sugar. This lowers your blood sugar. Your body compensates by raising it again. This roller-coaster can create mood swings in athletes on high-carbo, super-low-fat diets, and bring fatigue, clumsiness, headaches, depression or allergies.

For centuries people ate mostly meat and vegetables. We have only recently tried to digest large amounts of sugar and starch. Many people can't. Up to half the population may be "carbo intolerant." This intolerance (called insulin resistance, hypoglycemia, or hyperinsulism) can make you tired, crave sweets or caffeine, get bloated, sleepy, fat and even depressed. Long-term problems may be increased triglycerides and high blood pressure. Does it affect you? Try a 10 day diet that eliminates most breads,

pastas, sweets, fruit and fruit juices, potatoes, milk, and yogurt. Do it with a doctors help. If you feel better, suspect carbo intolerance. Add a few carbs to your diet until symptoms reappear. Your optimal amount of carbohydrate is just below this. (*Phillip Maffetone*)

## VITAMINERALS

What can help you stay well in a sick world?

Vitamins and minerals are micro-nutrients that help keep your body working at high performance. But you cannot live on them. They are not pep pills or food substitutes. They stimulate, but do not act as nutritional fuel. At cell level they act as catalysts or co-enzymes. They regulate your body fuel processes to change proteins and carbohydrates to tissue and energy.

Even though your body needs only small amounts, vitamins are absolutely necessary for you to grow, stay vital and resist disease. Even a tiny deficiency long-term can endanger your whole body. Sadly, it takes weeks or months for signs of deficiencies to show as your body uses up its supply. You may not see a developing problem, because your cells will still keep working, but less and less efficiently. They either get proper nourishment or get hurt beyond repair. Here are the key vitamins and minerals you need, why they are important and recommended units:

**VITAMIN A** is the key to *strong protective cell-tissues* of your body both inside and out, from your skin to your stomach lining, eyes and bone cells. It is a key factor in healthy skin, hair, teeth and gums. It helps prevent both zits and rough or itchy skin. Vitamin A is like an internal gas-mask for your lungs; it fights the effect of city or airborne pollution that can lead to emphysema and chronic bronchitis. It lubricates all membranes and keeps them strong. Not enough A brings eye dryness (inability to tear), night blindness, asthma, poor bone growth, weak tooth enamel, chronic diarrhea, and frequent colds or respiratory infection. Food sources are vegetables, apricots, leafy greens, yams, pumpkin, sweet potatoes, cantaloupe, winter squash, watermelon, fruits, liver, fish and eggs. Vitamin A is fat-soluble. Your body needs fats and zinc as well as other minerals and enzymes to absorb it. Pregnant women should consult a doctor before taking extra vitamin A, but unless you plan on huge doses (more than



100,000 units a day over many months) it is harmless. 20,00-50,000 units a day corrects most problem conditions. Vitamin A and C are the two key vitamins most young people don't get enough of.

**BETA CAROTENE** converts to vitamin A in the liver as your body needs it. A powerful *anti-ineffective and antioxidant* for immune health, beta carotene also helps protect you from pollutants. It also helps slow the aging process and aids in allergy control. Supplements protect against respiratory diseases and infections. Food sources are green leafy vegetables, green peppers, carrots, and other range and sea vegetables.

**VITAMIN C** is your "*life-machinery oil*" an anti-poison to keep your immune system strong and alert. It helps protect against cancers, viral and bacterial infections, heart disease, arthritis and allergies. A strong antioxidant, vitamin C helps to prevent free-radical damage. It safeguards against heavy metal toxins, environmental pollutants, stress and early aging. Vitamin C accelerates healing after surgery, increases infection resistance and is essential for forming new collagen tissue. It works on deep and chronic infections with no response to antibiotics, as well as simple colds and flu. It is a great detoxin; direct injection of 12,000 mg. of C has reportedly neutralized even monoxide, barbiturate and snakebite poisoning! It boosts adrenal and iron sufficiency especially when the body is under stress. Low backache, tight neck or shoulders respond to C dosages. It enables you to work or play harder by boosting the amount of glycogen your liver and muscles can store, stave off tiredness longer and keep you more mentally alert.

Aspirin, oral contraceptives, smoking and tetracycline both inhibit and deplete C levels. Your body can only store a few grams of C a day. With a vitamin C deficiency you bruise and bleed more easily and heal more slowly, or develop receding gums, fatigue or rough skin. C & E reduce muscle damage in exercise. **Food sources** are citrus fruits, green peppers, papaya, tomatoes, strawberries, kiwi, potatoes, greens, cauliflower and broccoli. Like the Bs, it is harmless, water-soluble and must be restored every day. (100-1,000 mg. a day) Too much can only give you a bit of an upset stomach or diarrhea but if you have had kidney stones, make sure you take adequate magnesium and Vitamin C as well, as C helps precipitate out oxalic acid. At least 2,500-5,000

mg or more a day is corrective; a large dose lasts from 6-8 hours, so it can work all night if taken before you sleep. It is cheaper bought as ascorbic acid powder; mix with water or juice. Add a little of the powdered crystals to food to help detoxify it.

Vitamin C also needs **BIOFLAVONOIDS** (part of the C complex) to function well. Bioflavs prevent arteries from hardening, and help make your blood vessels, veins and capillaries strong. They guard connective tissue integrity, helping to control bruising, internal bleeding and mouth herpes. They help lower cholesterol and stimulate bile production. Bioflavs act as anti-microbials against infections. They also help reduce cataract formation and guard against diabetic retinopathy. Your body does not produce its own bioflavonoids; you must get them regularly from your diet. The strongest supplementary form is quercetin. Effective **food sources** include the white part beneath the skin of citrus fruits, herbal sources, buckwheat and most vegetables.

**VITAMIN D** - Calcium absorption. If you work or play in a lot of sunshine your body can make its own D, but if you live where the sun is a real event or if you rarely exercise outdoors, you may need to supplement. **Food sources**; fish like sardines, tuna, salmon, herring. Some milk is D-fortified. Up to 400 IU a day supplement.

**VITAMIN E** is an alternative fat-soluble **antioxidant** and important immune stimulant. It is also an effective *anticoagulant and vasco-dilator* against varicose veins, blood clots and heart disease. It helps more oxygen get to the heart and helps the heart use oxygen more effectively. It helps prevent heart attacks by stopping blood clots, and given as soon as possible after an attack, helps minimize heart damage. It is the most effective agent to prevent or relieve exercise or night leg cramps, a signal that the area is not getting enough oxygen. Vitamin E works with selenium to help neutralize free radicals that bring premature aging. This vitamin helps retard cellular and mental aging, alleviates fatigue and provides tissue oxygen to accelerate healing of wounds and burns.

E also improves **skin problems** and texture, filling pits and softening. Its deficiency may result in muscle and nerve degeneration, anemia and skin pigmentation. Although E is not toxic, it can strengthen heart

muscles so effectively that those with heart disease or high blood pressure history should not use at the outset more than 100 units a day. Good **food sources** are almonds, leafy vegetables, salmon, soy products, wheat germ and wheat germ oil. Correction involves from 200-1,600 I.U.s a day. Pierce a 440 unit capsule to apply it directly to the skin for fungal infections, warts and facial or other scar tissue healing.

**B-COMPLEX** vitamins are the *energy vitamins*. Your body cannot store them. They help keep the right balance of sodium/potassium levels in your body that in turn regulate body fluids. This reduces swelling or bloating in your body due to water imbalance. Excessive sugar, alcohol or process foods drain B-complex from your system. Excess Bs pass away in urine, as they are all water-soluble, and so also must be replaced every day.

**B-1 (Thiamin)** - the *brain-boost* mellow vitamin. Even a slight deficiency hurts your memory, concentration, appetite and the way you feel; it can make you irritable, easily angry, over-sensitive and sleepless. B-1 steadies your nerves and emotions and gives you more drive and initiative. As a carbohydrate-burn catalyst, too high a carbo diet (junk food and sodas) with not enough B-1 can do weird Jeckle & Hyde things to your moods. Coffee (regular or decaf) sugar and alcohol all deplete thiamin, creating addiction symptoms. **Food sources** are brewer's yeast, dried sunflower seeds and soybeans. 5-25 mg.

**B-2 (Riboflavin)** - the *red blood breathing* vitamin. Does your tongue look more purple than pink? Do you have to wear sunglasses because your eyes hurt, your hair is over-oily and your mouth, eyebrows or nose is flaky? It may not be because you're trying to be cool; you may have a B-2 deficiency! B-2 is an enzyme activator and with other proteins not only makes the enzymes that carry oxygen through your body but helps every cell breathe. Riboflavin is very sensitive. It is water-soluble and easily destroyed by light and heat. Beef kidney and liver, almonds, broccoli, brewer's yeast, wheat germ, wild rice and dairy foods like whole milk, yogurt and cheese are **food sources**. To keep B-2 in a food, don't soak fruit or vegetables too long in water, steam instead of boiling and keep milk away from light. From 10-25 mg a day. As it is water-soluble, larger doses are excreted.

**B-12** (the *energy booster* shot) only occurs in meat, dairy products and eggs, so vegetarians may need extra of this. Vitamin B-12 helps build the protein sheath that surrounds your nerve fibers and spinal cord as well as supervises red blood cell production; (some 200 million a minute!) Your body only needs tiny traces (5 mg. a day or five one-millionths of a gram!). Medically-prescribed injections can go to 100 mc.

**Niacin** (Nicotinic acid, Niacinamide) a natural *tissue tranquilizer* supports the cells of your skin, tongue, intestines and nervous system. Niacin lack can make you feel irritable, give you a sore mouth and gums, ugly breath and even make you feel and act crazy! A severe deficiency in the past brought pellagra, a condition that mimics madness with schizophrenia, hallucinations, bizarre thoughts and actions. **Food sources** are fish, poultry, organ meats, beans, peanuts, whole wheat products and brewer's yeast. You only need between 10-50 mg. a day. More than 100 milligrams at a time can make you blush and feel hot and itchy, as your blood vessels widen and release a rush of blood to the skin, but corrective medical dosages can range from 50-250 mg. a day without harm.

**Pantothenic Acid**, part of the B-complex group, is needed all over your body. It makes a key catalyst to turn fats, carbohydrates and proteins into energy (*Co-enzyme A*, or CoA). Some think it may extend life by as much as 10 years by slowing down the rate of your body's biochemical works. Liver, whole grains and milk are food sources. It helps combat fatigue, aids those with allergies and hay fever and like **Choline** (which is found in lecithin) is a marvelous memory aid. You need from 5-50 mg. a day but can use up to 400 mg. a day (100 mg. a meal) in conjunction with the rest of the B-complex vitamins. About two tablespoons of lecithin granules a day will give you all the choline you need.

**Pyridoxine (B6)** is another *stress-reducer and energy-enhancer*, reducing the effects of tiredness and fatigue. Between 100-300 mg. a day can drastically relieve carpal tunnel syndrome, and linked with magnesium, the re-formation of kidney stones. Significant in increasing blood circulation, B-6 prevents platelet blood clotting and cholesterol build-up. For girls it prevents PMS symptoms if taken 7-10 days before. Use 35-100 mg. a day.

## Minerals and Trace Minerals

Minerals and trace minerals allow your body to absorb nutrients. Minerals keep the body pH-balanced: alkaline instead of acid. You cannot form bones or digest food without them. While trace minerals are only .01 percent of your body weight, not getting enough of these micro-nutrients can cause you severe depression, menstrual disorders, hyperactivity, sugar imbalances, nerve and stress conditions, high blood pressure, osteoporosis, premature aging of the hair and skin, and memory loss.

**CHROMIUM** is an essential mineral in helping the body *utilize energy* from its sugars. It is linked with niacin and amino-acids in controlling your GTF (Glucose Tolerance Factor) levels and has been used by many pro athletes as a performance enhancer. Chromium helps protect against diabetes and heart disease by working to help your body's insulin become more efficient, to clear blood fats and keep sugars at the right level. White flours and white sugar rob the body of chromium, as does too much milk. Food sources are brewer's yeast, calves liver, potatoes in their skins, chilies, mushrooms, whole grain bread and chicken legs. Only tiny amounts are needed: 100-200 micrograms a day.

**CALCIUM** and **MAGNESIUM** are related muscle minerals that help calm and soothe your nerves. These ions compete to both relax and contract your heart and balance your kidneys. While calcium makes your blood vessels contract, magnesium dilates them and can lower high blood pressure.

**Calcium** is essential for building, mending and keeping your bones and fingernails strong. It helps your blood clot properly, kills pain and helps you to sleep well. Some migraine headaches, muscular stiffness, soreness, cramps, aches and pains of all types and spasms are relieved by calcium. It stimulates certain enzyme reactions and helps control fluid movement through cells and tissue walls. Calcium lacks, strangely enough, may stimulate painful calcium deposits and bone spurs as your body, aware of its lack, tries to limit your movement and activity in areas of stress. We need calcium every day of our lives, and most people in the Western world don't get enough. Food sources rich in calcium are dairy products, salmon (with bones) and broccoli. Meats promote calcium loss in the body. You need 800-1,200 mg. a day. Three 8-oz glasses of milk,

three 8-oz cups of plain yogurt or 6 oz of cheddar cheese provide 1,200 mg.

**Magnesium** is the key cell mineral needed for your bones, teeth and soft tissues. You need more if you are involved in endurance sports, and are prone to cramp. You lose magnesium under stress, especially loud noise. Magnesium can prevent a buildup of bad calcium deposits like calcium-based kidney stones. A long deficiency contributes not only to painful mineral deposits like kidney stones, but heart attacks. Good food sources are leafy green vegetables, peas, nuts, whole grain foods, brown rice and soybeans; you can use between 350-450 mg. a day, unless you have previous kidney failure. Five cups of green beans or 12 brazil nuts provide 350 mg. of magnesium.

**POTASSIUM** - with sodium (in a 3:1 ratio) forms key ions for electrolyte fluid balance in the body. It helps nerves transmit messages, digestive enzymes and growth. It is a key to control high blood pressure and muscle strength. These two ions tug-of-war. If sodium wins, potassium is dumped from the body and the cells hold more water. When potassium wins, the cells get rid of sodium and water. This special bioelectric balance allows cells energy. Mess up that balance, like when you eat wrong, and the cells shut off and start to die. You especially need potassium in heat or hot and humid weather, three times more than salt. Potatoes, fresh fruit and fish are loaded with it. A cup of raw peas has 458 mg. of potassium and 3 mg. of sodium; processed peas halve the potassium (239 mg.) and increase the sodium 200%! For 2,000 mg. a day you could eat 4 bananas, 4 8-oz glasses of orange juice or 6 carrots.

**SODIUM** - is an important part of blood chemistry, but most people get too much salt in their diet. You need only 500 mg. a day (about 1/4 teaspoon of salt). We average 4 to 5 grams a day, over *ten times* what we need. Cut back on salt. It is a learned taste and can be unlearned. Foods with salt: those pickled, canned smoked or cured; soy sauce; luncheon meats, salted snack foods. *Don't take salt tablets* when you exercise!

**IRON** - is essential to blood formation, and helps keep us strong, alert and energetic. Deficiency (especially through blood loss) can cause anemia; weakness, easy fatigue, poor resistance, headaches and pale skin. You only need small amounts in your

diet from 10-30 mg. Meat, liver, beans, leafy green vegetables, dried fruits, grains all contain iron. Too much is toxic.

**SELENIUM** is a strong antioxidant. Selenium works with vitamin E to help prevent fat and cholesterol build-up in your bloodstream. Deficiency can make your skin age early, damage your liver, and create hypothyroidism. **Food sources** include brewer's yeast, sesame seeds, garlic, tuna, kelp, wheat germ, oysters and fish.

The antioxidant **ZINC** is key to insulin formation, immune strength, growth and reproductive health. It functions as an internal sun visor for your eyes, helping prevent them from free radical damage. It is both a tranquilizer and vitalizer, helping you sleep better at night and think better during the day. Zinc is essential for your tissues to breathe and produce energy by carbohydrate metabolism. It can help restore appetite and taste. It tremendously speeds up the healing process in many conditions, like after surgery. Use it with extra C, A & D whenever you want a fast recovery from a cold. Zinc corrects bad acne cases and rough, scaly skin. Food sources include brewer's yeast, mushrooms, soy foods, wheat germ, sunflower and pumpkin seeds and eggs. You need between 15-25 mg. a day. As a corrective supplement you can use up to 35 milligrams day of zinc gluconate or sulphate with low-fiber meals. Great excess can cause nausea, vomiting or anemia.

Wise use of vitamins and minerals can help supplement your meals when you don't get enough of what you need from what you have available.

## DRUGS

"Your merchants were the very great of the earth; for by your sorceries (*pharmakeia*) were the nations deceived" (Rev. 18:23)

Forget **illegal** drugs. Even without that ugly underground economy, drugs dominate much of the trade of the world. Ours is a drug culture. In the USA alone, *pharmakeia* is a 30 billion dollar industry. There are nearly 90,000 different prescription drugs on the market; drugstores dispense some two billion prescriptions a year. No doctor can keep up with the steady flow of new medicine. The drug companies by default are the ones who recommend chemicals; it is simpler and legally safer for a doctor to put a patient

on a drug (specified by a company as tested to treat that condition) than to risk suggesting any non-pharmaceutical alternative. We use drugs to put us to sleep, keep us awake, speed us up and slow us down. We have got so used to "better living through chemicals" that it seems radical indeed to think there might be other ways to deal with disease.

## HEALTH & HEALING

You don't have to treat disease by drugs. Your body never naturally needs drugs. Drugs do not *heal*. Drugs "cure" nothing. When given by a competent doctor, they can target areas of misbehavior by the body, shut down pain receptors and chemically block cell response to problem conditions. But use them wrongly by accident, design, or error and they can make you more sick or kill you.

*Only God heals.* He not only can supernaturally minister to your body when you hurt beyond man's help, but He can keep you in HEALTH. (Ex. 15:26; Jer. 17:14; 30:17; Matt. 10:1,8; Luke 10:9) His incredible design of the body ensures that when you treat it right and don't poison, starve or suffocate it, it will fight off invaders, rebuild damage and loss, toss out stuff that doesn't belong and give you power to do what you need to do. And it will do it for you each day until you run out of time to rebuild what is broken.

Your body is an entire God-designed community of specialized internally self-supervised energy units. Live life by God's laws and watch them work. Give them what they need, and they will keep you not only healthy but full of life. Go through your medicine cabinet and ask yourself this question: "Apart from a core of emergency care, what do I *really* need in here?" We get too used to going to chemicals and not to Christ. Good doctors do the best they can but they can only do so much and take you only so far. God wants us to ultimately LOOK TO HIM for health and healing. (2 Chron. 16:12-13; Mk. 5:25-29).

## DRINKING

Minimize drug use of *any* kind. Find alternatives to what you have. Needless to say, you certainly cut out all illegal and legal *addictives*. Especially is this true with **alcohol** and **tobacco** of any kind. More kids die by accident than any other cause of death among teenagers. Over *half* of those deaths are by drunk driving. More boys are murdered than kill



themselves; drinking and drugs dominate in the cause of these deaths too. One single drink of alcohol *permanently kills off* an irreplaceable piece of brain. All alcohols kill. Methyl blinds you as you die. Even a little propyl alcohol lets monsters loose in your body. But ethyl is the only one that kills you slow so you don't notice how you die. Don't drink.

*Don't drink at all.* Alcohol (the decayed end-product of rot) not only stuns your ability to think clearly, quickly and remember. Even small amounts knock out your ability to resist disease. No wonder the Bible says, "*Wine is mocker, strong drink is raging and whoever is deceived by it is not wise.*" (Prov. 20:1; Isa. 5:11,22; Isa. 28:7) No King's child is to touch alcohol. (Prov. 31:4) Wine is for no one in ministry (Lev. 10:9); you are to get your bravery, happiness, and loudness from the Holy Spirit! (Eph. 5:18; Acts 2:13) The only legitimate use of strong drink in the Bible is *to dull the pain of someone who is dying.* (Prov. 31:6) Many kids use it just this same way today. On the cross, Jesus was offered a drug/alcohol mixture; He refused it.

## TOBACCO

"They are a smoke in My nose"(God, talking about someone He really, really doesn't like Isa. 65:5)

Tobacco, smoked, snuffed or chewed is one of the most *dangerously addictive drugs* in Western civilization. Despite clear warnings, the average age of habitual smokers has been dropping for decades. It is currently 14.4 years old. Half of all regular smokers will die from their habit. Statistically, each cigarette robs a regular smoker of 5.5 minutes of their life. SNUFF is even worse. Companies doctor it to increase its free nicotine addictiveness; a grim thought, when the average age kids start to use snuff is 9! You CANNOT SMOKE and be healthy. In the Bible, smoke is negatively associated with **shortness of life, wasting destruction and judgment.** (Deut. 29:20; Ps. 68:2; 102:3; Prov. 10:26; Is 34:10; 51:6; Hosea. 13:3; Rev. 9:2-3, 17-18)

Don't you dare take God's temple and fill it with smoke never intended for His altar. **Stop smoking.** Do what you have to do, but break it for good.

## SICKNESS & HEALTH

What is sickness? It is your body's attempt to throw off whatever is loaded into it that doesn't belong. If it can get rid of what bothers it, you will usually get well. DISEASE is a marker to show up what is wrong. Sickness may signal your need to take out the garbage. Bacteria attack cells that *already have* a problem. Anything that slows down or hinders its effort - which may include eating (wrong things or at the wrong time) using drugs just to suppress the symptom, pushing on without giving it a chance to direct its energy to the problem, even believing the wrong thing -will cut down your chance of recovery. In Western medicine we tend to hit the symptoms chemically & quickly so we don't feel bad. We would rather cut off the pain than deal with the problem. But problems not dealt with get bigger quick. How do you know what to do and who to ask?

We are the most wonderful and mysterious beings in the Universe next to God. No one knows all the answers to the questions of health and healing. Good doctors and nutritionalists differ widely in what they know and what they recommend. **Check with someone competent and qualified to advise you in significant health choices you make.** If you don't choose to check with a doctor or health professional on what to do about your own unique needs and problems, you still have the right to decide for yourself how to use information like this for advice in your own situation. You have the moral and legal right to prescribe a course of action for yourself and no one else ultimately can do that for you. But make decisions like this with care and with prayer. You are responsible to the Great Physician for what you do with the temple He has entrusted you.

## PREVENTION vs. CURE

"Beloved, I wish above all things the you may prosper and be in health even as your soul prospers."  
(1 John 3:2)

CELLS OF ALL KINDS make up the incredible system of your body. They just need on their own small level what you need on your own big level. What they are in their own tiny way is what the total you will be as they all report in for duty. Cells need **air, exercise, food, stimulation, energy, rest** and a good clear way to **get rid of garbage.** Fail to give them what they need to do the job for you and you soon won't be able to get it done in the big world either. God's plan

is not just healing; it is for you to **STAY WELL** and not need healing. (Ps. 67:2; Prov. 3:5-8; 4:20-23; Isa. 58:8-11; Jer. 33:6; 3)

Give your body (the big level) what it needs on the tiny level and you give it the chance to be its best. Give your body plenty of air. Exercise, so your cells don't get lazy. Feed them the right stuff the right way in the right amount. Let them take a break when they need it. Keep the sewer channels clean and clear of waste. Let Jesus deal with all **REAL CAUSES** of so much sickness and disease in our lives - the violation of His Word and of His purposes in our bodies, minds and hearts.

People get hurt if they don't know how things work. The evil of the body is **sickness**. The evil of the mind is **error**. The evil of the soul is **sin**. And God is *against all evil*. (John 10:10)

The **RULES OF GOOD HEALTH** are so ordinary and obvious we keep missing them. Do it God's way. Keep His rules for a clean body, heart and mind. Walk in all His ways and learn the truth of His promise:

"If you will diligently listen to the voice of the Lord your God and will do that which is right in His sight and will give ear to his commandments and keep all His statutes, I will put **none of these diseases** on you that I put on the Egyptians; for I am the Lord that heals you." (Ex. 15:26)

### WITNESSING TO THE ATHLETE

What would Jesus say to Michael Jordan? Martina Navratilova? Mike Tyson? Jenny Capriati? Magic Johnson? O.J. Simpson? Athletics for many has been the ticket out of poverty and obscurity. Some were wholly unprepared to survive the resulting fame and fortune. Many world newsmakers today are men and women whose entire identity is rooted in their physical abilities, while their spiritual and moral lives suffer badly. Their problems are magnified by media focus and sometimes affect millions.

Some significant athletes as teenagers or college students have had life-changing encounters and experiences with Christ. For some that very encounter is the key to their surviving the rigors of

the professional circuit. Entire ministries, like *Athletes In Action* and *Champions For Christ*, have sprung up in recent years to do outreaches, mobilize others for ministry, and encourage people who have chosen some form of professional sport as a career.

Today's pro athlete often has a solitary, difficult road. They never got where they are by sheer talent alone. They put in a lot of time where no one cheers or cares at all. To stay in the game they must make many sacrifices. Many of these are in the areas of close relationships with others; life at the top is often a hard and lonely road. Some of the saddest areas neglected in their drive to win are in the area of the spirit.

Good athletes are often admired, honored even idolized - but they have their own real personal struggles that all their popularity, money and fame cannot cure. **ATHLETES NEED CHRIST**. No matter how good a man or woman is in a sport, surrender to God is real victory. How do you minister to people whose lives revolve around sport? Here are four Bible principles:

(1) ***A brother offended is harder to win than a strong city.*** (Prov. 18:19) Physical strength, courage and determination may win a championship, but how do you win back a heart? The real test of power is the healing of relationships. A man or woman may give their ultimate effort to succeed in their sport and yet fail utterly in the things that count most. You can help an athlete in the areas of friendship, forgiveness and family problems.

(2) ***What shall it profit a man if he gain the whole world and lose his own soul?*** (Mark 8:36) Athletics today is an industry. The lure of large returns, the love of money, the enticement of taking the love of risk into the world of gambling all are the temptations of the professional athlete. Making money only takes a man or woman so far and then the emptiness kicks in. When you minister to an athlete, the surrender of their good things their *rights* and not just wrongs needs to be made a prominent part of repentance. Don't back off on the true cost of Christianity. Remember the rich young ruler. (Luke 12:15)

(3) ***What is your life? It is even a vapor that appears for a little time and then vanishes away.*** (Jas. 4:14) Youth, strength, physical skills don't last forever.

Minister to athletes about the long look. They have taken such time and care and effort to be the best physically, mentally and competitively they can be.

Some have made long-term plans about what to do when their career peaks and what they want to invest in when the ride is over. They plan what they have to do to win a game, a race, a championship. Does it make sense not to plan for what they want to be doing for the next million years and more?

(4) *“Take no thought for your life what you shall eat, or what you shall drink nor yet for your body. Is not the life more than food, and the body than clothes?”* (Matt. 6:25)

Jocks worry a lot. They are always thinking about what they eat, what they look like, what could happen to their body if they get injured. With sponsorships a large part of earnings, what they wear can also dominate their lives. At the top, physical training is not enough. Mental pressure is the name of the game in the big leagues. Speak to the athlete about surrender of their cares and fears to Christ. He is the only one not swayed by their talent nor ready to abandon them when they fail. When everything else is gone, He remains. ( I Jn. 2:16-17).

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## Growing Up With God

### Hey dude -

You'll be feeling many strange and perhaps bewildering changes in your teen years. In all areas, physical, mental, social, and spiritual, there will be new happenings and problems. Life will be kind of UNPREDICTABLE - up and down! You'll change a lot. That's why it's so important to know Christ as a teenager. You'll face the same problems as others. They will be just as tough, if not tougher. But trusting the Captain of Salvation, you won't face them alone.

Between the ages of roughly 13-15 you'll be GROWING. It will be hard for you here! You will mature slower than girls your same age. This brings its own special problems.

**PHYSICAL:** During these “grow” years, you will do just that — grow! Your arms and legs will shoot out

like bean poles. You'll drive your parents nuts trying to keep you in clothes that fit for more than a few months, as you out-sprout everything. You will sometimes *feel* weird because you will *look* funny.

Your body will grow out, but it won't have any real muscle or great strength yet. It will be **hard to control**, and things won't always go quite the way you want them to. Because you are learning to get it all together in your body, you will probably be clumsy: Breaking dishes, tripping over things, bashing into any object slightly smaller than a medium-sized elephant. Your parents may encourage you in these experiments with coordination to the point that you will feel a bigger idiot than you actually are. Your VOICE will bother you to no end. Suddenly it will freak-out on you. Once you had a nice tenor squeak; one day, right in the middle of talking to someone you want to impress, it will suddenly self-destruct into a low bass growl. But it's all a natural part of growing up. Don't let it bug you too much.

**MENTAL:** Here's the time to “soak up” as much as you can. Now, your mind may not be exactly rapt about your studies in school. You will often find it hard to see any use for what you are learning here, but it is the best time to study. Take my word for it; *what you store in your head now will suddenly make you feel like a genius in just a few more years.* Now you will frustrate all kinds of people at home, at church, and at school because you don't stay interested in any one thing for long. You'll be turned on to a lot of different things — cars, hobbies, secret gangs, martial arts, card-collecting — then, just like that, lose interest.

**Change** is the name of your game; you get really excited about one thing, and then within a couple of weeks it has worn off and you try something else. This is frustrating for your parents and your youth pastor, but it's good for you. You become interested in a lot of things; some of your interests will be just passing fads, but others may develop and grow into a serious part of your life. You're learning what you like to do in life, and what God has on His heart for you.

**SOCIAL:** You'll probably prefer the company of guys. You will begin to like girls here, but more or less at a distance. You just feel so weird and awkward right now, that when you try to talk to a girl

you feel like Charlie Brown. Girls can be really cruel right now, giggling at your squeaky voice and awkward looks. So for these years, girls won't outwardly interest you too much. That's fine. That's the way God planned it. The pressure to date, to explore the secrets of the other sex, to get looped forever into someone's life you never meant to even begin with, has badly sidetracked a lot of guy's lives. You don't need the hassle. You'll prefer your own gang of guys who share your interests. Make sure your closest friends are God's friends too.

You will be **tempted** to try out a lot of bad trips here: experiments with drink, drugs, masturbation, dirty books, violence, and stealing. Be careful. What you learn here may deeply affect your future. Stay close to God. Don't let the crowd push you into a mold that Jesus cannot honor. They'll say "*Doesn't everyone?*" The right answer is "*No. I don't need the pain. I pass.*" Be a leader by sticking up for God's laws and His honor. Give your friends a solid example of being clean without being un-cool.

**SPIRITUAL:** You'll be looking for **answers** - real answers. During this time, you may have a lot of doubts about the Bible, God and Christian things. This is a hard time for you. You will probably be strongly tempted to just push Bible study and prayer into a small corner of your life because there are so many other things you want to do. You'll think about Christian things every time you see God do something marvelous, but your spiritual life will be affected by the same plague of "change" that the rest of your life is going through during these years. Because your awkward feelings will be a hassle to you, you will wonder sometimes if you are really a Christian; if God really does exist; and if He can answer prayer.

Don't be afraid of doubts, provided they are honest doubts. You may just bury them under a load of new things to do, and push yourself more into what you are trying out lately as your latest interest rather than think about them. But remember: God loves you; He understands you; and He cares for you. He knows the way you feel now. He is watching you, talking to you in a dozen quiet ways, saying, "*My son, give me your heart.*" Learn it now; God wants to be a real Dad to you. Let Him.

Round about 16-18, STAGE TWO will creep up on you overnight until one fine morning — crunch!

You'll realize you are more a man than a kid — it's REORGANIZATION time!

**PHYSICAL:** Now your body actually *does* what you tell it to, with no unexpected side effects; you have added some weight and hopefully some muscle. You no longer behave like a one-day-old giraffe on stilts. Mom's china is experiencing months of relative safety from your destructive slips and trips of the past. You will have begun also to experience some important sexual changes as God awakens your sexual drives. You will begin to grow hair on your body, and have tried your first shave (after first carefully cultivating your first beard and mustache). You will try to avoid as many cuts and nicks as possible so that you can seem to be an expert; but your zits get in the way, and you may have a few accidents and go bleeding bravely to school.

By now you may have experienced some mornings when you find you wake up having wet your pajamas or sheets in a different way than when you were a little kid! Don't be alarmed; this is just God's special built-in release for the sexual pressure that your developing sexual drive generates. It will trigger every now and then, usually when you are dreaming, lying on your back. It is like the safety-valve in a pressure cooker that will save you from the temptation to masturbate (to trigger your own sexual function by stimulating your sexual organs yourself). Keep your mind pure and your thoughts clean; they will help you to keep a strong and energetic body. These are the sports years for those of you who are athletic. Your body is so together now that you can break records on court, field, and track. Go for it! Learn to use your skill and strength in physical disciplines for the glory of God.

**MENTAL:** Suddenly you'll be able to USE all that stuff you have been learning (hopefully) for the last three or four years! You will realize that you are really brilliant — a true genius, and you won't understand how it is that your parents could be so dumb on some things. Of course, you will want to show them how to do everything. You are convinced your newfound, superior knowledge can save them time, energy, and also impress them to no end. Hopefully, they will go along with you somewhat. Still, it may be frustrating for your Dad to have you show him the way to drive or fix his car, or for Mom to find you attempting to rewire her mixer for greater power. Be patient with them. When you are their age,



you'll know what it is like; and it may surprise you in a few years just how much they did know all along. Let the Lord be "Boss" of your study life. Let Him use your best subjects to make you "shine" for Him in class. Perhaps He can take you to the top for His glory. You can help others in your class who don't have what you do. It may lead to chances for witness.

**SOCIAL:** Suddenly you'll realize that there are girls everywhere! These can be wonderfully happy years in learning to show affection and friendship so long as Jesus is in control. Girls your age are interested in you now; you are, after all, looking more like a man every day. That creature next door you used to chase to pull her hair has suddenly turned into a demure, beautiful woman. You may get suddenly into poetry and music; now YOU are the one who is interested, and that girl who was always wanting to talk to you now has turned shy. Friendships with girls can begin a little awkwardly, but with Jesus help may end with you both actually enjoying yourselves.

You may wonder about **what a godly girl expects** from such a companionship; let me tell you. She expects you to take care of her purity of affection, to treat her with respect and honor, to be someone who is genuinely nice and fun to be with. She will not usually mind being treated like a princess, and the guy who learns to do this will not lack girl friends! But guard her affection and your heart. Don't let any developing close companionship degenerate into ugly exclusiveness, familiarity and then immorality. Keep all your friendships light and fun. Learn to mix with many different brothers and sisters during these years. *The pattern of dating and break-up in our society is what sets the stage for marriage breakup later on.* Don't start "dating" any one special girl, or it will put pressure on both of your lives that could cause problems and possible real hurt for you and her later. Give your love first to Christ; then let Him make you a man of God who knows how to lead any girl or other guy he knows closer to Jesus. That's the Bible way of happiness, friendship and peace of mind.

**SPIRITUAL:** Many of the guys you know are more or less **skeptical** about spiritual things. Some have begun to experiment with drugs; they are being pulled away from God and into the mystic and occult worlds. You will hear various Eastern or New Age religious trips pushed around. Fooling with seances, ouija boards, advanced spiritual power techniques in

martial arts or even forms of Satanism will be common. These are all bad news; stay clear of them. You'll need a lot of real answers now, and you will be excited to find out that the Bible does not ask of us "blind faith." We are to "*study to show ourselves approved to God.*" (2 Tim. 2:15) He will give you firm and clear foundations to stand on. He will give you a "wall to lean on that doesn't move."

A lot of your friends will make bad mistakes now; the man-centered ideas they gave themselves to will bring only emptiness, guilt, and bad trips. "Anything you do is right, as long as it feels good" will be the going philosophy. "Do your own thing as long as you don't hurt anyone" is another. This is of course true, and even a basic commandment of the Bible — **PROVIDED** no one hurts *God or any of His love creation* in their doing their "own thing. Stay clear of things that will trap and enslave you. You can't even do your own thing if your thing is doing you. Follow God's way with your whole heart. This is the time to really get your head and heart straight with God; this is the time to declare your independence from the hip crowd that is traveling hell-ward. Choices you make NOW will deeply affect your life and help shape your destiny. A solid, intelligent commitment to the Lord Jesus now may save your wholesomeness, your dreams, your future friendships, marriage, and ministry. Do it dude, and do it with your whole heart.

Finally, you're on the last rung where you'll be moving out of your teenage years and into the adult future. Here are the times where you will finalize your life choices and decide things that will take the rest of your life to live out. From 19-24 is stage **THREE - EXPANSION** time. Here you learn to be **BETTER** at what you decide to do.

**PHYSICAL:** Your body will be mature. If you've liked sports, you'll be really advancing in it. You will have added some "steel" to those early layers of muscle, with the proper discipline and exercise. You may be becoming a leader with Christ in control. You're on your way to taking a place in the adult world of men, ready to carve your own personal notch in the destiny of this planet. You've made it so far — congratulations! The next years ahead will be important to you in terms of study. They are the best years to learn in. Your head will be together; you are beginning to understand the world around you, and more than that, you know that you can actually

change it. So give yourself to discipline, to training, to study during these years.

Let God harness your sexual drives and channel them into a constructive energy for change. Don't waste time on foolish or harmful sidetracks that can rob you of these critical study years. Between 20-25 are the best years to learn for a man. Here you will have the most awake and flexible approaches to decide how you are going to do what you feel you want to do. It will be best for you to still postpone any serious thought about engagement or marriage until you have had time to give yourself to the work of preparing for the future. The best years for a guy to marry are between 25-30; by then, he has had some time to put his patterns together for the future, and he can use these years for added practical experience in his work. Don't get tied down to some nice girl even if you really care about each other just because others your age have, before you have had time to invest in both of your futures.

Never get married without a sure and clear word from God that both your pastor and parents support. And don't rule out the possibility of a creative **single** life. God sometimes has tasks that require a special man with unique gifts and abilities to serve him in a single ministry, especially if the task involves risk and danger in opening a new field for God and humanity.

**MENTAL:** Those high school friends of yours who never came over to God's side are almost all completely skeptical, or totally hung up in some other pursued path. You will have by now pretty much decided what you want to do with the rest of your life, or are right now in the throes of "knowing God's will." Make your choices wisely; guard your mind from the poisons of vain philosophies, materialist fantasies and humanistic ethics. In the pages of God's Word, you will learn as much about freedom, love, meaning, truth, and value as you can intelligently handle, and more. Give yourself to the work of honoring God with your study life. *"In understanding, be men." (I Cor. 14:20)*

**SOCIAL:** Here, your task before God will have competition from other pressures, like those of marriage, and possibly, competing job opportunities. Remember that all the time you give to these pressures will rob time from these critical development years. Discipline your life to put top

priorities first. Do what God says first. Learn to relax in His love and to take your responsibilities with a smile.

By now, the Christian outreaches that you were into in your early teenage years will be either specialized or curtailed; you will begin to learn how to bring the love of God into ordinary everyday life at school, or at work, or on the street. These are also years when you can build lifelong, lasting friendships, and cement relationships. Your interests will be narrower, your talents more specialized. You will be outwardly more calm and stable; although every now and then you will have flashbacks to those early uncomfortable years of trying to find yourself when you are put in a new and strange situation.

**SPIRITUAL:** Many of your unsaved friends will have begun to get hard, bitter, and very disillusioned about life's apparent emptiness. Some will have gone into hedonism trying out the playboy philosophy for the empty, sensual thing it is; others will have hit the streets in mystical or violent trips. Some will have sacrificed their lives on the altar of education or business; others will have been locked into a system within which they feel like a helpless pawn because they did not have the direction that Jesus could have given them.

It will be hard to reach young men here, but God is in the work of total change, and nothing is too hard for Him. You be available. Be a source of liberation, of wisdom from above, of quiet, practical, and dynamic leadership. Give yourself to the task of becoming a man of God in whatever calling God gives you. Be a friend with compassion and sympathy. Be a man who knows what true values are because he has listened to heaven; a man who knows where he is going because he is following the Light of the World; a man who speaks with authority and power because he knows Him who is the Way, the Truth, and the Life.

Ahead is your future and Earth's future. Walk into it unafraid because your Lord and Leader has already gone before you. Growing up with God can give you years you will remember with thankfulness and joy. Build memories you can carry with gratitude into the future. Don't be afraid to wholly TRUST Him. Give yourself to Him as a child puts himself in the strong arms of a loving Dad. Learn to know the beauty and simplicity in being a servant of the King of Kings. Let the whole world know that you are "one of

THEM” — that you belong out-and-out to God, body, soul, and spirit. Take the reins of your world with the courage of the committed.

## Growing Up With God

### Hi girls -

You'll be feeling many strange and perhaps bewildering changes in your teen years. In all of the Daniel Files areas — physical, social, mental, and spiritual, technological, cultural, and political areas there will be new happenings and problems. Life will be kind of UNPREDICTABLE — up and down! You'll change a lot.

That's why it's so important to know Christ as a teenager. You will face the same problems as others, just as tough, if not tougher — but with your hand in His, you won't face them alone.

Between the ages of roughly 13-15 you'll be GROWING. It will be hard for you here! You will mature faster than guys your same age. *Your body at twelve is already as mature physically as a girl of 17 at the start of this century.* You have pressure to grow up long before you are ready for it. This brings its own special problems.

**PHYSICAL:** Your body will blossom out into young womanhood. There will be new clothes to try and buy as you develop. There will be new problems too, as you experience for the first time the special problems of becoming a woman. You'll begin to menstruate, that periodic monthly flow of blood that signals that God has given you the gift of becoming a mother. Your breasts will begin to develop, and with these sexual changes, your body will become alive to new stirrings of romance and love. This is beautiful, but you must be careful with your feelings. They are so much a part of your body at this time that they will be very easily stirred up romantically. Ride it out, dear one! Protect your body from being stirred into sexual passion, just as you would not try to force a rosebud open before it has had time to become a rose. All girls feel as strange as you do during these years. Don't let these big changes hassle you.

**MENTAL:** Here's the time to “soak up” as much as you can. Now your mind may not be too much on

studies at school. You find it hard to see any use for what you are learning here, but it's the best time to find out things. Don't fill your mind with Beverly Hills 90210-type love stories, videos and movies. I know how much this will clamor to take a big place on your life. Live in balance, by living in Jesus' love.

You will frustrate people because you don't stay interested in one thing for very long, “Change” is the name of your game; you get really excited about one thing, but within a week it has worn off and you are on some new trip. You change boy friends like clothes. Be careful of your emotions. They will change suddenly sometimes without warning. Don't get disturbed by bad-hair days or “rainy-day Mondays.” They get all girls your age down. You'll feel on top of the world one day, the next, so low you have to reach up to touch bottom. Remember: Your body is going through some rough changes; you are unfortunately connected with it! These feelings are natural; they will level off soon.

**SOCIAL:** Beware! Having changing feelings; being incurably romantic; and having a woman's body with a teenager's mind all spell “temptation” in the social area. You'll be interested in guys, but the ones your age will mostly seem like babies thanks to your faster physical maturity. Naturally, since they seem only interested in sports, in cars and gangs, you will probably feel attracted to guys who are probably older than you by at least three or four years. You may fall desperately in love with your English or history teacher because he smiled at you one day. Can you see the danger? Unless your affections are really controlled by Jesus, there is danger — real danger — of giving into your rocketing romantic feelings and getting into trouble.

Young love can be wonderful fun, even though it only lasts a little while (though you dream of it lasting forever and can't imagine ever loving anyone else than the boy who JUST SAID “Hello” to you — until next week!) The pain and joy of learning to win someone's interest and affection can teach you a lot about life. But let Jesus stay in control. He will always be there to guard you like a Big Brother who loves you and wants to keep you from hurt. Watch your associations. guard your sexual purity; don't buy the current ideas of loose living; you have time to watch how they work out in the private hells of those who lost the great debate, wound up disgraced, shamed and alone.

**SPIRITUAL** - You'll be looking for answers — real answers. At this time, you will have a lot of doubts about God, the Bible, and Christian things. This is a hard time for you. You feel like a woman, but you may still be treated like a child. Because you will have real hassles with your feelings, you will wonder sometimes if you really are a Christian; if God really does exist; if He really does answer prayer and if you can really be sure of spiritual things.

Don't be afraid of having doubts. God doesn't mind you asking questions, as long as you are really willing to find answers from Him. Spend a lot of time in prayer and reading your Bible. The Devil will try keep you away from God's Word because you will find the answers to so many of your questions there. As you learn think for yourself and to make your own decisions, you will need His steady hand to help you through the rough places. Learn to lean on His love. He will bring you through the difficult years with happiness.

Round about 16-18, stage TWO will creep up on you overnight until one morning — Crunch! You will realize you are "sweet sixteen" and it's time to REORGANIZE YOUR LIFE.

**PHYSICAL:** Your body will already be fully developed by now. You will have gotten used to its problems and had some time to learn to control it. These are the years for those of you who are athletic to really shine. You will find your body is so together that you can break records on court, field, and track. Go to it! Learn to use your skill and poise in physical disciplines for the glory of God.

**MENTAL:** Suddenly you'll be able to USE all that stuff you learned the last three or four years. Those of you girls who are more academic will really shine now; maybe you'll be your class "brain" (although of course, you'll be very modest about it and not use it to make all your boy friends feel like Charlie Brown). You will be learning more than girls your age did ten years ago; far more things than most of your parents ever knew about at this age. You will be put under pressure to worship at the shrine of education; don't let it become a god in your life. Let God be "Boss" of your study life. He can use your mind to take you to the top for His glory; you may too be able to help others in your class who don't have as many answers as you do

**SOCIAL:** Guys your age ARE interested in you now - VERY! These years are beautiful, and you can make many lovely (though sometimes fragile) friendships. You may go through a "hard-to-get" period around now; guys will feel awkward in talking to you, and you will lose some of that giggly, "overly excited" attitude you had before and become a demure, mysterious woman. You may have a lot of attention from guys and that's good -. you will be learning to handle friendship and affection with others. But keep close to God and nothing remotely serious yet; keep it light and learn to mix with many different brothers and sisters.

**SPIRITUAL:-** Some of the girls you know are probably pretty skeptical about spiritual things. You'll need a lot more answers, But you will be excited to find that the Bible does not ask "blind" faith of us. We should "study to show ourselves approved to God." He will give you some real foundations to stand on. Many of your friends who are living without Jesus will now find that the sandy grounds of human ideas which they once took refuge in are starting to sink underneath them.

By now, a lot of your friends will have made some bad mistakes; some won't have learned from them. "Anything is OK as long as it feels good" — this will be a common idea in the crowd. This is the time to really get squared away with God; to get both your head and heart straight. The choices you make now will deeply affect your life and help shape your destiny under God. A solid and intelligent commitment to the Lord Jesus now may save your wholeness, your dreams, your future friendships, marriage, and ministry. Do it, and do it with your whole heart.

Finally, you make it to the last rung where you'll be making many of your final important decisions. These will be choices that will take the rest of your life to live out. From 19-24 is EXPANSION time. During these years you will learn to be better at what you have already decided to do with your life.

**PHYSICAL:** Your body is fully mature; you know its capacities and its capabilities. You are beginning to understand your moods and feelings in relationship to your own personal chemistry from week to week. Girls, you are women now; young adults, ready to face the shining, scary, troubled, and beautiful world around you. Congratulations! The



next years to come can often be years in which God brings to you some guy to share your life and love; between about 20-25 are the years when most girls marry, although with many now it's a little later. Make it a point not to marry before you are at least in your twenties; enjoy your single womanhood, and leave your marriage in the hands of God.

Don't worry if you aren't proposed to on your nineteenth birthday; and don't rule out the possibility of a creative single life. Although it is often God's will for girls your age to marry, sometimes He has tasks that require a special woman with unique gifts and abilities to serve Him in a single ministry. Relax in the hands of your loving Father in heaven and know that His whole heart is set on making you the happiest, holiest woman He can. And if you aren't sure which calling is to be yours, stay single until God clearly says otherwise. It's better to be single wishing you were married, than married wishing you weren't!

**MENTAL:** Those high school friends of yours who never came over to God's side are almost all skeptical, completely skeptical. A few may have cast their lot in with some edge group to give them a vehicle for their hurt and their rejection of Biblical morality. You will have probably decided what you are going to do for the Lord; all your learning now will be centered on carrying out that goal. Make your choices wisely; guard your mind and heart from vain philosophies and humanistic ethics. In the pages of God's Word, you will find out as much about freedom, love, belonging, and truth as you can diligently handle.

**SOCIAL:** Here, in His will, God may lead you to your life-partner, God's man for your life. Sooner or later, you may begin a home, and a family. Some of your earlier outreach activities for Christ will be either specialized or curtailed. These years will be those that build lifelong friendships, years to cement lasting relationships.

**SPIRITUAL:** Many of your unsaved friends will be hard, bitter, and disillusioned by life's apparent emptiness. Some will have been used by the men or women to whom they gave themselves, hoping for some taste of real love and affection; they may be deeply bitter, and may conceal their anger by flattery or even prostitution. Some will have become pregnant, given up their babies, or aborted them; others will have felt pushed into marriages they had to go through with because they got so far in they couldn't back out. But God is in the work of reshaping the hardest lives.

When a woman gets hurt, she hurts more deeply than most men of her age and similar experiences. It can make her very hard. But the same Lord Jesus who spoke to the used woman at the well can speak to women today and restore joy and liberation to their hearts and lives. You must be available. You be a friend who is ready and sympathetic, quick to show compassion and care. God can use you and wants to do so. There is such a needy world around you. Ahead of you lies your whole future and, with that future, part of Earth's destiny. Walk with love and faith into it, and know that Jesus has gone before you to make the rough places smooth before your feet.

Growing up with God can give you years which you can look back to in thankfulness and joy. Have many memories of lovely things and beautiful happenings you can carry with you into the future with Jesus! Don't be afraid to WHOLLY TRUST Him. Give yourself to Him with the same commitment and devotion you would give the man you chooses to be your husband, lover, and the father of your children. Let the whole world know that you belong to Him; body, soul, and spirit.

Be a WOMAN of God in the way you look, dress, speak, and live. Be a real 1 Timothy 4:12 person. And girls - God bless you. The WORLD is yours, for you and God to share together.



## Social Success - “well favored”

### Presentation, poise, relationships with others

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# Chapter Two

## Appearance

### Appearance - “handsome, beautiful” - Making The Most Of What You Are

“Eye has not seen, nor ear heard,  
neither have entered into the heart  
of man the things which God has  
prepared for them that love Him.” (1  
Cor. 2:9)

You are a child of the King of Kings! God made you, saved you, loves you! You can use what you have to bring Him glory. The difference between Babylon and the Kingdom of God is that God’s standards are never fads, you don’t have to compete to accomplish and achieve and what you are outside is never as important as your inside life. Yet your features, coloring, height, and body shape or figure can all contribute something to His purposes for you. Let’s start with *who you really are*.

Our **sense of personal worth** is based on what we think the *most important person* in our life thinks about us. Your Father is the Lord of the Universe. Hold your head high! You are a special subject of His love and care. So what if you are different? So what if you don’t look in others’ eyes as cool as your brother, or have the talents of the girl next door? None of these things matter because you are made to be His treasure! You are important to Him.

## BIBLICAL ACCEPTANCE vs. CULTURAL IMAGES

I can hear you say it: You’re not all that you could be. So? Neither is anyone else. But you can and must make the most of your best points and work to improve the others.

When God made you He broke the mold. Why do so many kids dress *just like* some rock, movie or TV star they admire? Because they *want to be different*. Excuse me? You don’t need to copy someone else to be special. You already *are* different. You have different fingerprints than anyone else in the world. Your brainwaves and retinal patterns are utterly unlike anyone else. Even the hair on your head is different from that of your twin brother or sister if you have one. Yet your world keeps telling you to *find* yourself, *discover* yourself, *express* yourself. *Who else can you be but yourself?* As C. S. Lewis said “There is very little chance of you turning into a cabbage.” The problem many teenagers face is not that they can’t “be themselves”. The real problem is that the self they know (or think they know) *they don’t like at all*. What if you are unhappy with yourself? What if you don’t **like** what you are?

## “GOD DON’T MAKE NO JUNK”

Social science talks about the problem of coming from a “dysfunctional” home. Who *isn’t*? *All of us hurt in one way or another*. After Adam and Eve, nobody got a perfect deal. Some things that happen to us are not at all what God intended for our life. (Gen. 5:20) Not even Jesus came from a perfect home situation. He was born in a barn. The government tried to kill Him more than once. The legitimacy of His birth was questioned. He grew up in a nothing town. He went missing from his family at twelve and He seems to have lost his earthly Dad early in life. His closest friends abandoned Him when He needed them most and one of His friends betrayed Him. All the world ever gave Jesus was a cave to be born in, a cup of vinegar and a cross to die on. Though He was God and rightful Ruler of all, He chose to come here in a way no one can ever say He had all the breaks. Though He was rich He laid aside all His rights and privilege so we through His poverty might become rich. (2 Cor. 8:9)

You may feel like you have nothing. Yet you and I were born with some special talents, gifts and attributes no one else in all history ever had or will have. Never feel inferior because you don’t live up to *someone else’s* potential. All God calls you to do is to

live up to your own.

Peter asked Jesus what another disciple was going to do. Jesus said "What is that to you? Follow Me." (John 21:21-22) In other words, it doesn't matter to you what I'm doing in *their* life. You listen to Me and do what I want for your life. What is great and good in your life you can thank God for. What is a limit or a hindrance can be worked on, improved or simply accepted as a means of trusting God's grace to carry us when we can't carry ourselves. God doesn't make junk and He never junks what He makes. Let's get it straight right from the start: *No matter what you have or don't have right now in your life won't stop His purposes for you if you put it all in His hands.* What you can become by His power is your gift to God.

### LIVING WITH UNCHANGEABLE LIMITATIONS

Some things you can (or must) change. This book will help you do just that. If you carry out some of the Bible secrets we share with you here, you will not only do well. You will be the utter *best you can be* in those areas. There are truths God shows us in His Word and in His world that are filled with power and life. His Word and His Spirit can change things no one else can change. You can be well and strong and happy. You can break bad habits and have a heart and mind and spirit that are strong and will carry you in His service in a wonderful way. Bad things you felt before you always had to live with can go away forever. Selfish and stupid habits of the heart and health can be changed into laws written on your heart that will carry you to places of influence and command you never dreamed possible. (Ps. 25:14)

But all of us have limits. We will never be God. The temptation to play God is to try to be like Him *without Him*. God will never let us go to the place where we no longer need His help. *There is no such place*. In each of our lives we have limits. To find what these personal limits are and to live in them is a big part of growing up in God. Blessed is the one who knows what he can never do, and doesn't mind. (John 15:5)

### DYING TO WIN

Your world tells you to win you must be invulnerable and invincible. It tells you to learn to be independent, stand on your own two feet, listen to no one. Your world is also full of it. *God says the exact opposite.* He says to win we have to know our **weaknesses** and know how quickly we can fall. He says to triumph we must learn to trust Him, to expect His help, to be a

continual learner. God delights in taking those the world writes off as losers and making them utterly awesome. Your unchangeable limitations are also a great blessing in disguise. They are opportunities for others to see you serve an invisible Someone who can make anyone who hangs with Him the greatest mover and shaker of them all. (1 Cor. 1:26-31)

So HOW DO YOU START? What do you do that begins to make the difference? Do the *exact opposite* of what your world tells you. Focus on yourself and you will wind up with nothing more than yourself. You will stay stuck with all your in-built and inbred hassles and hindrances. A man wrapped up in himself makes a pretty small package. Jesus never said "Find yourself." He said "*He that finds his own life will lose it*". (Matt. 10:39) Jesus never said "Express yourself, be popular." He said "*Except a corn of wheat fall to the ground and die it abides alone.*" Jesus never said "Explore yourself". He said "*He that loves his life shall lose it.*" (John 12:24-25).

Understand this: When an infinite God expresses Himself finitely it always comes out different. The SECRET OF BEING DIFFERENT is simple: *don't* try to be yourself!

**Forget yourself.** Give yourself away to Jesus. *Deny yourself* - with all its limitation and hurt and small and shabby ambitions. Give up your life to the Infinite God and His eternal purposes. Lose your life in Him. Seek only to serve Him and others for Him. Set the pitch of your heart to learning and knowing Him, and making His glory great in the eyes of others. Let Him express His personality and power through you. And this I promise you: you will become utterly, wonderfully unlike anyone else in history. You will find that in losing your life you find it forever. (Mark 8:34-36; I John 2:15-17)

### SIT, WALK, STAND

Lets take a look at the WAY YOU MOVE and carry your physical frame. How do you sit? How do you walk? How do you stand? **Posture** is important because your body speaks to people. The way you carry yourself is a message. A well-trained athlete whose body is in harmony is a picture of grace. The way you hold and position your body can communicate poise, confidence, strength, alertness and class - or something else!

What does *your* body say to people when you sit or stand or enter a room? Do you want to change it? Do

this to help:

**Stand** neither slouched nor stiff, not slumped over like a sleepy dog nor ruler-straight like a soldier (unless you are in the military). To show confidence, you should stand with your feet pointed directly forwards. Keep your shoulders level and straight, hands free and - very importantly - your knees *slightly bent*. This slight break both removes tension from your legs and back. It translates to others as **ease and authority**. To get the idea of holding your head high, stand butt-flat against a wall, with both your heels and shoulders also touching it. Think of a string from your spine through the back of your head, like God's hand is holding you up from heaven. To deliberately straighten and align your body like this before you enter a room will give you a sense of strength and security.

**Walk** like a forgiven child of God. Cut out any learned moves that are silly, sexually suggestive or slumpy. Learn a lesson from the military. The very first thing you learn is how to hold yourself when you stand and when you move. *Why does an army teach its soldiers how to march?* An army doesn't learn to march for the actual battle itself, but as a preparation for battle. An army march trains men to show confidence, courage and concentration. They are to show in their presentation no visible fatigue, fear or weakness; no stooped shoulders, defeated posture. Every movement is decisive, clean, nothing is allowed to look sloppy or lazy. You see that focused, poised and disciplined walk on all great tennis champions between points; what Jim Loehr calls the "matador walk."

**Sit** the same way. Don't slump back in a chair, nor perch on its edge as if you are uptight or desperate. Sit directly in the middle of the chair, feet firmly on the floor, body leaning slightly forewords. Next time you are in an important meeting try this. You will find you can move easily, turn to attend whoever is talking and project a sense of ease, strength, attention.

The WAY you sit at a desk, typewriter or computer is also important. Wrong posture can hurt you and create both eye and wrist strain. Set up your keyboard and chair right. You should be able to write or type with your arms level slightly bent forewords, any display you use level with the top of your head, and your feet flat on the floor. (*See the section under Aptitude for relaxation breaks during intense study.*)

## DRESS - "MAN MAKES THE CLOTHES"

Now let's look at **dress** - what you choose to wear. Clothes have become centrally important in many kid's lives. They take up a huge amount of our money, attention and time. Are they really that important? What does God have to say about dress?

No one can set a pattern of clothes that meet a "Christian" standard. What we accept for one reason in one land may be totally unacceptable elsewhere for a different reason. What Christians wore a hundred years ago may be weird today. But dress is very important. It is an **outward sign** of our inward choices and life-styles. It gives a visual cue of the life we like to live and the kind of person we show we are. Like a label on a can, dress tells people something about the contents inside. You may of course be quite different than you seem. But dress badly or wrongly and you may send people messages you don't intend.

When Jesus spoke about John the Baptist, He asked the people what they expected to see in him: "But what did you go out to see? A man clothed in soft, expensive clothes? Those who are dressed in style and luxury live in palaces." (Luke 7:25) John didn't wear clothes of popular culture; he wore a camel-hair coat you'd never find at the local fashion counter! But his **clothes said something** to the watching world. *What he was, was part of His message.*

What YOU WEAR is part of YOUR message. You say something to people by the way you dress. It is one of the first sermons anyone hears when they first meet you. Now, what does your sermon say? Does it give the right kind of message? Draw peculiar attention? Does it say something good about what a friend of Jesus is like?

When the first man and woman sinned, they made for themselves the first set of clothes. This "fig-leaf fashion" wasn't right for the cold night of judgment about to fall on the first sinning pair. God stepped in and clothed them properly. God's first step when He faced them with their sin was to clothe them His way. (Gen. 3:7, 21)

The people who "overcome by the Blood of the Lamb" in the book of Revelation are known by their clothes. Their dress is part of their testimony. (Rev. 3:4-5) The distinguishing marks of BABYLON, the "mother of harlots" was her CLOTHES and jewelry; what she looked like outside was an integral part of what she was inside. The Bible opens with humanity



being clothed, and closes with similar scenes. Your dress is important to God. It is not just a hang-up of previous religious formalism. Even Christ's death was related to clothes; He was stripped to die, and the soldiers cast lots for His garments (Matt 27:35)

The world uses dress and fashion to inject its spirit and morals, its ethics and values (or lack them). Our way of dressing tells us something of our control or influence by this world. As time draws to a close, dress will become more and more perverted. Satan has two poles to push us in clothes. He either tries to strip us or make us look silly. We must stand as Christians and dress in a way that will speak, as loudly as our words, what is clean and valuable and real. Every day, the way you dress will say something to the world about Jesus and you. (I Tim. 2:9; Mat 6:28-29)

Now, you don't have to dress to impress. No Christian has to put on special clothes to feel like a special person. You know you are already. You can afford to dress in a way that is clean and comfortable, without having to follow the world around you, whether the current craze of the ever-shifting fashion world, or the subculture in rejection of it. But remember: **What you look like will tell the world something about God.** Make it count. Learn to dress in a way that honors Christ. Here are rules for any kind of style in dress:

### TASTE IN DRESS

(1) Be **CLEAN**: Clothes can be old, second-hand, cheap, or very ordinary; but should never stay dirty. Keep them washed, as neat, and clean as your life-style allows.

(2) Be **SIMPLE**: Avoid complex trimmings, complicated styles. Let your dress preach the kind of Gospel Jesus said was so simple a child could understand it.

(3) Be **SENSIBLE**: Don't follow the latest fad just because it is in at the moment. Fashion-slavery is a sign of a crowd-serving, worldly heart.

### GENERAL RULES FOR DRESS

(1) Dress to commend the Gospel. You are a "Living Bible."

(2) Dress for what you're doing. Don't waste God's money on useless extras.

(3) Dress to suit your personality. Ask God to help you choose your clothes.

(4) Never look sexually suggestive. (Burn your old clothes if they are.)

(5) Never look cheap. God's beauty is an inner mark you can't buy in a store.

### FOUR BIG MISTAKES IN DRESS:

(1) **Too much**. Follow the latest trends and you will find people more interested in your clothes than you. (2) **Not enough**. Dress sloppy, dirty, and unkempt and you say something about your life you may not like. Casual isn't messy. (3) **Perfect isn't**. Too carefully starched, ironed and buttoned looks stiff. A well-dressed person should always look comfortable in their clothes. (4) **Minor mistakes** make a big difference. Get the rest right but one thing wrong (like cuffs too short or long or the wrong color) and you look unfinished. Take the time to get stuff that matches up in size and color.

The Bible only gives us guidelines in dress; it does not tell us what to wear, but it does tell us how to wear it.

(1) **DRESS TO DISPLAY JESUS** in your life: "The adornment of a Christian woman is not a matter of elaborate hair-styles, expensive clothes or costly jewelry, but the living of a good life." (I Timothy 2 :9) The Greek word used for dress here is from a word that also means "to appease, put down." Dress should not stir up attention to your body; it should only set you off as a person in the sight of others. Clothes should be a backdrop not a showroom. Dress modestly for Jesus.

(2) **DRESS TO DRAMATIZE THE INNER YOU**: Extremes in dress are signs of a lonely, self-centered heart. "Moreover, "Jehovah said, "Because the daughters of Zion are haughty, and walk with outstretched necks and wanton eyes, walking and mincing as they go, and make a tinkling with their feet; ...beauty of their anklets ... the pendants and the bracelets ... the headbands and the ankle chains ..." (Isa. 3:16-24). Avoid dressing in such away that people notice you because you look fashion-conscious or even too perfect. Too much attention to dress shows up to others as if your **clothes are wearing you**, not the other way around. No one should notice a Christian's clothes before his or her face. They should reinforce not overwhelm. *If you're not on stage, you don't need costumes.*

(3) **DRESS TO PLEASE JESUS**: "And I, John saw the

holy city, new Jerusalem (God's people) coming down from God out of heaven, prepared as a bride adorned for her husband." (Rev. 21:2) "Don't be concerned about the outward beauty that depends on jewelry, or beautiful clothes, or hairstyles. Be beautiful inside, in your hearts, with the lasting charm of a gentle and quiet spirit which is so precious to God." (1 Pet 3:3-4)

Dress each day in the kind of clothes you would be happy to wear in heaven, if you were going "home" that day. As you look in the mirror, ask yourself, "Will Jesus be happy about what I'm wearing?" Dress to make Jesus proud of you.

### TATTOOS, RINGS & BODY PIERCING

Many consider these as edge fashion accessories; cool pictures, shapes or words that you make a permanent part of your life. What does God say about these in His Book?

Tattoos were well known in Jesus day. Both men and women were marked by their masters much like a cowboy brands cattle; something permanent and painful that forever identified them with the one that ruled them. A slave in Hebrew days who had worked off his six year debt in the service of his boss was to go free on the seventh year - no one could be a servant of another legally for more than that. But sometimes a slave didn't want to leave. Law could no longer hold them, but love might. Hebrew law made provision for such a situation. The master pierced his ear. From then on much like a wedding ring, the slave's pierced ear was testimony to his voluntary love-slavery to his master. (Ex 21:2-6)

Similar situations are true today. Many people put themselves through the pain and permanence of a tattoo. They say it gives them a sense of uniqueness. A macho image like that of a tattoo is a self-imposed record of bravery: pain faced and made permanent part of my life. This way the ear, nose, nipple, genital or other body parts are made the target of a tattooers' needle or a body-piercing specialist. When you see someone with a body ring or tattoo, you are to think: *There goes someone who is not afraid to go against the crowd. There goes someone who is both daring and slightly dangerous. There goes someone who has voluntarily faced pain, stared it in the face, and now flaunts it for fun.*

Does God say anything about this? Yes, He actually does. Although neither the patterns or the tools of our time existed in Jesus day, people like us got rings

and tattoos too.

If you consider using these ancient arts on your body, (and that by choice, not coercion of another), as with all such questions you must ask yourself:

(1) *Why am I doing this?* Is it to feed a habit, build an image, show somebody?

Those set apart for God's service in the Old Testament were to be seen as special because of their calling and God's touch on their lives. Only their clothes spoke of their special calling. Idol-worshippers marked themselves by odd ways they wore their hair or beards or marked their skin: "Neither shall they shave their heads, nor suffer their locks to grow long; they shall only poll their heads." (Ezek. 44:20). But hair is not the issue. Samson grew his hair long as a sign of his obedience to God; Paul shaved his head for the same reason. (Num. 6:5; Acts 21: )What is core is your *heart motive*. Is it for the Lord's sake? Is it what He told you to do? Is it what will mark you as His man or woman?

(2) What *risks* am I taking? AIDS transmitted from a dirty or improperly sterilized needle? Permanent tissue damage? Unsightly and embarrassing words or pictures if you ever want to alter what seemed so cool then, but maybe dumb, trite or just plain ugly to you or others later? (Rom. 12:1-2; Col. 4:5)

(3) Did Jesus give me *permission* to mark up the body that belongs to Him? Will what is done ultimately draw attention to Him or just to me?

"They shall not make baldness upon their head, neither shall they shave off the corner of their beard, *nor make any cuttings in their flesh.*" (Lev. 21:5) "You are the children of the LORD your God: *you shall not cut yourselves*, nor make any baldness between your eyes for the dead." (Deut. 14:1)

The only records of tattoo and other forms of flesh-piercing or cutting in scripture are those of men who linked their lives with the occult and devotion to the dead. God takes a very dim view of this. (1 Kings 18:28; Jer. 16:6; Mar 5:5) Demon worshippers practice *self-mutilation*. It is part of the Devils' hatred & jealousy of God's design of our bodies. At the end of time, the Beast seeks to mark bodies of those that follow him to destruction & torment. (Rev 13:16-17; 14:9-11; 16:2; 19:20)

If you have done or are thinking of doing something

for fun that will mark your body forever in a way that dishonors God, consider it a serious mistake. If you have pierced body parts that you feel now brings dishonor and disrespect for His temple, take whatever steps you must to undo the damage. You were made to reflect His glory. All you do must honor Him. And unlike the slogan of the abortionist, your body is *not* yours. “You are not your own” says the Scripture “but you are bought with a price. So glorify God in your body which is God’s and your spirit which is God’s.” (I Cor. 6:19-20)

## BUYING CLOTHES

Clothes can be costly. What can you do to build a wardrobe that looks really good, lasts well and doesn’t date? Here are some guidelines:

(1) Never buy anything the **first time** it appears. One-season fads date quickly. Use the same rule for everything you buy not unique or on sale: **wait for a year**. If its still there later and you still like it, buy it. Don’t buy anything you plan to throw away. You won’t do it. Buy what you need and get out of the store before you make a mistake.

(2) Don’t buy something just because it is on sale unless it fits you and your other clothes *now*. Don’t buy with an idea that sometime in the future you’ll find something to match it. But always head for the clearance and sale rack first if you know what you want. Buy at the end of a season. Good clothes are always in style whatever year.

(3) Find something basic you really like? Fits and looks great on you? If you can afford it, **buy more than one**. Try on each one. Sizes and fit vary slightly. Flaws show up if you don’t rush to save time and wind up with something you can’t use.

(4) Keep in mind **what you look like** and **what you do**. Don’t spend God’s money on a lot of stuff you’ll hardly ever use. If you wear work clothes mostly, you won’t need a closet full of ties. Tell your family what you need for presents.

(5) Buy **natural** fabrics - cotton, linen, wool, silk. They always look classy. Men, cut the jewelry. If its not good enough to keep in a bank, throw it away. If you’re going to wear a chain, keep it under your shirt. Girls, choose accessories carefully.

(6) Check seams (secure?) Loose, hanging threads or buttons? (shoddily made.) Suits or jackets: crumple

fabric to see if it recovers well. Belts should have five holes, the actual length measured from the central hole. *Avoid the unusual*; it dates too quickly.

## CHOOSING CLOTHES - GUYS

### PANTS

**Casual:** Jeans, cords and khakis made of cotton *shrink*. Err when you buy on the side of a little looseness and length. Avoid cords if you are heavier; it bulks you out even more. Elastic and side-tabbed waistbands look old.

**Dress-Up:** Stick with navy blue, gray, black or subtle tweed. Test the belt and shoes you want to wear with them. **WAIST:** secure but not tight; can you slip three fingers flat between the band and your shirt? If you want to look taller, don’t have cuffs. Angle hems with slightly more fabric in back than in front. **CUFFS:** even all round. You need only a slight break onto the shoe; too big makes pants look sloppy.

### JACKET

**Casual:** Should be like casual shirts - loose, comfortable and full. Leather, wool or cotton, except for track suit/warm-ups. **SWEATERS:** buy bulkier than your size.

**Dress:** Suit jackets should last a long time; buy and fit carefully. Take the shirt, shoes and belt you want to wear with you and try it with them. Sizes vary with maker. **CLASSY BASICS** are a good navy blazer, solid-color cotton blend lightweight sports coat and a well-fitted lightweight suit.

**Tall and slender:** European close-cut suits tend to fit better on tall and slender men.

**Short and stocky:** Looser American suits fit better; a more natural look, sloped shoulders and more elbow room. Two-button jackets can make you look slimmer. Avoid three or four button jackets if you are heavier. Double-breasted styles look good on anyone, but *not* buttoned.

A **jacket collar** should lie flat against the back of your neck and shoulders and let show a quarter inch of shirt collar. Get the **RIGHT LENGTH** by your arms: curl your fingers with arms loosely at your side. The bottom edge of the jacket should fit in the cup of your fingers, and the jacket should show a quarter-inch of shirt cuff.



## SHIRTS

**Casual:** T-shirts should be tank-top, thicker woven cotton. White is cool and you can wear them under a shirt or on their own. Long-sleeved mock turtle T-shirts look good under blazers and sports coats. No V-necks. Minimize the slogan shirts.

**Dress:** Check size each time you shop; your body shape changes. Collars should be comfortable, not tight enough to mark your neck nor so loose it hangs away.

## TIES

Take your time buying this! If you are *sure* an unusual tie will work with your suit or jacket go for it. Otherwise stick with the plain and simple, small subtle designs or solid classic colors. **Wide** tie knots can make your face look fuller; **narrower** knots slim it. A **knotted** tie should fall dead center, to just touch the top of your belt buckle. Check to see it hangs right and even: drape it over your hand in half. If the small end falls directly in the center of the large, it is made and cut right. Ties vary in length a lot. Take one that already fits you well and use it to size another.

## HAIR STYLES - GUYS

All of us have different shaped faces. Experiment with styles that flatter your features. Think of your particular facial shape. Style your hair to balance it out. Build it fuller in the areas you want to emphasize. Keep it thin in the places you want to minimize. Wayne & Emily Hunter suggest the following styles to help you look the best:

If your face is **long and narrow**, wear your hair flatter on top and fuller at the sides. Shorten the look of your face by wearing your hair lower on your forehead.

If your face is **round and full**, lengthen it by lifting your hair higher on the crown and flatter at the sides, or show your ears. Draw your hair higher one side than the other, part your hair more to one side or cover one side of your forehead.

**Heavy jaw-line and narrow forehead:** build fullness above your temple and ears and cover more of your forehead.

**Narrow chin-line, broad forehead:** draw your hair down more to one side, keep hair at your temples thinned and use a diagonal instead of a center part.

**Square face:** round it off by lifting hair at the top of your head and drawing it closer in at the sides to minimize facial width. Diagonal part. Not flat on top or full at sides.

If your **ears stick out** too much, don't flatten your hair above them. Let the hair grow out more to cover the gap between the outer tip of your ears and the side of your head.

**High, slanted or receding forehead:** Conceal by covering. Draw hair forward.

**Prominent or protruding forehead:** Keep hair flat, smooth and un-bulky over it.

**Prominent nose.** Some hair down on forehead. **Short nose:** draw hair back.

**Tall:** Have enough bulk at the top of your head to balance. **Short or heavy;** avoid bulky high hairstyles that overpower. Keep hair neatly trimmed and moderate.

Your hairstyle should help you look fully masculine. (*Man In Demand* pp. 83-87)

## CHOOSING CLOTHES - GIRLS

Here are a few guidelines girls to help you pick the right kind of clothes. If you are not average height or weight, they will help you make the most of your best points and not draw attention to your bad ones:

If you are SHORT.

Choose clothes with vertical patterns, THIN motifs and fabrics. Use thin belts, straight-lined or accordion pleated skirts. You look best not wearing big, busy prints or a lot of different colors. A neutral shoe helps; it lengthens the leg/foot line. Hems should be kept around the knee. THINK tall! You are big in God's eyes. Don't feel funny because you are little. Most Christian guys like to feel protective and strong. Your size can help them feel like that when they are with you. Avoid horizontal stripes or wide accessories that will shrink you further.

If you are TALL:

Pick out dresses with horizontal lines, large-patterned prints, bulkier fabrics. Buy longer jackets when bought individually, use wide belts, slightly flared or soft-pleated skirts. Watch out for too-long skirts that

can stretch you out or vertical stripes. And if you are tall; remember God made guys like that too, who feel funny with normal-size girls and absolutely ridiculous with short girls. Cultivate a gentle spirit. Learn to speak with softness, so you don't seem imperious or self-sufficient in your height.

DARK colors conceal and slim; BRIGHT colors do the opposite. Pick according to your hair color, skin tone and favorite colors.

If you have a lot of red in your face, stay away from reds, fuschias, red-purples. If your complexion is more sallow, avoid yellows and yellow-greens at all cost. If your face is very pale, whites wash you out.

Choose the **weights** of your clothes wisely according to the work you are doing and where you will be. MEDIUM WEIGHT clothes span more seasons. Keep your hem lines about half-an-inch shorter than your coat hem-lines on normal dresses.

### PROBLEM FIGURES

You want to look nice, but your ancestors dropped the ball on you genetically. Use these tips to help visually correct a figure:

NECK: **Short** - Use minimum-clutter lines; "V" shaped necklines. **Long** - Polo-type necklines; wear collars or scarves when you can.

ARMS: **Plump**—Use loose sleeves, not too short; just capping shoulders, end at muscled area just above the elbow or the wrist.

**Long**: Cut by your sleeve at the thickest point. No sleeveless styles.

BUST: **Flat**: Use lighter, floatier fabrics; avoid clinging material. **Large** - Fluid, unbroken lines to hips—no high-waisted tops.

WAIST: **Long** - Disguise by low-waisted bodice.

**Short** - Better over-all balance with a shaped leather belt; fit below waist on lower curved edge.

THIGHS: Can be hidden to some extent by a flared skirt.

You can lengthen your shortness a bit by a slim dress with a not-too-long skirt.

FEET: If they are a little long, shorten with higher heel; this also lengthens ankle-to-knee.

HANDS: Large - Use a glove for special occasions 3-4" above wrist. Beige is preferable to white.

Small—Don't wear chunky rings, watches, jewelry.

### ACCESSORIES

At least one set in a basic color: black, brown, white, navy, or gray. A beige dark enough for winter, light enough for summer is the best compromise. If you want an extra set, get them in a brighter set of colors but be sure the shades match each other.

If you like a motif or pattern that is popular one season, buy a scarf or pin in it, not a whole dress you'll only get to wear once then have to hide in the back of your closet.

SHOES. Heavier—Use a more solid heel. No tight, thin shoe-straps!

Taller—More medium heels. You don't need to always wear flats.

HANDBAGS: Spend as much as you can afford to get a good-looking one. A good bag dresses the plainest outfits and lasts for years. Get a shape that doesn't date. Stay away from over-stuffed or over-large bags; they are not suitcases.

ABOVE ALL: Dress modestly. Don't dress sensually. Dress like a woman, but dress like the princess of the Royal Family you are. Preserve your unique femininity. Don't try to copy maleness; stay away from rugged, tweedy or chunky fabrics. Keep your dresses delicate, swishy, and female. God made you a woman; be proud of it.

### HAIR CARE: GIRLS

Shampoo and WASH at least twice a week. BRUSH it well; "fifty strokes" for cleanliness and shine! Wear it trimmed and tidy. No loose straggly bits; it can have that billowy "wind-blown" look but not the be-draggled one. Stay away from elaborate styles; they are a waste of God's money, and don't last. Your hair is your glory. The Bible says it is a covering and a protection for you, an outward sign of spiritual understanding that you are protected by your Christian brothers who love Christ. If you can wear it long, do so; it can become a crown of beauty to you.

“... If a woman have long hair it is a glory to her; for her hair is given her for a covering.” (1 Cor. 11:15)

### COMPLEXION COLORS

There are many systems for choosing what colors look best on you. Because God made us all so different, there are thousands of color combinations possible that match your natural hair color, your eyes and your complexion. One such system uses four nature categories to help you decide on what looks best for you; **Color Seasons**.

Your skin is translucent. The color just under it is your true complexion, the key that determines range and depth of the colors that look best on you. Cool season skins WINTER and SUMMER are **blue or gray** undertoned. Warm seasons AUTUMN and SPRING are **golden** (not sallow) or **peach** undertoned. Hold a piece of white paper near your palm or stomach. Does your skin look bluer, grayer, more ivory or peach?

The COLOR of the clothes you pick will determine the kind of effect you create by the message of your dress. Choose those that enhance your appearance and you will look your best. Either get an specialist to help you out in this, or a book so you can see in detail what looks great for you. What colors made you feel good as a kid? Any clothes colors that drew compliments? Remember what you've looked best in before, or the ones you liked wearing all the time. How about your favorite week-end clothes? Forget style for a moment. Think about the colors that really seem to help you.

Here is a CHART summary from one good system to help you pick clothes that match your kind of hair, eyes and skin-coloring. Pick the color sets you feel most enhances your own special looks. It will help you choose what you wear wisely in a way that will best naturally complement what God has given you.

**Winter:** Blue skin undertone; gray-beige or very white skin; no visible pink or rosy cheeks. Most olive skinned, black and oriental people are Winters.

**Hair:** Medium to dark brown or black. Often white-blond as a child; turns prematurely gray or white; ash toned sometimes with red highlights visible in sunlight.

**Eyes:** Deep black-brown, red-brown, green, blue or hazel (brown smudge around pupil). High contrast

between whites of the eye and the iris, unlike a Summer.

**Colors:** Navy, Royal Blue, Blue-Red, Burgundy, Black, Pure White. You look good in strong, clear colors. Think contrast, sharp, pure and clean, true or blue undertone, icy, intense, vivid, never muted or dull.

**Summer:** Often visible pink in skin; some very fair and pale. Black Summers have soft, grayish tone to their skin, which is fairly light.

**Hair:** As a child often white to ash-blond; darker as a teenager. At high school, hair roots are light ash (grayish) brown. Bleaches quickly in the sun, sometimes to gold.

**Eyes** usually blue, green gray or hazel with a cloudy, softer look in the iris. Some Summers have soft rose-brown or grayed brown eyes.

**Colors:** Blue-Red, Blue-Green, Medium or Powder Blue, Rose-Brown, Soft White. Think blended, subtle, blue or rose tone, soft contrast, muted or grayed no pure white or black. Avoid camel, yellowish beige or greens, tans & browns, gold, orange, peach.

**Autumn:** Golden skin undertone. Fair-skinned ivory or peach; true redhead often with freckles; or golden beige from medium to deep copper. Peach, not pink cheek color.

**Hair:** Range from auburn to copper, strawberry blond to carrot-top, dark gold blond to warm brown, sometimes charcoal. Red or gold highlights. Matte, not shiny finish.

**Eyes** golden brown or green with orange or gold star-streaks; some clear glass green, some olive cats-eye green. A few vivid blue (turquoise) steel or extremely pale blue.

**Colors:** Dark Chocolate Brown, Mustard, Khaki, Rust, Moss Green, Teal Blue, Warm Beige. Warm, rich, spicy, gold and earth undertones; colors muted by brown, gray or gold. Oyster (beige) white, dark charcoal brown, golden/gray greens. No black, gray.

**Spring:** Ivory, peachy pink or golden beige; gold undertone. Rosy cheeks, blush easily. Golden tan freckles come easily. Some clear, creamy skin; clear, bright quality.

**Hair:** Flaxen, honey, yellow or strawberry blondes,

taffy red or golden browns. No ash-tone like Summers; as children many Springs are blond and darken with age.

*Eyes:* Often clear blue, green, teal or aqua, often with gold flecks. Some golden-brown or topaz. Hazel eyes contain golden brown, green & gold. A few deep blue/steel gray.

*Colors:* Camel, Gold-Brown, Light Clear Gold, Ivory, Turquoise, Peach, Apricot.

When you buy clothes look for warm, clear, pure, light to bright colors, that are alive, energetic, friendly and extroverted with yellow undertones. Ivory, creamy whites, no black. Light on all greasy, bright navy, true blue to periwinkle (blue-violet); aquas, turquoise; yellow-greens. Orange-red but no dark reds they make your face look harsh and aged. All peach, coral, apricot and salmon shades, warm pinks (yellow not blue.)

TEST **solid** colors held under your face in natural bright daylight. To compare seasons, hide one color over one from the other season. Check the effect when you peel it off to reveal the other. Swap their order and do it again. Look at your FACE, not the color.

A RIGHT COLOR for you smoothes and defines your face. It minimizes shadows, circles, wrinkles and lines. It brings out a healthy glow in your skin and makes your eyes sparkle. Your face stands out, the color in the background harmonizing with it.

WRONG COLORS do the opposite; they make your face look pale, sallow or dirty. They accentuate wrinkles, lines shadows under your eyes, blotches or scars. They dull your eyes, prematurely age your face. The color will look too strong or weak, pushing your face back. It will clash with the tone of your face.

RED, YELLOW, or WHITE are not usually good for the timid, shy, or plump person: RED "heats up" high color complexions. Soft, pale BLUES can look too "pretty-pretty" with bows or frills. BLACK emphasizes YOU, so groom carefully if you are one who can wear this color well. No hard crimson or too-pastel shades.

For "camouflage" colors, try BEIGE or GRAYS. Anyone can wear these colors, but they do nothing for you - too much will make you "fade away." Add accessory colors to make them live; choose ones to

"play up" your own complexion. (*Source:* Carol Jackson)

## SLEEP

One of the all-time best things you can do for your looks is to get **plenty of sleep**. Too many teenagers stay up too late and then have to get up too early. You need at least 7-8 hours of sleep every night when you are growing. It will differ a little from person to person; but what a difference that extra hour makes to your looks and vitality!

Get a good, firm MATTRESS; you're going to spend *a third of your life* on it. Pass on those stuffed with plastic or rubber foam; they gradually deteriorate, develop holes and ruts and give off toxic gases. A good mattress should feel at first a little too firm. The WAY YOU SLEEP affects your entire posture and even health over your life-time. Learn to sleep either on your back or curled to one side like a baby does in the womb. Don't sleep on your face or your arms. Develop REGULAR SLEEP habits; try to go to bed and get up the same time each day. No big meals two hours before bed.

If you **can't sleep** because you're thinking about something you might forget, WRITE IT DOWN or record it on a tape recorder at the side of your bed. Then leave it for the Lord to take care of until the following morning. If you find it **hard to sleep**, don't worry about it. Get up. Sit in a comfortable chair, lie on a couch, read a book, drink some warm milk, take a short, relaxing walk, take a bath, watch TV play some relaxing music. Talk to God. Catherine Booth as a child suffered from a curved spine and never knew a pain-free night in her life. She used her sleeplessness to read, and finished the Bible right through eight times by the time she was twelve. Len Ravenhill the great writer on revival had a similar problem and used the time to pray hours a night. If your sleeplessness goes on again next night, go to bed even later, not earlier.

Learn to take a **cat-nap**. Many world leaders know the power of short rests in the day. If you get tired, take a quick, quiet time out, but never for more than an hour. Don't over-sleep. It can make you just as sluggish as too little sleep.

The Bible says two things about your sleep:

(1) Deep, peaceful and restful sleep is a GIFT OF GOD for those He loves. "He gives His beloved sleep." (Psalms 127:2). "If we walk wisely with God, and listen



to His counsel, our sleep shall be sweet.” (Proverbs 3:4).

(2) **TOO MUCH** sleep can make our lives poor and unproductive: “Love not sleep lest you come to poverty.” (Prov. 20:13) “How long will you sleep, O sluggard? How long ...? A little sleep, a little slumber, a little folding of the hands to sleep; so shall your poverty come as a robber, and want as an armed man.” (Proverbs 6:9-11)

Sometimes you may have to **TRAVEL** a long time without a bed. You can even learn to **SLEEP UP-RIGHT!** You can learn to do this in a car, bus, train or plane, even though it seems strange or hard at first. The ability to sleep at will for short periods of time is well worth learning. It may help especially if you are prone to motion sickness.

The tricky part in learning to sleep upright is what to do with your head. When it slumps, it wakes you up. You can buy a small fold-up, blow-up air pillow that drapes around your neck and won't fall down when you move. On a plane, train or bus see if you can get a window seat. Rest your head on one or more pillows against the wall. If you can tilt your seat back a little, put a pillow behind your head, and another down low at the small of your back at seat level. If you have access to a *lot* of pillows, add another one under each arm rest, pull up your knees to rest your feet on your hand-carry case or bag from under your seat, and jam another between your knees and the seat in front of you. Totally cushioned at all the pressure points, you should get as comfortable a snooze as possible under the circumstances.

### JET LAG & TRAVEL TIREDNESS

One of the blessings of modern missions is the ability to get to another nation quickly. This fast travel brings with it another form of stress we call *jet lag*. Your body keeps an internal record of the time cycle set by the sun in the place you live. When you move fast to another nation with a totally different time zone, your body has to catch up. Jet lag and long travel can make you tired and worn out, or awake at the wrong time when you most need to sleep.

How can you minimize the shock to your system? What can you do to look and feel your best when you have to travel a long way?

(1) Drink **plenty of water** or juice before, during and after your journey. Plane cabins have specially dry air

and you can dehydrate quickly. Drink at least one large glass every two or three hours. Don't wait till you feel thirsty. By then you may be already dehydrated. Take your own juice or water if you know it might not be available.

(2) **Don't eat a big meal** before you travel, and eat only lightly during the trip. When you arrive, do the same thing for the first day. Eat something watery and refreshing.

(3) Try to get in the day before you are due to start work. The key is to **get out in the sunlight** of the country you arrive in as soon as you can. Some form of outside exercise is great. Stay out for at least half-an-hour to an hour. The light helps reset your internal circadian clock quicker. If you can swim for a little while or relax in a hot bath when you arrive, do it. Don't plan on anything stressful your first day in.

(4) Travel in **one direction** when you fly is always harder than the opposite one. Studies show that the flow of magnetic fields of the earth seem to affect our sense of equilibrium. It will be easier for you to adjust for a small difference in time than one that will put you six hours out of synch. Start your body on the new zone even before you leave. Get up earlier or stay up later than normal a few days before you leave. If you fly all night and arrive early morning, don't take more than a 90-minute nap when you arrive. Stay up until 9 or 10 at night or later to make your system aware you are on a new schedule. Then don't let your body lapse back to your past time zone.

(5) Use a **watch with two time zones** or a spare one set to the zone you came from. Your body will have slump down times late afternoon and early morning (2-3 a.m. and p.m.). Plan to arrange your schedule so as to avoid crucial work these equivalent times if possible. If you're not too excited over the trip itself, work later than normal the night before the flight so you will begin a long trip already sleepy.

(6) Extra pressure in a plane creates visible **swelling** in your feet and legs. Wear light, comfortable shoes and socks and cool clothes that can bear crinkling or wrinkling well. Carry a light jacket in case the cabin temperature is too cold. If you are prone to blood clots, take a couple of aspirin before the trip to help thin out your blood. Don't take travel drugs or sleeping pills; they hinder you adjusting quickly. *Melatonin*, a substance from the pineal gland that regulates sleep can help you sleep; use only 3mg. or less.



## SUNLIGHT

Sunshine is another key ingredient in looking and feeling good. We all know how much better you can look with a nice tan. Sunlight helps heal and sterilize the skin as well as warm and color it. Sunlight can be like a vitamin for the skin. Unfortunately because of the changes and growing damage to the protective layers of our outer atmosphere since the Fall and the Flood, sunlight in many places is too strong and can hurt you instead of help you.

Don't feel you have to look like some sunscreen model to be healthy. Always take a hat for long times in the sun. If you do want a tan, **do it gradually**. Don't expose unprotected skin for more than 20-30 minutes to sunshine when you start. The worst hours are between 11:00 a.m. and 3:00 p.m. The active ingredient in sunscreen is *para-amino-benzoic acid*. You can get it from a pharmaceutical supply house. It can be used topically or taken orally as a daily supplement in tablet form.

You can make your OWN SUNSCREEN lotion that is pollutant free by dissolving a crushed 500 mg. PABA tablet in a tablespoon of grain alcohol. Add to a NATURAL MOISTURIZER mixture: a tsp. of apricot kernel or olive oil, 400 mg. of Vitamin E, 2 tsp. pure vegetable oil glycerin in a cup of water and a small amount of lysine and Vitamin C. Thicken and bind the oils and PABA with a gel made from a tsp. of sodium alginate slowly dissolved in a cup of heated water in a non-metal pan. (Takes half-hour).

Watch also your **eyes**. If you are going to have to spend a lot of time outdoors, get a pair of good SHADES or sunglasses that filter out both forms of ultraviolet light. You should be able to see things clearly and without glare and without having to squint or screw up your face if they are doing their job. Good glasses shouldn't just darken everything. Some can actually make things look brighter but minus the glare. Take your time to find a pair that both feel and look good on you, and take care of them. If you wear prescription lenses, you can also buy clip-on shades to fit over your glasses.

Things like the way you look and dress, the way you prepare yourself physically to meet others are important. But what can you do if you don't *have anyone* to meet? You've taken some time to get your physical appearance and presentation down right. Now let's look at how you *appear to others*, and see what we can do to improve there.

## LONELINESS

The problem of loneliness has affected many people at many times, and sometimes with good reason. Before we look at any reasons why, and how, and to who these things happen, let me ask you something. Being alone is usually a time of depression, right? Not necessarily. If you thought of being alone as a time to leave old things in the past, and prepare to make new friends, wouldn't it seem easier? One main factor in loneliness, could be the fact that you're not a very friendly person. The Bible says when you show yourself friendly, you will usually be befriended. (Prov. 18:24)

This is not always the case, but it at least opens up the door for others to find out about you. Maybe if you are reading this section of the book you are thinking that you don't *want* friends right now. Well, maybe that's the problem. The desire for friendship must exist to conquer loneliness. God must heal your heart of hurt from bad friendships and broken relationships before you can be free to start again.

## LOOK AT YOURSELF AND ASK WHY YOU ARE LONELY

Sometimes you get treated by someone as annoying, obnoxious, threatening, timid, or just plain boring. You may not be any of those things at all, but it hurts when no one seems to want you around. If you are snubbed or rejected by those you try to know better, take it bravely. Not even Jesus was loved by everybody. He said "If they hate Me they also will hate you." (John 15:19-20) Sometimes people don't like you because you try too hard, or you just don't fit their circle of interests and goals.

Take such rejections with a grain of salt. Not all of your loneliness has a spiritual root. LEARN from a snub. Maybe there is something you can change. A rejection now you learn from may open a door later to touch many more for the Lord. Ask Him to show you your low points, or things that you should change in order to relate better. You can even **ASK** people you would like to get to know what they don't like about you. Say something like this: "Look, I like you. I know there's a lot in my life that I need to know to be a better person. I'm sure you can see things I can change. Is there something you see I can do differently? There is nothing wrong with being to the point. Just keep in mind the feelings others and the fact that they have problems too.

## SOLITUDE - THE LAB OF SPIRITUAL STRENGTH.

The problem of loneliness can be overcome in PRAYER. You can use times of feeling alone to pour out your heart to Jesus. David as a boy felt lonely and rejected. Often alone with no one but his sheep, David learned friendship with God. He said, *"When my mother and father forsake me, the Lord will take me up."* And the God whose eyes run to and fro through the whole earth to show Himself strong on behalf of those whose heart is perfect towards Him, chose David out of all Israel to make him its greatest King. God called David *"a man after My own heart."* (Acts 13:22)

Some of the GREATEST SPIRITUAL TIMES of your life will come when you are all alone with God. No great man or woman of God ever lived without learning to seek God in the silence. Don't despise the discipline of aloneness. A.G. Sertillanges said: "All great works are prepared in the desert, including the redemption of the world. The precursors, the followers, the Master Himself all obeyed or have to obey one and the same law. Prophets, apostles, preachers, martyrs, pioneers of knowledge, inspired artists in every art, ordinary men and the Man-God all pay tribute to loneliness, to the life of silence, to the night." The monk Thomas à Kempis wrote: "The great holy men where they might, fled men's fellowship and chose to live to God in secret places. One said: As oftentimes as I was among men I came back less a man, that is to say, less holy ... Leave vain things to the vain, Shut thy door on thee and call to thee Jesus thy love; dwell with Him in thy cell for thou shalt not find elsewhere so great a peace." (*Spirit Of The Disciplines*, Dallas Willard, pp. 101, 162) The ABILITY TO STAND ALONE is in Bill Gothard's words the "evidence of an eminently superior life-style." Without it there would have been no Book of Daniel. God seeks out those who dare stand alone.

## MAKING FRIENDS

*He who shows himself friendly, will be himself befriended.*

It seems easy enough, huh? Often we are so afraid of rejection from the people we desire friendship with, that we build up a defensive wall. We end up cutting ourselves off from the very people we desire friendships from. The key here is: **DON'T BE AFRAID OF TRYING, AND FAILING.**

We all make mistakes at some points in this mortal life, but learning is what it's all about. Give both yourself and the people you want to get to know better a chance.

Perhaps you have had trouble making friends before. You may be shy or not feel that people will like you. It is true that some people in the world will never like you. If you live for Jesus, there will be runaways from God's love that will not want to know you too well (in case you get through to them about their lost souls). You will meet bitter people who have been hurt and do not trust anyone. Christians don't expect to be popular with everyone. But Jesus had many friends. He was a supremely friendly, understanding person. You could come to Him and always be sure of a welcome. *"God so loved the world."*

The world has a funny idea of Christians. They think of us in terms of being too weird; not tolerant of other faiths; not able to enjoy a little "fun" in life. The world always creates a miserable picture of Christianity. But remember, that is not why the Pharisees criticized Jesus. They said He was the "Friend of publicans and sinners." (Luke 7:34) Sinners liked Him too much. Jesus had a knack of mixing with people and building them up even when he was putting down their wrong.

## HOW TO BE MORE FRIENDLY

(1) First, get properly clean before God. If you are holding on to fear, guilt, anger, or worry, you will give off bad vibes wherever you go. Surrender your fears and worries to God. If you have been hurt, forgive. If you have things to get right, do it. You must be clean or you will always be afraid to meet people in case they spot your secret sins. Remember the Christian is to be totally clear of hidden wrong. Be as transparent as a mountain stream. God has given you the promises and power to be free. Go to Him first and get your heart clean. This is the first step to making friends. Do it now!

(2) Learn to **forget yourself**. Shyness is only a form of pride. One of the big reasons people don't make friends is that they try too hard. They do crazy things and say too much to be real. People get "scared off" when you try too hard to be friendly. You can never be natural by thinking all the time, *"I wonder what he thought of what I just said; I wonder if she thinks I look okay; I wonder if he can see my zit?"* RELAX! Be natural. Be yourself, zits and all. Be a loving "just-who-you-are."

You can do two things to help CONQUER SHYNESS. First, think of some time when you really felt *at home*, relaxed and at ease with someone. Carry it in your heart and mind. Remember how you felt. Think about how easy it was to talk, to say things that people listened to and liked you for. And when you meet someone new, first bring back to your mind that feeling of happiness. Practice living in your attitudes of that time. You will find your tenseness draining away; you will be more relaxed and free.

One of the best ways to stop thinking of yourself when you are trying to make friends is to change your way of THINKING ABOUT THEM. Instead of thinking what you can GET from the friendship of this person, think of how you can GIVE to them. Think of what GOD is doing in their life; how you can be of help to them; what you can do to serve them in Jesus. God has been dealing in some way with this person; you are there to help Him in His work. Don't worry about what *they* might be thinking of you. Concentrate on THEIR NEEDS. This is the way to project a real spirit of friendship; in thinking about them and their needs you will forget your own shyness. A man asked John Wesley: "How is it with your soul?" He said "*I forgot I had one.*"

Another way to make friends, especially with those who are HARD to like, is to make a LIST of the good things you can find out about them. Write down what you might find attractive, or pleasing, or praiseworthy in them, even if they are full of faults. Then PRAY for them, Ask God to bless them, to help them. Thank God for the things you have found out that were nice about them. You will be surprised at how much you can find if you open your heart! Ask Jesus to love them into a solution of their problems through you if possible. Make yourself available to Him for it.

### **MORE BIBLE WAYS TO MAKE FRIENDS**

(1) Do what Jesus did. Say their names. LEARN THEIR NAMES and remember them; then say a friendly "Hi!" to them, even if they don't say it to you first. Go out of your way to make this a habit of your life. To help you remember the name of someone you meet, say it back to them again when they tell you. Use it straight away in your talk with them two or three or more times. Repeating it will help you to remember. People like you to use their first names. Write it down after you have met them to remember even better. They will almost always like you if you remember their name; it means you found them important enough to remember. *God knows our names*

*and values us.* If you want to be a likable Christian, do the same for others.

(2) SHOW YOURSELF FRIENDLY. (Proverbs 18:24) Every Christian must go out of his or her way to help others in studies, in jobs needing doing, in introductions. You can choose to be a friend. Think, "If Jesus loves this man or woman, I can love them and care about them too. If I can help them, I will offer to. God has left me here to serve, and this is someone I can show His love to." (Proverbs 17:17)

(3) LOOK OUT FOR THE LONELY and neglected. Jesus said to give parties to people who never have them. (Luke 14:12-14) The world is filled with people that others pass by without even looking at. Make it your ministry to say a kind word to at least one new person every day. All around you there are people who have no friends, with no one to care for them or even notice. Some have been hurt, and have hurt others in return so much that they are sour, bitter and drive away all their friends. You be a light in their darkness. You speak kindly to them despite their rude ways. Some you brush past today may go down the road to suicide, death, and hell tonight. Will they say, "No man cared for my soul?" (Psalms 142:4) Be one of the first to meet newcomers to church, or school, or work. Don't just hang with your own little clique.

(4) When you do talk to people, DON'T TALK ABOUT YOURSELF. *Talk about them.* Be really interested in them, but not nosy; give them the feeling you enjoy being with them. Look them in the eyes, and smile. Ask them about their problems, their needs, their work. LEARN TO BE A GOOD LISTENER; learn to make people feel important when they are with you. Learn to build them up and make them feel worthwhile. Of all people, the Christian knows that man is worth something. We know that people are not nothings. We know they are important and valuable, because they are made in God's image. We can love them because God made us all, and we are related by His creation. This lonely man is made in our Father's image. This lonely girl is made a tiny finite copy of my great Creator's love and wisdom. I can love them and make them feel important, because they are important to God and, therefore, to me.

### **MAKING FRIENDS WITH CHRIST'S FRIENDS**

Of course, your closest friends will be Christ's friends. Although we will be free to find out what most people love and want to do, the problems they have, and what God is doing in their lives, our closest friends

will only be a small circle of people. They will be the ones we REALLY ENJOY sharing things with; those we spend a great deal of time with. Close friends are people we can share our deepest feelings and hopes with, people we can really fellowship with. We feel more free to help such friends grow spiritually by throwing in our efforts with them in some task for God.

We can expect them to lovingly show us if we are doing something wrong, and they will expect us to do the same thing. We cannot have too many close friends; there is not enough time to share everything with many in one lifetime. But this “inner circle” will be close to our hearts, and we must make sure they are Christ’s friends.

UNITY in prayer comes only by a close, common bond of understanding, affection, and friendship. Jesus put His team of disciples together on that basis. Your closest friends should be people of similar interests, people who think like you in most situations. They should also be ones with a similar spiritual level of growth in God. They should be ones with whom you can share new discoveries of the work and Word of God in your lives.

Sam Shoemaker pointed out that true UNITY is not just two people who agree in the same things; it is more like a pyramid, where two people form one line, the common task or ministry they have together forms the third corner of the base, and God forms the peak. When we walk with God together, under His control, and doing a common task He has set us, we will really begin to know the joys of Divine friendship. With friends who are Christ’s friends, we can know God’s love demonstrated every day.

### POPULARITY AND YOU

It isn’t good to be too popular! The Bible warns us of this many times. “He that makes many friends does it to his own destruction; but there is a friend that sticks closer than a brother.” (Proverbs 18:24) “Woe unto you when all men speak well of you.” (Luke 6:26) The world will hate the true Christian because of the truth he bears. But there is no reason why we shouldn’t be looked up to and liked AS PEOPLE. Here are a few more things to help you be more popular:

- (a) Admit your mistakes cheerfully.
- (b) Listen to what others say, even if you are right.
- (c) Be a good WINNER and a good LOSER. Don’t moan or brag.

(d) Make a “bad habit” list, and ask God’s help to fix them.

(e) Don’t call older people by their first names.

(f) Think of ways to make other people feel important.

(g) When talking with people who disagree, agree with them as much as you can.

(h) Avoid saying a direct, “No, you’re wrong!” Use, “Well, that’s interesting, but have you ever thought of it this way?” Use facts, not willpower to win an argument.

(i) Never put someone down by “proving them” wrong. Always make it easy for them to change their minds about what they said gracefully, so they won’t feel like Charlie Brown. If you are not sure where they stand, give them the benefit of the doubt. Say, “Well, you probably didn’t mean (state position) did you, because... (give facts).”

### COMMITMENT

Both RESPONSIBILITY and ABILITY come with commitment. (Ps. 37:5) Without it the world could not function properly. In our time, commitment in key areas like marriage and family and business has been practically abolished. Many who grow up in unstable homes are afraid to get married, to accept a commitment to someone for a lifetime. Without commitment in a job, even our services cannot function properly. Yet both people who work (and their bosses who give them the job) simply check out when things get tight or tough. Society is full of people who are committed to no one and nothing. This is one of the reasons why our world is falling apart.

Someone who has no sense of real future cannot give themselves to anything or anyone. Take away a SENSE OF FUTURE and three things happen to you: (1) You make no long-term **plans**. (2) You forge no long-term **relationships** and (3) You take no **risks**. A man without a sense of future cannot plan for it. The apostle Paul said, “*I am ready*.” (Rom 1:15) The word he used is not just the word for being prepared or trained. It is the word which means having a *future mind*. When a generation is robbed of its future, it is also robbed of its ability to commit itself to win in the long run. It makes cynics and casuals of a culture. (Prov. 11:7; 13:12; Jer. 18:12) As Type O`Negative say on their album *Bloody Kisses*: “No Hope = No Fear”.

No one can give you a future like God. As the old song says “I don’t know what the future holds, but I know who holds the future.” Your first commitment must always be to Him. “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a



future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.” (Jer. 29:11-13 NIV) With that commitment comes hope and a future, and with hope through Jesus comes no fear. *“Blessed is the man who trusts in the Lord and whose hope the Lord is.”* (Jer. 17:7)

## FORGIVENESS

“Forgive us .. *as we forgive those* who trespass against us.” (Matt. 10:12-15)

Ever said that prayer? If so, you better not be bitter against anyone! God has a real problem with bitterness. It totally goes against His whole plan for salvation for us. With forgiveness comes healing and relief. True forgiveness is putting a problem to rest and allowing both parties involved to exist once again in harmony. The whole Christian walk is about being forgiven, forsaking sin, and forgiving others. Without forgiveness, there would be no real relationship with God.

Few young people realize how much freedom from bitterness changes a whole appearance. Few sins in the world damage your looks as badly as unforgiven hurt. If you don't learn how to forgive and refuse to when someone wrongs you, it will mark your face as well as your heart and make you really ugly. *Remember what happened to the pretty Queen who became a wicked witch because she hated Snow White.*

WHAT IF IT WASN'T YOUR FAULT? It rarely is. Jesus was hurt, and He never did anything wrong at all. It is always harder to forgive when you know you are right and the other person is really wrong. The easy temptation is to plan on getting back somehow at the one who hurt you. But it is **not what God says**. (Rom. 12:19) It is OK for God to avenge His servants; it is *not* OK for you to try to do it for yourself. The way you respond when you get hurt is one of the greatest, hardest tests you ever have to pass if you are going to be all the man or woman God wants you to be.

John Bevere believes an OFFENSE against us is a TEST to let you show God you really trust Him. He says tests and trials *locate* us, or determine where we are spiritually. They show the real condition of our heart. How you react under pressure is how the REAL YOU reacts. “Offenses reveal the weakness and breaking points of our life. Often the point where we think we are strong is our place of hidden weakness.

It will stay hidden until a powerful storm blows away the cover”. He says, “God tests His servants with obedience. He deliberately places us in situations where the standards of religion and society would appear to justify our actions. He allows others, especially those close to us, to encourage us to protect ourselves. We may even think we would be noble and protect others by avenging ourselves. But this is not God's way. It is the way of the world's wisdom.” (*The Bait Of Satan*, p.60).

The way you LEAVE any relationship or group is the way you will ENTER the next one. Blow it by failing to forgive and you become an **offended person**. You will judge everything you meet through the shades of unforgiveness. You will not only have to deal with the hurts of any new relationship, but also the hurts of the last one re-lived.

FORGIVENESS BREAKS THE VICIOUS CYCLE. God never says to forgive *as long as* the other person repents, or *as soon as* things get better. When we give our lives to Jesus we **give up the right to retaliate** for ourselves. We let Him fight our battles. We clear out the files of hurt done to us completely. Peter said “Lord, how often shall my brother sin against me and I forgive him? Seven times?” Jesus said “How about *seventy times seven*?” (Matt. 18:21-22) What did He mean? *Lose count*. Let go and let God. Burn the list of what they did and let them go.

Learn the parable of the unforgiving debtor. (Matt. 18:23-35) **God owes you nothing**. You owe Him everything. You could not pay your debt and He let you off Scot-free. Now don't go round demanding that someone else owes you and *they* had better pay. You even have *no right* to expect better treatment because you've been a good kid and others are just plain rotten. You gave up your rights at the cross when you gave up your life to God. Leave it to Jesus. Forgiveness is never an option.

Jesus said it DIDN'T MATTER HOW BAD it was. **All** sins can be forgiven except blaspheming of the Holy Spirit. Some are afraid they did this, but don't even know what it is! (Matt. 12:32-32; Mark 3:28-29; Luke 12:10) If someone attributes a supernatural work of the Holy Spirit (designed to bring them to Christ) to an unclean spirit, they are in danger of grieving away the only Person who can make Christ real to them. God has no other plan of salvation than the Person of His Son through the drawing of the Holy Spirit. Grieve Him away (Who makes Christ real and known to you) and God has no further answer. (Eph. 4:30) If you feel



“convicted” you might have done this, *you haven’t*. Conviction means God is still dealing with you. It is sure proof that whatever *else* you may have done, grieving away the Holy Spirit isn’t it.

You will be hurt many times in your life. FRIENDS have power to hurt you even more than foes. *Grief and pain are proportional to intimacy*. Those closest to us are sometimes the ones who fail us so deeply. EVERYONE in life gets hurt. Sometimes you are partly to blame and sometimes you are completely innocent. The hurt you might deserve and the one you know you don’t both hurt the same.

You may not be able to do anything to stop what happens to you, but you can ALWAYS do something about how you react to it. Refuse to let it make you hard. Give up your pain and anger to God. Let Him fight for you. God gives us no other choice. Forgive and be forgiven. You have **no right to hold on to wrong**, even if that wrong is caused by another. You cannot help the hurt. God never asks us not to feel bad when something awful or wrong happens to us. But you can help *what you do when you are hurt*. Forgive. Determine to lean wholly on the grace of Jesus. When they hurt Him, He did not retaliate; when he suffered, he did not threaten back. Instead, he, “entrusted Himself to Him who judges justly.” (1 Pet 2:23)

MAKE FORGIVENESS A DAILY THING, LIKE CLOCKWORK, TO FORGIVE WHOEVER, WHENEVER, FOR WHATEVER, NO MATTER WHAT.

## HAPPINESS

Finally, the best thing you can do to help your general appearance is to be really, genuinely happy. No matter how plain or how ordinary your face is, a smile and a genuinely happy heart and attitude can transform it into something beautiful. Happiness never comes in a bottle. It is a by-product of holiness; a relaxed continuous trust in the wisdom, truth and Person of God. (Psa. 146:5; Prov. 3:13, 18; 29:18; John 13:17).

Look at the faces of those that turn away from God and truth. Learn the lesson time tells in the lines the years draw when we walk away from His laws. It is clear that sin brings pleasure or no one would sin. Yet the Bible tells us that this pleasure never lasts; it is for a season, then like leaves in the Fall, it all dies and drops to the ground. (Heb. 11:25) The Devil has some laughing young people, but no happy old people.

You can’t fake true happiness. If you want to change your face, you can. What you are like within will eventually change your looks without. (Prov. 15:13; 17:22). Give up your tears, your guilt, your hurts to Jesus. Let Him heal your heart. And you will find something wonderful happens to your face. And it will get better forever. (Neh. 8:10)

## THANKFULNESS

What makes a happy heart? What is the single best thing you can do to look your best from day to day? The answer may surprise you. *Develop the habit of being thankful*.

Look around. Are you dead? Does Jesus still love you? Do you still have the ability to serve God? These alone are reason enough to be thankful. But are you really?

Learn to love what you have been given, and also be thankful for what you have been kept from. Many have taken for granted all the many opportunities and blessings God gave them. Thankfulness is the one grace that guards your heart with humility. *A proud person is never grateful*. Why should he be thankful when all he has is what he did for himself? It is a mark of the last days that men will be ungrateful. (2 Tim. 3:1-2)

Thankfulness is something God appreciates, as he has done so much for us. The least we can do is thank Him for what He has done for us! To give thanks for your food like Jesus did is not just a formality; it should be a day-by-day reminder that all we have comes from Him. What do we have that we have not been given? (1 Cor. 4:7)

Gratitude is linked with **contentment** and *lack of contentment* is one of the great sins of the modern world. If we had no one else at all to compare ourselves with besides God, our values would be much different. “Needs” today are largely made-up lies and loaded on you by clever advertising. We have a floating set-point for what is O.K. and the only direction it can go without God is *up without limit*. G. K. Chesterton said “There are two ways to get enough. One is to accumulate more and more. One is to desire less.”

In our “age of envy” covetousness is cool. We take even really dumb advertising lies seriously and give ourselves over to the lust of *better* and *more*. But both lies and envy are deadly serious SIN in Scrip-

ture. (Ex. 20:17; Deut. 5:21) Envy is a corrosive poison that rots and kills (Prov. 14:30; Job 5:2). How else can a kid get murdered for nothing more than having a pair of shoes someone else wants?

The Bible shows us ENVY is even more dangerous than violence (Prov. 27:4) Envy made Joseph's own brothers plot to kill him and sold him into slavery. (Acts 7:9) It was the root sin behind the betrayal of Jesus (Matt 27:18) and the theological religious riots against Paul. (Acts 13:45) A great deal of argument among even religious leaders comes out of simple arrogance and envy. (I Tim. 6:4) How much that goes on today in our world comes from lack of contentment and gratitude to God!

### MAKE A HABIT OF THANKING GOD DAILY.

This keeps you closer to God by staying in an atmosphere of prayer, and also reminds you of what He has done for you. It will guard your heart against **darkness, depression and dangerous fantasy**. (Rom. 1:21-22) It will help keep you content and grateful. It will give you power over the idol of "more". Giving thanks recognizes the power and mercy of God in your life.

A thankful heart is the condition of fearless witness and worship. Over thirty times in the Bible we are told to "Give thanks" to the Lord. (Ps. 118:1-29; Ps. 136:1-3) "*In everything give thanks for this is the will of God in Christ Jesus concerning you.*" (I Thess. 5:18) "*Godliness with contentment is great gain.*" (I Tim. 6:6)

Let this old hymn of gratitude be your song and your prayer:

"Great is Thy faithfulness, oh God my Father  
There is no shadow of turning with Thee  
Thou changest not, Thy compassions they fail not  
As Thou hast been Thou forever will be  
Great is Thy Faithfulness, great is Thy faithfulness  
Morning by morning new mercies I see  
All I have needed, Thy hand hath provided  
Great is Thy faithfulness Lord unto me."

## Learning To Live In Love

*"If you've never seen a relationship that lasts forever, you tend not to believe its possible"* (Olivia Newton-John)

You were born in a generation that never learned how to really love. "Who needs a heart when a heart can be broken?" God wanted us to learn to love by seeing both our parents first love each other and then us. You were supposed to learn how to love Him by seeing your dad really love your mom and then your really parents love you.

Then an entire generation of parents dropped the ball. Like our very first parents, they didn't do what He said and did what He said not to. You happened to born in a world that has blown it big-time. The one good thing that has come from the bad things that have happened to marriages, homes and families all over your world is this: You know that when people say that sex is the "real answer" to loneliness and lack of love, they are either plain stupid, not looking at what is going on or they lie. Kids today hate divorce and hate child abuse. When you've been through it yourself, you don't wish it on anyone. Yet how do you stop the vicious cycle? How do break the chain? "*You have two fears*" says Josh McDowall "*The fear that you'll never be loved. The fear that you'll never be able to love.*"

If your parents divorce you can go through all your life wondering what *you* did to make them break up. People telling you it wasn't your fault doesn't change the sense of guilt. Worse than death, divorce goes on and on and on to hurt you through all the hoped-for holidays and high points of your life. *God hates divorce*. (Mal. 2:16) It breaks the bond He built to shelter you from many of the worst feelings a kid can ever experience. If your parents have split up you already know what I mean. The worst pain of your life and your greatest fear is all around the same thing: *losing your family*.

Now, here you make a choice. *Do you want this to happen to you?* Do you want to pass on the same pain to those who will learn from your life?

### What's Love Got To Do With It?

When was the last time your media ever told you the truth about sexual sin? No one on TV pays the price of illicit sex. No one in the movies gets herpes or AIDS when they jump into bed with their fun current partner of the moment. Nobody that sings the songs connects their "I want your sex" life-style with the constant pain, crazy rages and suicide. No one on video gets hurt, blown apart at heart or devastated when they casually throw away their future with their virginity. MTV plugs sexual songs, cultivates sexual situations, pushes you into "safe sex". Then it offers the almighty cure: *use a condom*. True lies. "Sex cures loneliness. Sex makes you feel good about yourself. Sex makes you happy. Sex is like a box of chocolates." *Excuse me?*

In the movies everybody is pretty, everybody looks good, everybody has great sex with anybody, anytime with no consequence. *Pretty Women* marry millionaires. (There's no sequel, because the marriage only lasts as long as the credits.) On screen, the famous "sexually active" athlete always gets the girl and he lives happily ever after. In real life he gets AIDS or goes to jail for rape or murder.

Only once in a long while will a man's single casual "*Fatal Attraction*" threaten his future peace of mind, his job, his home, the life of his whole family. Only once in a blue moon will you ever see what a "*Kramer vs. Kramer*" divorce does to a child and to both parents. Only now and then will a man from a people who "*Once Were Warriors*" learn that violence and immorality in a family lead to destruction and death.

Such rare exceptions to the rule of fantasy always hit a nerve. Somewhere deep in our souls we know what God says is true: "*Shun immorality. Every sin a man commits is outside the body. But he that commits sexual wrong sins against his own body.*" (I Cor. 6:18-19) And judgment comes like Jason, when kids out only for a little illicit sex-play run into something wholly unexpected, terrifyingly impassive and invariably fatal. "*The soul that sins it shall die.*" (Ezek. 18:4)

Sleep with someone and *you sleep with everyone they've slept with*. Give yourself to someone sexually and you give away part of your soul that you will never get back.

Sex is never just sex. God says sexual sin is like nothing else in the book. It can hurt you physically,

mentally, emotionally and spiritually. It can screw up your life in ways you would never have dreamed. Blow it here and you blow it big-time. "If we persist in sexual sin with the thought that one day we will get right with God, we should remind ourselves that God may still be there to forgive and restore ...but *we* may not be." *You cannot compensate by sacrifice what you lose through disobedience.* (Ed Cole)

### SEVEN REASONS TO SAVE SEX FOR MARRIAGE:

#### (1) Debt:

Over a million teenage girls get pregnant every year. Free love isn't free. Each baby born to a teen outside of marriage demands more than \$100,000 in government welfare. The cost of teenage child-bearing in the US alone in a single year is over 16.5 BILLION dollars! But the cost is much higher than that. What price do you put on a hurt heart? How much is a mind worth without peace? Who counts the cost of a shattered and shamed self, a lost trust, ruined respect or a broken dream? What does it really cost to bring an unwanted baby into the world, or even worse to take its little life because it interferes with someone's personal pursuit of pleasure? Free sex is never free. Someone always pays. Promiscuity has an awful price. "*You are not your own.*" (I Cor. 6:19-20)

#### (2) Disease:

Twenty years ago there were two sexually transmitted diseases. Now there are twenty-nine. Every nine months they find a new one. Twelve million people contract a sexual disease every year in the US alone; 33,000 a day. Some, like AIDS, will kill you in just a couple of years. Some will just make you *wish* you were dead. Some will hurt your children.

"If you were the Devil" said one AIDS researcher "You couldn't conceive of a disease more disruptive and disturbing than one sexually transmitted that kills within a short period and for which there is no treatment." There is only one way to be sure you don't get acripler or killer disease through sex but no one wants to say it:

*Marry a virgin as a virgin yourself and both of you live with the same love all your life.*

That's God's plan. If you take a long look at the ugly alternatives, it looks like He knows what He's talking about. (Prov. 5:15-20)

True sexual freedom doesn't just mean "never having to say you are sorry". It *never* means the ability to sleep with anyone as often as you like. *You can't love someone you fear*. Real sexual freedom means to be able to love without walls, without caution, without cares; to be able to trust the one you love without reservation and without hesitation. All this is possible in marriage - and only in marriage. (Prov. 27:21-27)

### (3) Disappointment:

She did it because he said he "loved" her. He pushed her into it because he wanted to prove he was a real man. Her friends said it was all right as long as she really loved him. His friends told him everybody else had and what was he waiting for? Everybody said even if it doesn't work out it won't matter. *And they were utterly wrong.*

Sex is never casual. Sex is God's gift, and nothing God ever gives is casual. Because sex itself is so deep, sexual hurt is never shallow. What you do and what you learn in sex builds a pattern, burns a memory that will last you for life. Short of the healing hand of Jesus, scars from sexual sin *never* go away. Each time you link your body and your soul to someone else, the re-runs start of everything you have done before with anyone else. That is why "try before you buy" is such a stupid idea when it comes to sex. In the trying is the buying. You cannot just learn sex casually from someone and then divorce it from someone else you want to really care about in the future. Every hurt, every disappointment, every rejection carries over to the next time. You can't avoid the re-runs.

### (4) Distrust:

What's so wrong with giving in before marriage? What difference does a piece of paper make? If you love someone enough to get engaged, what harm can it be to get in a little early? How else will you know that you are compatible? If you love someone, *why wait?*

*"Not all of passion is love and not all of love is passion". (Ed Cole).*

One thing is sure; the very best way to hurt a growing friendship is to violate the rules that set up your trust. *Over half of all engagements break up.* Many shatter precisely because the couple thought early sex wouldn't make that much difference. A broken engagement without sexual involvement means some pain and sadness, but rarely loss of friendship and

certainly no sense of sin. The guilt, anger, mutual loss of respect and embarrassment that go with broken engagements triggered by premarital sex is pain few want to live with.

Think of God's love-laws as a shelter within which you will share together the best friendship, the best spiritual life and the best sex possible. He has reserved sex for one place and one place alone; marriage. Only in marriage can you build a home for real trust and total openness to each other. Only in marriage can you create the kind of life-long commitment you give to each other, "in sickness and health, for richer or poorer, till death do us part." Only in marriage can you be totally open and vulnerable to someone else knowing they will never leave you, laugh at you or let you down. *The reward of the trustworthy is more trust.* Living together outside of marriage is a commitment not to make a commitment. Staying on your best behavior you never really take off your mask. You never get real before each other and God.

The fence of no sex before marriage is a key test of trust. Keep your gate locked from all others and from each other until God gives you the key in your public, sacred vows. But jump that fence early, and you violate that trust. You will never be sure from that time on if you can trust either your partner or yourself. You will always live with the secret question: *If we jumped the fence once and broke the rules, who says it won't happen again? If we couldn't trust ourselves to hold back before marriage, how can we ever be sure it can't happen to either of us after marriage?* And that fear hurts love. (1 Jn. 4:18)

### (5) Dilution:

Every sexual act is a *giving away of yourself*. Do it with a dozen and you tear away twelve parts of your secret inner self that you will *never* get back. Why do you think so many people with multiple sexual partners feel so empty and disappointed that they move on to someone else? What you are looking for is MORE. God designed sex to be an investment in each others' lives forever. To love someone is to work for their highest good. Sex in loving marriage builds long-term wholeness. Sex in marriage is God's way of making two people "one". (Gen. 4:1) The Bible word for sexual intimacy is to "know" another; to be close and share on the most deep and lasting level a man and woman can experience. (Eph. 5:20-32) You can love and be loved forever! But every sexual act with a stranger strains or shatters the bond you build with



the one you want as the love of your life. The ghosts come back to get you. (Prov. 5:16-20)

## (6) Dependency

Sexual sin addicts. Sex, divorced from commitment and care, carries its own in-built emotional black hole. *Addictions form when you try to derive lasting pleasure from something that cannot in its very nature satisfy.* Sex outside of God's loving laws can never fully satisfy. Go the wrong way on this from the start, and you will find that sex can hook you worse than any drug, and with as dangerous consequences as any chemical. (Eph. 5:3-9)

Sexual addiction doesn't have to involve someone else. You can become sexually addicted by masturbation, visual or audio pornography. Sexual sin is not always **fornication** or sex with an unmarried person. (1 Cor. 6:18) Sexual sin can be **adultery** (sex with someone married and not to you) (Matt 5:7-8) **sodomy** or **lesbianism** (sex with someone of the same sex) (Lev. 18:22, Rom 1:24-32) and any form of near-sex that allows anything except actual intercourse. (Rom 13:13-14)

The Bible says: "Don't you know that you are God's house of worship and [that] the Spirit of God is living in you? If anyone ruins His temple, God will waste them; for God's temple is holy, *and you are that temple.*" (1 Cor. 3:16) A temple is a place filled with God, where you walk with care. You don't go casually where you clearly don't belong.

Deep in the core of your life Jesus dwells. Far below the stream of words, ideas, fears, worries and imaginations, *He lives in you.* You can learn to dive down through the clutter of the crowd in the outer court of the surface of your life and commune with the Living God. Learn to pull out from the crowd. Anywhere, at any time, you can go where God is. Learn to wait on Him in the stillness and hear His voice. Let God show you what He sees when He calls sexual wrong *sin*. We only really learn by revelation or results.

Get it straight: those who aren't right or real with God won't run or rule with Him. Scripture says "Don't be fooled: no one who is immoral, an idol-worshipper, adulterer, sissified or a sodomite - will share in His Kingdom. Thieves, drunks, greedy people or those who so hate others they put them down or rip them off won't make it." (1 Cor. 6:9)

Sex is so powerful and fundamental in life that

misused it becomes wholly devastating. Nothing hurts as much as the guilt, pain and addiction of immorality. Only Christ can heal the scars it makes and marks on life.

As with drugs, the worst part of the hook is never physical. What really hurts is what it does to your mind and feelings. The Bible word "*concupiscence*" means to be so turned on you cannot turn off. (1 Thess. 4:3-8) Sex in violation of God's law shuts the door to Heaven and opens the gates of Hell. Get hooked on sex and only God's mercy can get you free and healed. If you don't want to get hooked, stay away from hookers. (Prov. 5:1-23)

## (7) Divorce:

You know what you are looking for. You think you know where to look for what you need. *Not to be lonely anymore. Not to feel left out, unwanted, unloved. To belong to someone wonderful. To be safe. To be cared for forever.* Maybe even marriage. But when so many marriages crash and burn all around you, you need to do it right the first time.

Does sex outside of God's laws for love lead to closeness, care and commitment? Quick answer: *No way.* Almost without exception, pre-marital sex ruins friendships and puts the lid on any chance of long-term love. Promises flow freely in the heat of the moment, but in the cold light of the morning after, caresses often turn into contempt. "*If you love me, you'll prove it,*" puts pressure on you to perform or be rejected. The right response to such glandular fever is this: "*If you really love me, you won't ask me to.*" A single night of compromise isn't worth a lifetime of regret. Making love doesn't make him love you.

The test of true love isn't sex but *trust*. "If you love someone, you will always be loyal to them no matter what the cost. You will always believe in them, always expect the best of them and always stand your ground in defending them." (1 Cor. 13:4-7 Living Bible)

Sex outside of marriage invariably leads to some kind of hurt, and hurt over sex sets a pattern for any future partner. *Breaking up is hard to do.* Do it often in dating and you set a precedent for your future. The pattern of dating and discarding carried into marriage is called divorce. So you hate what happens in a divorce? So does God. (Mal. 2:15-16)

Do you want your life to be different?



*Listen carefully: You can have a marriage that lasts. You can have a family that doesn't break up. You can stay married to one person and love them for as long as you both live. Learn from those who failed. Then don't do what they did. STAY CLEAN. Save yourself for the special someone God can bring along at the right time. You are worth the wait.*

Give yourself to somebody who isn't the right person and you can't get back what you lose. As one guy put it: "It's like giving someone a million dollars and later finding out you gave it to the wrong person. Now they're gone and so is your money. Gone for good. You don't have it anymore. And the person who should have had it will never get it."

*There's only one first time.* Let it be with the one you'll spend the rest of your life discovering together.

### A WORD FOR THE SINGLE

It's O.K. to be single. To choose not to marry because your calling, vocation or life-style points in a different direction, or because you just haven't found someone you want to spend the rest of your life with is not weird. Some of God's greatest are men and women who lived without marriage. It is the choice of many today. Some had many friends, close to them for a lifetime. Yet for one reason or other, they decided to live single.

To be single and to have the grace to live single without sexual involvement is a gift God can give to those few who make the choice to share their deepest and most intimate love with God alone. (Matt. 9:12; Luke 18:29) Christian singles can feel lonely at times, but are never alone. They learn Jesus is the true source of all love and friendship, and free up their time to pay undivided attention to a world without His love. (Isa. 56:3-5) There are places singles can go that are out of range for those with the responsibility of a family. In difficult or dangerous times or situations, a single can do things and dare things that would put someone married in unnecessary risk. At the edge of the end of time, many will choose to remain unmarried for the Kingdom's sake. As Paul the single who became the greatest figure in the early church other than the disciples put it:

"I wish everyone could get along without marrying, just as I do. But we are not all the same. God gives some the gift of a husband or wife, and others he gives the gift of being able to stay happily unmarried. So I say to those who aren't married and to widows

— better to stay unmarried if you can, just as I am. But if you can't control yourselves, go ahead and marry. It is better to marry than to burn with lust." (1 Cor. 7:7-9)

"Nevertheless, each one should retain the place in life that the Lord assigned to him and to which God has called him. This is the rule I lay down in all the churches. ...Keeping God's commands is what counts. Each one should remain in the situation which he was in when God called him." (1 Cor. 7:17-20 - The Living Bible)

### HOW TO GET CLEAN

"Flee forbidden longings, those lusts that lure you when you are young. Press instead into what is real and right in character: conviction and faithfulness, unselfish affection. Rest content in Him with those who also call on the Lord's help for a clean heart." (2 Tim 2:22)

You may have already deeply, terribly blown it. You may have failed in this area and hurt God, yourself and only God knows how many other people. But Jesus can do what no one else can do. He can heal you in levels no one else can see or understand. He can make a girl who has given away her sexual purity clean again, inside and out. He can give a guy back his manhood and dignity, and give him power to be a promise-keeper. He can restore what is eaten away and give you courage to face the world with a new set of eyes. But you must do things His way now and not turn back to what hurt you before.

The steps you take to being clean in Jesus' sight are the same basic steps you take to become a real child of God. *Confession. Repentance. Forgiveness. Trust. Cleansing.* See the appendix "*How To Become God's Child*" for these steps.

Three extra things will help when you are being healed by Jesus from sexual sin.

(1) **Expect miracles not magic.** God's forgiveness is real and immediate; true healing may take time. You can be cured at once; recovery from the damage may take time. Don't be discouraged if it does. You may have many battles, but with Him you will win the war. Trust Him. Rest in the real and ongoing grace of Christ. When David sinned sexually in Scripture he hurt more than himself. The things he did had consequences, and forgiveness does not always stop consequences. (2 Sam. 12:9-14)

Sin *hurts*. Do wrong and you almost always affect others (even unborn generations) even though you stop it and even after you repent and get right. Live with it. Expect God to show you what you need to be fully free, no matter what it takes. The big miracle is always this: God loves and **really forgives**. Jesus died, stripped bare and humiliated and cut off from friendships and family for our sake. When He rose from the dead, He rose clothed forever with light and power and majesty to make us friends with God and put us in His own forever family. You are made fully whole. You become not just a forgiven sinner, but a **new creation** in Christ. (2 Cor. 5:17) *“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from **all** unrighteousness.”* (1 John 1:9)

(2) **God is faithful.** Your cleansing is not by your own devotion or your own determination. Power over sin comes from a fresh revelation of Christ at your own point of humble (even desperate) need. Victory over sin never comes by self-effort or self-discipline. You commit your life to Jesus; He commits His life to you.

*He can keep you for the long haul.* Hang your life and your love on His mercy. And remember: You may have times of struggles, doubts and tears, but Jesus never changes. His love and commitment to you is not based on your final faithfulness to Him, but on His own unchanging character. God references all His actions to His own lovely value. When you finally hit bottom, Jesus is already there. *“If we believe not, yet He is faithful; He cannot deny Himself.”* (2 Tim. 2:13)

(3) **Enlist a friend.** In the time of His greatest test and temptation, Jesus asked His closest disciples to be with Him in the garden to pray. He Himself was God. His Father was God. He had God the Holy Spirit’s power without measure in His life as a man. *What did He need friends for?* Learn the lesson: even Jesus was not ashamed to ask for friends to be near when He most needed to be strong. If you have a close friend who knows you well enough to pray for you when you face a big battle, he is a friend indeed. (Ecc. 4:9-10).



## Mental Mastery - “skillful in all wisdom”

### Study skills, learning ability, working habits

#### 2451: in mind, word, or act

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# Chapter Three

## Aptitude

### Aptitude - “showing competence” - Applying Yourself To Excel

#### Study Skills, Learning Ability work habits

“Be ye perfect even as your Father  
in heaven is perfect” (Matt. 5:48)

We’ve heard it so often, we think it is Scripture: “*Nobody is perfect.*” People can get hurt in life when they have unrealistic goals and demands on their life. Nobody wants to fail, but everyone knows they are not as good as they should be and probably never will be. So we make it our motto: “Nobody’s perfect.” Too bad! Case closed. Next problem?

Yet here is Jesus saying the **exact opposite thing**. And people who take Him seriously wind up changing their world. Daniel’s band were *utterly serious* about their situation in Babylon. If you failed the King of Babylon, you were put to death. There was no room for big mistakes, no pardon for someone who ever went against the word of the King. Captive young people from all over the world were put on the program he had calculated for success. Your very survival hinged on your ability to get the job done and to do it without serious error. You could not afford to screw up and just shrug it off.

*And the boys did neither.* They did not fail God and they more than exceeded the expectation of the King. They became indispensable to the Kingdom despite threats and plots from other jealous leaders and the eccentricities of their occult-worshipping king. They did their work so well and so competently, so wisely and in such an outstanding way that they more than survived in Babylon: they made history. *And so, under God, can you.* What are the secrets of intensity at a task? How do you make a real impact on your world? It all comes back to the command of Jesus. *Being perfect is not an option.*

How in the world can *anyone* be perfect? It cannot mean to be **faultless**, because all of us have blown it one way or another. It cannot be becoming utterly like God in every way because He is the only Uncreated Creator, and no one but God can be God. The one great fact of the Bible is this; **God is God and you are not**. Yet there is something in any command of Jesus that tells us this: if He requires it, *there is a way to do what He says*.

HOW does God call us to be like Him? Obviously not physically. He is infinite and we are finite. Then morally, spiritually, intellectually? Yes indeed. This is the essence of the Christian life; becoming like Jesus. As God shows us what He wants us to do, we keep changing to His image. God does want us morally like Him but we **still will never arrive**.

This simple and great fact leads us to a principle to govern our whole lives. It should control all we do. Like God, it is wholly true in every area. Because He is great without limit in everything, because He wants us to be like Him in all we are and do, here is our life rule for everything: “*Be perfect therefore even as your Father in Heaven is perfect*”.

It means above all that we should:

- **Never stop learning**
- **Never give up.**
- **Always have a goal bigger than yourself.**
- **Always give yourself to something or Someone greater than you are.**
- **Live in a state of constant creative tension.**

These are the very heart of the things that makes someone a winner in any field of endeavor. This is the **SECRET OF TRUE SUCCESS** in anything you do in life.

## AGGRESSIVE SURVIVAL

Victor Frankl was a great Viennese psychologist captured by the Nazis during World War II. He was thrown with thousands of others into a terrible concentration camp. Often they were marched out in long lines to be randomly murdered. He saw most of his own friends and relatives die in gas chambers. You never knew from day to day when your time had come. Death came by chance, the right line or the left, or by the whim of a bored guard.

Many were starved, gassed and shot, others just got wasted by sickness. But many more died with little wrong with them physically. They just seemed to give up hope after a while, and a short time later were gone. Yet others, with far greater physical suffering somehow held on. Short of physical weakness, sickness or execution, they determined to stay alive until they were freed. And they did.

Frankl watched, day after day. Finally, at much cost, he learned from them and his own terrible situation a great secret. He wrote it in a little book called *Mans Search For Meaning*. It became an international best-seller after the war. How did he survive the horrors of a concentration camp? What made the difference between those who mentally and emotionally fell apart under the relentless terror and those who somehow found the ability to survive? Frankl found the secret of life in all that death.

What was Frankl's discovery? He said that mental (and emotional, physical and spiritual) health *never comes without tension or stress*. Again that is the very opposite of what most people think or say today. We all want "balance" in our lives. We all want to reach some ideal state where there is no challenge or pressure. We all look for a situation where we "have arrived" and no longer need to do anything. We all seek peace. We all take it as a maxim: "Nobody's perfect." And there we stop. We want health without challenge or conflict. We want to be strong but we want it to be easy, fun and risk-free.

Yet true health, true peace, true worth always involves the EXACT OPPOSITE. Those that died in the camp outside of physical failure *died of lost dreams*. Those that lived set a goal to be out of that camp by a certain time if they were not killed first. Living by that goal they survived incredible pressure. If that time came and they still were not free, they either set a NEW GOAL, or within a few days just laid down and died. **Constant challenge made the difference**

## between life and death.

Living without a goal is death about to arrive. What we need, said Frankl is not "a frictionless, tensionless state without challenge or pressure" but a *goal greater than ourselves*, something continually worthy of our highest commitment. **You cannot live without something to give yourself to that is greater than yourself.**

It is true **physically**. Think of free-weight training to develop muscle. How do you grow physical strength in a muscle? GROWTH only comes by GRADUATED STRESS which breaks and reforms the unworked muscle fibers, followed by planned recovery which allows them to heal with new and greater ability. And then an increased level of stress. You are to love God "*with all your strength*." If you don't use it you lose it.

It is true **mentally**. Every new discipline you attempt forms new neural pathways in the astonishing cybernetic center that is your mind. Each new and more difficult problem you think through and wrestle with develops your ability to handle greater and greater questions. The very act of MENTAL CHALLENGE, of forced analysis develops your reasoning ability. The greater the mental effort, the greater your power to think through issues. You are to love God "*with all your mind*." If you don't use it you lose it.

It is true **emotionally**. Every memorable thing that happens to you is a learning experience. It can hurt you, or make you a better man or woman. We all hunger to taste and try things to stretch our feelings. No one wants to live a boring life.

That is why our culture is so entertainment-hungry. George Lucas said you do three things to make a hit movie; make people *laugh*, *scare them* or make them *cry*. We are tempted to pull out or back off when emotions get strong. Much of your world has lost itself in the apparent safety of fantasy, preferring a movie or video to the real thing. But feelings cannot be stunted forever. Like muscles, the emotions you stimulate most become stronger, more accessible. It is all right to weep. It is okay to laugh. You will have times when you must act even if you feel afraid. You cannot grow as a person without emotional risk. You love God "*with all your soul*." If you don't use it you lose it.

It is true **socially**. Loving people always involves risks. Life brings friends and enemies. Getting to know



others, the joy and pain of growing up, family, friends and relatives are crucibles of growth. God puts us through fire to help make us strong.

The world is so short of friends. Jesus never said “There are too many laborers for the harvest.” To not hide in a world where things and people change all the time sometimes seems too much to bear, but you are to “*love your neighbor as yourself*.” Love never works in a box. Loneliness and alienation are the price you pay when you will not take the risk of reaching out. If you don’t use it you lose it.

And this too, is **worship**. Give your life to Jesus and you live indeed. Unlike any other human goal that always has its limits and always has an end, this mutual commitment lasts forever. He will never fail to stretch and challenge you. That is why above all we are to love God “*with all of our heart*”. You will never come to an end of this training program, and you will never be bored. You will always go on learning. You will always go on growing. You will always be getting better than you were before.

Apply this in any and EVERY AREA OF YOUR LIFE. You will find it true always and you will find it true forever. Expect to never stop learning. Always have goals bigger than you can comfortably presently accomplish. Never stop dreaming. Nothing worthwhile comes without cost or challenge. Never expect something of value to come easy. *The best things cost the most*. The gap between who you are and who you want to be must always be reachable and open-ended. Only an Infinite God who reveals Himself can give you that. The day you stop learning, growing and reaching higher is the day you stop being a follower of Jesus. “*No man,*” said Jesus, “*having put his hand to the plow and looking back is fit for the Kingdom of God.*” (Luke 9:26)

## TOUGHNESS TRAINING

Jim Loehr, the great sports fitness psychologist, taps into the same idea in his *Toughness Training*. Applying this principle helped many of the finest world-class athletes keep their physical, mental and emotional peak under intense international competition. He believes the limiting factor for most athletes is not talent but *toughness*. We break under pressure at our WEAKEST LINKS. “With toughness you can learn whatever mechanical skills you need, and push your talent to its absolute limit.”

While “no pain, no gain” is nonsense (pain is a signal

to stop, and when something stops being fun, pain is close behind) he believes we need the discomfort of *adaptive stress* to toughen us, to bring out our best. He maintains there are FOUR ELEMENTS to toughness, each developed by intensifying waves of stress and recovery. He defines toughness as “the ability to consistently perform toward the upper range of your talent and skill regardless of competitive circumstances.” These four elements are *flexibility*, *responsiveness*, *strength* and *resiliency*, your ability to be:

(1) **Flexible** - “absorb unexpected emotional turns and remain supple, non-defensive and balanced, able to summon a wide range of positive emotions (fun, joy, fighting spirit, humor) to the battle.” Can you flex under stress and not crack or break?

(2) **Responsive** - “remain emotionally alive, engaged and connected under pressure, not callused, withdrawn or lifeless.” Many **tank** (lose it mentally and just give up), get **self-critically angry** (“You’re so bad it’s pitiful!”) or **choke** (freeze up for fear of losing) under pressure because they have not trained mentally and emotionally to respond rightly during it. Some of the greatest talents never pass this test and make it to true greatness.

(3) **Strong** - “exert and resist great force emotionally under pressure, to sustain a powerful fighting spirit against impossible odds”. To “love winning is easy; to love the battle requires toughness”. Courage is a Christian virtue. (Deut. 1:8; Josh. 1:9)

(4) **Resilient** - “take a punch emotionally and bounce back quickly, to recover fast from disappointments, mistakes and missed opportunities and jump back into battle fully ready to resume the fight.” People who are used to always getting what they want do not know how to handle denials. Toughness is a JOURNEY, not an end.

Dr. Loehr says great athletes are also great ACTORS. They know how to *act out* confidence, determination, fun and positive fight independent of circumstances. Your body, as far as your thoughts and emotions are concerned, can’t tell the difference between *realistically acted confidence* and the chemical body talk that comes from real confidence. Like a good servant, it follows what you mentally tell it to do. If you take steps to act in confidence even when you may not be in such a situation, it will follow.

This difference between what he calls your “*Performer Self*” and your “*Real Self*” is an **ability to**

**access targeted emotions on demand.** The IDEAS you carry into your challenge, the way you ACT and hold yourself physically and the TRAINED ABILITY of your feelings to respond in the way you want when you need them are key ingredients in peak performance. All these we can train by focus on our WEAKEST LINKS mechanically, mentally, physically and emotionally. The challenge he sees is to not let your Performer Self dominate your Real self, so important and real needs are suppressed and unmet and you begin to become phony and unreal even to those close to you.

Margaret Court, the greatest Grand Slam tennis player of all time, said that some of the few key matches of her incredible career that she did lose had little to do with not being trained or fit or physically ready. She said she lost them by a sense of *inferiority*, a loss of confidence and self-worth before she even began. As a Christian now with a powerful ministry of prayer and healing, Margaret believes that anyone with a true Kingdom dominion mentality can have a great advantage in this critical area.

*God brings us a gift of victory, freedom, confidence and self-worth that is rooted in reality and not just ideal performance.* The walk of trust and faith is learning to access from Him all that we do not naturally have. That includes courage, joy and freedom from fear. They are all part of the promised fruit of the Spirit. They are not only needed, but provided and commanded.

### REWARDS OF HARD WORK.

Applying yourself to excel means that you sometimes have to put in long hours to do well in study or preparation. It takes **hard work to succeed**, and God never blesses the lazy. (Prov. 12:24) The Bible teaches that if we are lazy and do not choose to discipline our time and energy, we will be afraid to take risks (Prov. 22:13, 26:13), live to see our accomplishments and talents wasted or destroyed (Prov. 18:19, 24:20-34), and not appreciate or fully use what we have to make it the best it can be (Prov. 12:27).

Laziness is a **real sin** in the Bible. Do not call it “lack of discipline.” It is hard to repent for a “lack” of something. (Matt 25:26; Rom. 12:11; Heb. 6:12) God always calls and uses active, working people. If you pay the price, your life will make such an impact you will one day be able to stand with and influence those in highest authority. (Prov. 22:29).

### RELAXATION WHILE STUDYING

Yet in all adaptive or creative stress, there is also the need to properly relax. Sons of God are *led* not driven. Moses met a bush that burned with fire but was not consumed. When God is in the bush, the bush doesn’t burn up or burn out. Jesus said “*You are the light of the world*”. A lamp burns *oil*, not the wick. If the wick does burn, the lamp is running short of oil. You of all people, as a child of God need to know how to relax and not be driven in your work. Here are practical steps you can take for breaks when you must put in long hours at a desk in order to pass an exam or prepare a project that has to be done.

### REDUCING STRESS IN YOUR WORKPLACE

Get a **good chair** where you work. Long sitting really stresses your neck and lower back. Simple adjustments to your position/posture, can reduce or eliminate much discomfort. Arm rests, seat height and backrest should be adjustable and removable. The chair should swivel and move. Ideally, it would have an adjustable seat pan, so that there is more of an angle between your thigh and spine. People working with keyboards for extended time periods should slightly angle the seat down in front.

To prevent or **minimize tension** and fatigue, sit with your feet flat on the floor. If you can’t reach, use a foot rest. Adjust your chair so that your knees are slightly higher than your hips. Make sure your lower back is firm against the chair back. Brace your lower back with a cushion if your chair isn’t adjustable. While you sit in your classy chair, check out your posture now and then.

Just four hours a week can cause significant injury if you work at a poorly designed or adjusted workstation. The single most effective prevention is to simply **take regular breaks**. Take a 15 minute rest after two hours under a moderate workload, and after an hour if a high workload. There are computer programs that will interrupt your work to let you know it’s time to rest and stretch. You can set your watch or clock to go off at regular intervals. During your break, it is extremely important to RELAX your hands. Let them go limp, shake them out, massage them, anything but bending, twisting or straining your wrists or fingers. Take breaks regularly. Keep your feet flat on the floor. And remember to *breathe deeply*!

Use your **whole hand** when you pick things up, not just your thumb and forefinger. Keep your palms off the keyboard. Use a keyboard wrist rest. Sit a tilting

keyboard so your elbows are bent at right-angles and your wrists at 10 to 20 degrees from horizontal. The middle row of the keyboard should be at elbow level. Also, hit the keys as lightly as possible. It doesn't take great force to depress a computer key. Keep your neck relaxed, your chin slightly down and tucked in, your head straight ahead.

Most importantly: **DO NOT STOOP!** It compresses the spinal nerves, unduly stresses the spine, causes muscle tension, headache strain, foggy thinking, and fatigue. Slouchy posture and poor body mechanics while you write or word process, probably cause more muscle/joint pain and problems than anything else.

**RSI and CTD** (*Repetitive Strain Injury, Cumulative Trauma Disorder*).

**Wrong posture of arms, fingers and wrists** in too much keyboard work or play can also strain and swell tendons in your wrists and hands. Computing can entail more than 12,000 strokes an hour! While old typewriters required operator breaks to change paper, ribbons etc., computers go full-on without pause. We aren't physically equipped to handle thousands of repetitive motions an hour. Such misuse can pinch and inflame the main nerve that runs through the carpal tunnel passage in your wrist. **Symptoms** are tingling and numbness in the hands, loss of feeling, muscle strength, swelling, pain or clumsiness while using your hands, or intense pain in the fingers, wrists, forearms and shoulders. Untreated it can even cause permanent disability. Not just computer-users are at risk. Anyone who uses their hands the same way for a long time are. Gardeners, musicians, and factory/assembly-line people have CTS complaints. Injury going on too long without being treated can put you out of work or even make you give up a career.

Repetitive strain injuries respond to **heat and ice treatments, massage, physical therapy** and **rest** if caught soon enough. Stretching and exercises focusing on flexibility and strength building may be effective. Braces or wrist splints can protect injured tendons and force larger muscles to carry more of the load. One study links non-medical or non-surgical relief to relieving strain by specialized massage, especially on the muscles of the shoulder and upper back. If you have any RSI symptoms, all the experts say to **REST**. Either take time off from your work, or drastically lessen the load. The same applies to sitting in front of a monitor or TV for a long time. Here are some simple exercises to help you avoid these

problems that you can do while sitting for long periods of time doing homework, research or study:

**RELAXATION AND STRETCHING** (Repeat all exercises 4 times) Here are some stretches you can do at your desk: Reach behind your chair and interlace fingers. Slowly lift your chin up looking at the ceiling. This will stretch your neck, shoulders and chest. With feet flat, hug both shoulders with the opposite arm. Pull your left shoulder towards your right side, while you turn your head to the left. Repeat on opposite side.

**RESISTANCE STRETCHES** Press your forehead into your palms. Resist that forward motion with your hands. Hold for 15-30 seconds. Clasp your hands behind your head and press your head back. Resist again with your hands, holding for 20 sec. Turn your head to one side, resisting the motion with your hand. Switch sides. Hold for same amount of time. Then, tilt your head to one side, resisting with your hand again, holding the position for 20 seconds on each side.

Now step away from your desk. Shrug your shoulders up to your ears. Hold 10 seconds, then release. Repeat 3 times. Rotate each shoulder separately forward (10-15 sec.) and then backward (10-15 sec.) Do 20-30 seconds each. Shake your hands at your sides, overhead, etc. in the air. Shake your whole body. This will boost sluggish circulation and help you avoid stiff muscles.

### **WATCH YOUR EYES**

Another modern source of risk in our technoculture involves computer monitors and TV screens (Visual Display Terminals). Using one constantly can strain your eyes. Screen concentration reduces blinking. This dries out your eyes, especially with contacts. Other signs are irritation, blurred vision, headaches, neck, back, shoulders or joints discomfort.

To begin with, are you going to spend many hours in front of a screen each day? Go for a larger, higher resolution one - above 17" or more diagonally, if you can afford it. Many computer users needlessly suffer from poor monitor placement. The monitor should be low as possible, even recessed *into* the desk, not high up in the air. Mount your computer screen 15 to 30 degrees below eye level; **NEVER** above eye level. Put it 22-26 inches away from where you sit. Stay at least four feet away from the back and sides of any other monitor in your workplace. If you have a desktop, set a monitor next to your computer rather than on top of

it. Put it directly in front of you, not to one side.

Get your **desk lighting** right. Bad lighting causes glare. Anti-glare filters for your screen, indirect lighting, and non-reflecting glass screens prevent glare and minimize eyestrain. Instead of laying papers flat, use a document holder next to the screen. Remind yourself to blink frequently to keep your eyes moist and comfortable during a long stretch of work. Every hour suggests one authority, “palm” your eyes. Stretch out if you can. Now, rub your hands until they heat up. Then place your palms over your eyes, your right hand slightly over your left. Leave them there while breathing naturally, deeply and fully for 3-5 minutes. This is very calming. Relaxing your eyes helps also relax your body and mind.

### STOPPING STIFFNESS

To **avoid a stiff neck and sore shoulders**, do these with a straight spine while sitting:

1. Slowly drop your head fully forward, then backward. Then tilt, then rotate to each side. Hold each position for 20 seconds.
2. Turn your head as far to the right as you COMFORTABLY can. Then, hold for 4 seconds. Repeat for the other side. Continue until you feel tension ease.
3. Complete by grasping as much of the top of your left shoulder you can with your right hand, squeeze firmly for 7 seconds and let go quickly. Repeat on other shoulder. Do each 3 times. While doing the following, breathe deeply, without strain. Shrug your shoulders up to your ears and hold for 10 seconds. Repeat these three times. SIMULTANEOUSLY rotate your shoulders forward and backwards for 30 seconds or as long as you want. Repeat these exercises several times during your day. While standing, stretch arms straight up over your head, hold 3 seconds, then cross your right arm in front of your left and vice-versa, 3-5 times. Repeat in the opposite way. Then, lower your arms to your side, place behind your back and repeat. Anytime you want to feel calmer, close your eyes, inhale and exhale VERY slowly at least four times through your nostrils.

### WORKING ALL NIGHT

SLEEP is very important especially when you are growing. When you sleep all your systems get a chance to charge up and recover. Your brain in dreaming also gets to play and relax. Never try to go

without sleep for a long time or you will pay a real price in your physical and mental health. (Ps. 127:2; Ecc. 5:12). Yet we can also sleep TOO MUCH. Sleeping too long or too often can oddly enough make us tired too! (Prov. 6:4-11, 19:15) Yet there are those times when you just have too much to do and you have to bite the bullet and lose some sleep. If you have to work through the night and you can't stop for a cat-nap, try these tricks:

- (1) **Splash your face** with cold water now and then. Keep a glass of ice-water close and drink while you work. Don't drink mega-cups of coffee; the drug reaction later will hurt you.
- (2) Take a break and **run outside** for a minute. Take deep breaths and get your muscles moving. Oxygen in the lungs helps pick up your mental alertness.
- (3) Play **music** that strengthens and pumps you if you can concentrate on what you are doing at the same time. If you ever have to drive a long distance and can't stop, this will help.
- (4) **Chew** on something. One of the greatest single energy bursts you can get from a single food is 9-12 raw almonds. The energy foods listed under memory training all help.

### MASSAGE FOR TIREDNESS

**Self-massage** very effectively lessens stress, slows the heart rate, strengthens the immunological system, and increases blood and oxygen flow to the body and brain. Massage slows nervous impulses in the muscle tissue, bringing pain relief. Used daily, it alleviates chronic stress and depression. This massage technique will loosen tight muscles: Using a kneading motion, gently massage the face, then the scalp, working down through the neck, shoulders, arms, lower back, legs, and feet. Work gradually from lighter to deeper pressure in the direction of the blood flow to remove lactic acid and toxins. Massage each area for two minutes. Use warmed *vegetable* oil (e.g. olive) to avoid skin irritation, but never alcohol.

### PRESSURE POINTS

Just pressure on key points of your body can play a part in aiding the body's healing. In Asian medicine, doctors believe many forms of illness, aging, and pain occur when toxins accumulate at the nerve endings so the life flow of energy among tissues becomes blocked, causing glands and organs to malfunction



and wither. Pressure on these places helps disperse these toxins so that the body's own healing powers can flow through the body at full force once again. This insight need not involve occult or mystical practices or belief systems, nor has to work by altering your mental or spiritual state of consciousness.

This system of healing is free, very effective, and useful for many problems. You can use it to help muscles, skin, joint stiffness, internal organs, and to make you feel physically great. Pressure techniques can also be used to take away or completely stop headaches, migraines, even clear a hangover (not that you should plan on getting drunk once you know it)!

A simple effective way to help rid the body of toxins is to massage the webbing between the thumb and index finger. Open your hand and work for a full minute on the triangle on both hands. This is very effective, and good for headaches. Another point is on the right hand. Open it flat, and find the point on the far left of the palm, just above the main wrinkle of skin that runs across the palm. Massage this for 30 seconds. It is the pressure point for the liver.

Turn both hands upward, palm facing the sky. Massage the tops and sides of your fingers pointing to the other hand next to the first point. Do this in an order of index-side-middle-side. Then work on the creases in the folds of your fingers (all three). By doing this you disperse many toxins that block energy flow to your sinus, eyes, ears, and optical nerves.

Some pressure points for the spinal cord are: along the arch of the foot to the middle of the large toe (both feet), and along the outside of the thumb on both hands. Finally, the pressure point for the central nervous system is in the center of the palm on both hands.

To help **alleviate feelings of stress and depression**, press these points for one minute each:

1. Press the point in the center of the skull base (medulla oblongata).
2. Press the point on your abdomen one and a half inches below the navel.
3. Press the points below and on the inside corner of your middle fingernails.

4. Rub clockwise with four fingers the middle hollow of your skull base. (3 mins.).

5. Press the points right below and the inside corner of your small fingers fingernails.

6. Bend your head to the chest. Place your hand on the back of your neck. Find the large gap along the spine between the seventh and eighth cervical (base of neck) vertebrae. From this area count one vertebra down and massage the point between the first and second thoracic (bottom of shoulder blades) vertebrae.

### ENDORPHINS - NATURAL HIGH

What else will help you relax and relieve stress? As well as your physical fitness and relaxation programs, get involved in a **sport** of some kind. Every Christian should be active in some sport. It will help your physical development, keep you fit and give you valuable contacts for the Lord. Something special happens when you play hard in a game you enjoy. The body generates **endorphins** - the mighty endorphin power arrangers!

These special substances released into the system are natural uppers, stimulants and mood boosters that help free you from feelings of pain and depression. Sometimes we can just get overwhelmed with pressure and responsibility. Regular play built into your schedule can be a life-saving relief valve for stress always in danger of becoming destructive.

### SPORTS & GAMES:

When you find a game or sport you like, **WORK AT IT!** Play for ALL and **PLAY TO WIN**. There is learning sportsmanship and Christian leadership. The Apostle Paul uses sports illustrations to describe the Christian life: "You know that only one person gets a prize for being in a race even if many people run. You must run so that you will win the prize. Everyone who runs does many things so that his body will be strong. In the same way, I run straight for the place at the end of the race. I fight to win. I do not box the air. I keep working over my body. I make it obey me." (I Corinthians 9:24-27)

The Lord wants us to have strong, disciplined bodies. Jesus, Himself was a carpenter, who in Bible days had to be both strong and skilled. The Bible tells us that, "He grew strong in mind and body." (Luke 2:52) We are to love God with **ALL OUR STRENGTH**. (Mark



12:30) Eric Liddel, the famous Christian runner said *"When I run, I feel His pleasure."* Sports can be one of the most fun ways to serve Jesus with a better body.

Jesus can help you play well. The trials and pressures of sport will give you a chance to learn patience and forgiveness. You can earn respect both on and off the field or court by being tough in body and strong in faith. Team sports can teach you to get along with others and carry your share of the load. And many, many chances to witness to others can and will come in your sports time. When you go out to play, go out for God! When you play, play for Jesus! Make each shot, each race count for Him, put out your best because you are playing to the grandstand of Heaven. And you will play the best games of your life because you will play for His glory. He will be watching you! You will play to win.

### SABBATH OF THE SOUL

Board, computer and even video games can also serve a useful purpose if you do not let them become an addiction and you do not let them take too large a place in your life. Games that involve quick thinking, co-ordination and reflex action are ways the mind can rest from concentrated work. PLAY is a part of creativity. No one can look at the work of God in the art of His creation and not see that God has a sense of fun. The greater the mind and thinking required, the greater the need for good games.

This is the purpose of the Biblical Sabbath in Scripture - the reminder that all we have and are is owned by God. We are to take ONE DAY in the week when we stop doing what we normally do and take our pleasure in focusing on Him. It was to be a day of rest from our labor and to be spent with delight in His worship. (Exodus 20:8-11)

**Each soul needs its own Sabbath.** If you don't take seriously this need for play, you can burn out mentally and emotionally even in the work of the Lord. God designed us to learn as children from our play and the worst thing you can do is to forget how you first learned everything. "A four-year old laughs on an average every four minutes" says Dr. Richard Swensen. "Humor is a medicine. It tastes better than pills, works as well and costs less. Why do you think children are so buoyant, so resilient, so capable of picking themselves up and going on? God has given us the gift of laughter because He knows we need it." (*Margin*, p.115)

You need to **MAKE TIME** for such breaks. It will not come unless you choose to do it. Make that time. Do something occasionally off-the-wall and unusual. Don't be afraid to break your own rules if they get in the way of God. A sense of humor and play is the key for those who take themselves with a grain of salt and God and His world very seriously. If work is the mother of invention, play is often the father. If you have a problem not only pray about it but **play with it**. It is one of the great secrets of creativity. Approach everything in life with nothing but your own rules and structures and you can miss something great and simply wonderful even a child could see because it doesn't know what its *not* supposed to do or think. God is at home in the laughter of His children.

### SUCCESS PLAN FOR CHRISTIANS

Do you have a God-given dream? If you follow this plan for developing your ability, you will find you cannot fail to achieve what you believe God will let you do. The Lord will open doors and work miracles for you. He will help you do what others think cannot be done. But you must really work at it and do all that God asks you to do. Here's how:

- (1) Choose ONE thing at a time. Too many goals ruin your concentration. Pick the one thing in God's purpose for you that you **REALLY** want most! (Psalm 37:4-5)
- (2) Take a card and write on one side of it your Biblical goal. On the other side, write down these three Scripture verses:

"Delight yourself in the Lord and He shall give you the desire of your heart" (Ps. 37:4)

"Ask and it shall be given you; seek and you SHALL find; knock and it SHALL be opened to you." (Matthew 7:7)

"With God, NOTHING shall be impossible." (Luke 1:3)

Now, **TAKE THIS GOAL TO GOD**. Be perfectly honest with Him. Tell Him why you want to see this happen Bring Him these promises.

Tell Him: "Father, this is what is on my heart to make me a better person for You. You said this. I claim these in faith to help me fulfill a goal for Your glory." (Matt. 6:32-33)

(3) Now, **STOP THINKING ABOUT POSSIBLE HINDRANCES**. That is God's job to fix, not yours. Don't be afraid that you won't be able to do it! If it is wise, part of His call for you and really for the Lord's glory, you **MUST EVENTUALLY SUCCEED**. You **CANNOT FAIL** if God is really in it. (1 Kings 3:5-14; Joshua 1:8; Deut. 5:32-33)

(4) Hold up your goal in **FAITH TO GOD**. So live in His presence that you can actually see yourself as having already achieved what you are asking of Him. Carry your promises card with you and look at it morning and night. (Deut. 6:6-9; 11:18-19) We begin to **BECOME WHAT WE THINK ABOUT**—your dominant thoughts mold your life. That is why it is important that God controls your aims. (Prov. 23:5-7) See yourself in Him as actually doing what you have always wanted to do for Him. (Psalm 34:5-10; 63:1-8)

(5) Give yourself a 30-day test. For a **FULL THIRTY DAYS**, you must follow your goal, **EVERY DAY**. *Persistence is your faith in action*. During that time, do **MORE** than you have to. Give of yourself more, and don't let petty things sidetrack or worry you. Recommit your goal to God every morning and night. If you fail to follow the plan the full time, you must **BEGIN AGAIN** and go **ANOTHER 30 DAYS**. Go out of your way to help others. Work **STEADILY** towards your goal. It won't be easy, but give it your best. **REMEMBER**—if you fail, you must **BEGIN AGAIN**.

(6) If **MONEY** enters your goal, then give at least 10% to God and **SAVE** at least 10%. Think of your money and time, talents and opportunities as possession **ON LOAN** from the Lord. **GIVING** to some need that He lays on your heart is only **INVESTING** His property in some valuable concern. All we have are gifts from God. If you are a conscientious steward of His goods, He will repay all money invested under His guidance multiplied times. (Matt. 25:14-29. You can't out-give Him. (Mal. 3:10)

(7) **REMEMBER**: You and God are always a **MAJORITY**. He cannot fail - and when you are on His side you **CANNOT** either! When Moses sent Caleb and the spies into the edge of the Promised land, Caleb saw the big grapes and the others saw themselves as small as grasshoppers. (Num. 13:30-33) When Saul and Israel looked at Goliath they saw how much smaller David was than the giant. (1 Sam. 17:25) When David looked at Goliath he saw only *how much smaller Goliath was than God*. (1 Sam 17:26) Jesus went to the cross for the joy that was set before Him. (Heb. 12:2) Thank Him every day, when it gets rough

as well as when things go well. Keep a calm, happy and trusting spirit. Live like a little kid, looking with joy and excitement to another new day. **HE IS ABLE!**

## HOW TO FIT MORE INTO A DAY

Part of the difficulty of not successfully using your abilities is what seems to be another problem; *not having enough time* during a day. Here are some hints to help you:

(1) Plan a **SCHEDULE** for yourself. You may have never done this before. Try it now. Some men who really changed the world for God *found* time because of their solid self-discipline. John Wesley said in the 24 hours of a day that he had eight hours to sleep, eight hours to work, eat, and study, and the other eight hours he could give to God. Jonathan Edwards disciplined his life so that he often had 13 hours a day to spend in study! Self-discipline is one of the parts of the fruit of the Spirit. Here's help for you:

Pick a time when you have to get up. Set it according to your responsibilities. Then set another time when you ought to get to bed. You can find out how much sleep you need by going to sleep in a perfectly dark room for a week and averaging out the time it takes for you to wake up naturally, by yourself, without an alarm. Most people need between 7-8 hours, some a little longer or shorter. Set your "night limit" by this time.

Do you need some **extra time** to study or seek God? Are you an **owl** (night person) or a **fowl** (day person)? Israel divided their night into three watches; (1) from 6 to 10 p.m., (2) from 10 p.m. to 2 a.m. and (3) from 2 a.m. to 6 a.m. Jesus promised special blessing for those ready at the *second or third watch*. (Luke 12:38) If you are an owl, use the second watch for extra time you need. If you are a fowl, go for the third watch and get up earlier.

Now **PLAN OUT** your day. If you have a job or school, you know how long it takes to do it each day. What time you will have to leave to get there? What time you can expect to be home? This gives you your second big division in time. Leave that until later.

Take the first "block" of time, that between waking up and leaving for work or school. How many hours do you have here? Now **write down, in order**, the things you usually do after you get up—make your bed, wash, dress, eat breakfast, etc. Write them out and beside each one put the **SHORTEST TIME** you can

do each job properly in. Time yourself next to see just how long it takes you to do these things.

Now, go into the rest of your day in the same way. Divide it into big blocks and then subdivide each block up with rough times for each small part of the day. It may help you to put things in a “MUST DO,” “SHOULD DO,” or “COULD DO,” category. This will help you to put **priority** on the things that have to be done and the good things that might be done. If you have a whole lot of things on your mind to do the following day, and you’re worried about them, make a list the night before. It will help clear your mind and give you a “priority list” to attack in order of importance.

(2) Now, the fun begins. You should have a “rough” time for each thing you have to do in your day. Tomorrow when you get up, spend each small section *having a race with yourself*. **COMPETE WITH YOUR OWN TIME**. How long does it take you to make the bed? Today you will see if you can do it just as well with a minute knocked off the time. How long did it take you to wash and shave or get your hair and face ready for the day? You will do it faster today. Race yourself! If you have a five-minute timer like an egg timer or kitchen timer, you can use that to “race against the clock.” Do it in fun, but work as fast as you can. Pace yourself against yourself. Win from each day a minute here, a couple of minutes there. See just how much time you have won before your next fixed responsibility time arrives!

(3) Use the “**NOTHING**” **TIMES TO DO SOMETHING**! Often during a day we have times when we are inactive: Waiting in line for food or a bus, traveling to and from work, waiting for a bath to run or someone to come home. How many hours can be used of these “nothing” times! Read a helpful book, do a little study; or if you have nothing else to do, spend some moments in prayer or in quiet meditation on the goodness of God. Make it a practice to carry your Bible with you everywhere you go. When you wait for someone or are doing nothing of profit, break it open and read until your time is up.

(4) Learn to **SELECT**. You can’t read all books, so make sure the ones you do read are ones directly related to your goals. You can’t go to all meetings, so go only to those that will best help forward what God is doing in your life. **SELECT**. The good is the enemy of the **BEST**. Learn to reject things that you could do which would take time away from the more important things. Learn to say “No” to things you could do but

will clutter your life.

(5) Do the **HARD THINGS FIRST**. Make yourself do them. Don’t get into the bad habit of putting off the worst things until the last. Tackle them early when you are fresh. Begin all the worst tasks first and get them out of the way as soon as you can. This is one secret of discipline. It will help make you a man or woman who can really make the most of you time. Tackle the hard jobs first and finish with the easiest ones.

(6) Learn to be **PUNCTUAL**. Stick to your schedules. If you have an appointment get there a few minutes early or on time. It is a bad testimony and poor stewardship of God’s time to arrive late everywhere. It will help if you keep a diary of appointments. Consult it often, plan ahead, leave plenty of time to get there, and don’t leave things until the last minute. If it helps, set your watch forward five to ten minutes; sometimes it helps to get you there earlier, especially if you forget it was set forward!

(7) Finally, **AVOID ALL SIDETRACKS**. There are many fun things you could do, but you are a child of God, and are in training for the King of All Kings’ army. Avoid all petty interference’s with God’s goal for your life. Don’t fret, worry or brood over other’s interference with this; leave it in His hands. Keep resolutely at what you are doing. Take the chance to discipline any area where you are wasting too much time, money, or energy. Carefully think through things like eating, dress, relaxation, or entertainment. Don’t be brought under the power of anything, good or bad. Get to bed before you get over-tired; give the next new day to God. Rest the one that has just passed in His loving and understanding hands.

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## Access

### Access - “*well informed*” - how to know what to know

“The secret things belong to the Lord our God; but those things that are revealed belong to us and our children forever, that we may do all the words of this law.” (Deut. 29:29)

Critical to staying ahead in an ever-changing world is the ability to **SORT**; to know what to look out for in the multitude of things to choose from.

## THE LOST TOOLS OF LEARNING

*"The man who knows how will always have a job;  
the man who knows why will always be his boss."  
(Ed Cole)*

Dorothy Sayers, a famous Christian detective fiction writer and playwright of a generation ago looked at the difference between classic learning in ancient times and much of ours today. They knew then a way to train young people so that some of them could to step into the role of kings, presidents and ambassadors *while they were still teenagers*. They not only knew what they needed to know to carry out great responsibilities; they knew how to find what they didn't know, even if no one was there to show them or tell them. Sayers put her analysis in a profound little essay she called the *Lost Tools Of Learning*.

A medieval child could *at twelve* STUDY BY HIMSELF a subject never seen before. He could sort out what it was and what it wasn't. Then clearly and simply, he could present what he had found both written and orally. He could also field questions from his teachers who he had to convince what he said was true and who felt free to challenge him as he presented it. Children knew issues and answered questions better than many adult politicians and public figures today. How did they do it?

Sayers said they had TWO PARTS to their learning; what they called the *Quadrivium* (subjects) and the *Trivium* (approach). Subjects like language, math, science were all learned the same way; by the Trivium. They learned all their subjects through the same procedure of study. As a result, whatever they needed to know in the future used a familiar approach. With this common process, they were able to make immediate connections between widely-different subjects in creative and effective ways. They used a language (usually Latin or Greek) to learn it, but you don't have to. Here are the three parts of the process:

### (1) COLLECT (Grammar) Get the building blocks.

Your first step in learning something is to **collect**. At this point, don't stop to analyze or sort. Just *collect* - ideas, words, sentences, materials. Use all five senses to find what you are looking for - but particularly sight, sound and smell. Your aim here is simply to get as much stuff together as you can on the subject you want to learn.

### (2) CATEGORIZE (Dialectic) Identify differences and

### define.

Now **sort** things into categories. At this point *classify* what you have. See what makes something different. If, for instance, you were learning a language like Greek you didn't want to use *eros* when you really meant *agape*! If you are studying perhaps pizzas, you sort those you collect - perhaps by size (into big, small, pan, thin-crust), then by topping, sauce, taste etc. The evangelist D.L. Moody used big envelopes to sort themes he was going to speak on and put labels on each for illustrations he collected - *sin, love, the cross* etc.. Whenever he found a quote or story he could use, he clipped it out or copied it and dropped it in one of his envelopes. When it got too full, he made another sub-category with another envelope.

You can use boxes, files, folders or a computer database if you have ability to scan in printed data with a scanner and OCR, or you can hand-type it. Classify by senses and appearance - use sorts like *size, color, image, taste, sound, texture or idea*. Arrange things first into big classes then into more specific groups under these.

### (3) COMMUNICATE (Rhetoric) Show simply and clearly what you see.

You are now in a position to SAY SOMETHING about what you have sorted. From what you have, which did you find the best? What is the truth of what you see? Are you collecting ideas? Pick out of what you have those that **best communicate** what you want to say. Your aim here is to clearly and concisely present what you see as best. Don't try to be either original or elaborate. Keep things as SIMPLE and as DIRECT as you can. Great art, poetry, writing or speaking never comes with attempts to be different and original. You *are* different. You *are* an original. The very act of saying or showing what you see clearly to someone else is the root stuff of true creativity. Genius is often someone seeing and showing something true no one else quite saw that way before.

FOLLOW THIS ORDER in all you do. Never try to change the order. If you are going to write a book, **first collect**. Don't sort anything, don't edit or criticize yet. When you have all you need, then begin to put things into **categories** as they naturally fit. When this is largely done, try to put what you have found as simply and clearly as you can.



## HOW TO STUDY A LANGUAGE

Knowing other languages is a great tool to open the door to other nations and people. There is nothing sweeter than your own native tongue. Daniel and his friends were taken from their own home and had to learn another wholly different language. All around you even in your own country, are people who are cut off from the place where their own speech is spoken. God may use your knowledge of other languages to open many doors of ministry that others never could enter. If you are called to another nation or people-group, how can you best learn how to speak and understand them?

**A key to learn a language** it to use *as many tools as you can*: Barry Farber, a radio talk show host who has learned 26 languages in his spare time advises you to buy these:

(I) **Language textbook** that covers grammar well. Read the first few chapters over and over till you understand as much as you can. Leave what you don't get till later.

(ii) **Travelers book** that tells you how to pronounce the frequently used words and phrases.

(iii) **Two-way dictionary** with foreign-English and English-foreign section.

(iv) **Language course** on cassette (or CD-ROM). Farber likes those using the *Pimsleur* method that don't just repeat phrases but make you recall what you learned earlier.

(v) **Flash cards** with English words one side, translations on the other for quick review.

(vi) A **newspaper** in the language you want to study. Best: one published in that land.

**Start:** Spread out your newspaper and begin reading the *first paragraph* of every article. *Highlight* every word you don't know with a marker. Look up these in your dictionary. Do this as a regular part of each day. (First *Collect*.)

Now you **Categorize**: Write each *new word or phrase* on a flash card with the translation on the opposite side. Write words you don't know on a question card to ask someone who speaks the language. Try to *guess* words that look similar to known words from the context of what you know. Go on to the next

paragraph. Set aside a time block each day for this.

**Communicate:** Test yourself with your audio cassettes or CD-ROM by pausing it after the English phrase and trying to translate yourself before going on. Try out *phrases* from your travelers book when you meet someone native to the language. (*How To Learn Any Language*, Citadel Press, 600 Madison Ave., New York, NY 10019)

You can get **language translation tools** that let you feed in a phrase in one tongue and get it back in another. Some computer software will reasonably translate text into, for instance, French, or German, or Spanish. For instance you could send a letter to someone in another country and let the program do 90% of the translation for you. While not perfect nor precise, they can do a lot of the hard work if you ever need to communicate across another culture.

## MAKING THE MOST OF YOUR STUDY TIME

"You are the light of the world. A city that is set on a hill cannot be hid." That's what Jesus said about His people. Now if an angel came into your class at school and asked the sinners there who the Christians were, would they point to you? Do your friends at school know that you love Jesus? Do your teachers? And do your studies show it?

Every school needs Christians. There are a lot of things that you can use later in the service of God if you do your work well. *Languages* will be useful if you witness in another country. *Social studies* will help you know how people live in other lands. *Sciences* will help train you to think clearly and test out what you believe. Classes in *English*, *speech*, and *drama* will show you how to speak and write so that people will listen to you. *History* is a lesson in what happens to nations that honor or forget God. *Biology* will help you see what a wonderful creation God made and may give you opportunities to present the Biblical picture of creation.

Of course, many of your **teachers** will not know Jesus. Most books you read will not discuss Him. Many subjects are taught at school as if God had nothing to say about them at all. But you don't have to be afraid that these will make you lose your faith. If you will think harder, and spend more time asking questions of Christian friends, you will find your faith comes out stronger. God is not afraid of "being proved wrong." You will find that true faith really makes much more sense than no faith at all, and you



will learn how to speak up for Jesus in a world that does not like to serve or love Him.

What better place to learn than school? You don't have to go to another land to be a missionary. Your school probably has more people who don't know Jesus per square INCH than "heathen" lands have per square ACRE of jungle. *You don't become a missionary by crossing the sea, but by seeing the cross!* Every person who knows and loves Jesus is called to be a missionary, and every person who does not, is his or her mission-field. Your school needs Jesus very much.

Do these things if you want to count for Christ. **Take your studies to God.** Treat each class like an assignment from Jesus to witness. Ask God, "How can I speak for you in this class Lord?" Look hard at the homework and reports you must make for each class. Let God open your mind. How can it be used as a tool for getting out the Good News to both the other kids and your teacher? Think of the classes where you can speak or write for Him! Consider *English* (essays free verse, poetry); or *speech* (how Jesus or Christian people) might meet world problems; *history* (how God's people affected it for good); *art* (pictures and posters that can preach) and others.

**Do your homework wisely and well.** Be a person kids can go to for help. Win their respect and your teacher's too, by doing your work neatly, well, and for Jesus' sake. Don't be phony or try too hard. Just be relaxed, happy in God, and show, by your balance and friendliness, that you find wisdom in Someone who has helped you in all areas of your life.

Have you let God use your studies as a channel of witness? If you have been hung up on various problems of the past, you no doubt have completely blown many opportunities to do anything worthwhile in study for Christ. But perhaps it is not too late. Perhaps you can begin again and try to recapture some lost ground. And if there is any improvement at all, you can use even this little gain as a witness to the real change Jesus brings in a life.

### SETTING UP A STUDY

Here are some simple guidelines to help you make the most of your study time and organize it to the best advantage:

(1) Have a **SPECIAL PLACE** set aside for your study. Explain to your family or household your need for

quietness and privacy there. Make it good to go to; have any drawing tools, reference books, charts, and texts on hand. Set up a good **BRIGHT LIGHT** to illuminate your work comfortably without dimness or glare. The best form of light is **INDIRECT, DIFFUSED** and electric. It should not throw a shadow on your desk, nor shine in your eyes. If you can't get a desk light, move your desk to the best place you can under your room's roof light. Change the bulb if it isn't bright enough. When you make notes, light your textbook and notebook evenly to help you avoid eyestrain.

(2) Set a **TIME LIMIT** on your study. Prepare before hand. Begin on time. Work as rapidly and as thoroughly as possible on the subject. **DON'T ALLOW DISTRACTIONS** (phone calls, radio, visitors)! **CONCENTRATE.** Work against the clock. Stop on time. Don't study if you are too tired; the work will be ineffective.

(3) **VARY** your studying time. If you are working for a couple of hours on one thing, break it up into smaller lots. If you start making a lot of mistakes, do something else; come back to that problem later. Your subconscious mind will have a little time to work on it, and it may come out better for you later. If you have to work late, and you start to get tired, do something **DIFFERENT**—take a **SHORT** snack, go for a run outside, do some push-ups! You can do this also when you want to start on a new subject, as the one you have just finished will still be on your mind.

(4) **PLAN A STUDY GUIDE.** Timetable the amount of work you have to get through. Divide your time fairly **EVENLY** between subjects, but with a little more emphasis on those that you find tougher. Do it neatly, and **PIN IT UP** where you can see it constantly as a reminder. It should be **FLEXIBLE** to allow some changes, but on the whole, after you've made it, **STICK TO IT.** Work **UNDER PRESSURE**; it is better for you to do a good, solid, intense hour of study, and then take a couple of hours off doing something else, than to fritter away three hours fooling around halfheartedly at one subject.

**DISCIPLINE** is something you must learn from the Holy Spirit. Learn to pace yourself against yourself. **COMMIT** each session to the Lord. Ask for guidance as to the amount of time you spend on each section. Don't wait for the right "mood" to study; just begin anyway.

**LEARNING:** You need a **CHALLENGE** to give you

incentive. **Tests** or exams are never very far away! Consistent study throughout the year pays off; try counting the weeks or days before set tests or exams start to “spark” you. Your **WITNESS** in exams is vital. How is it that you can be calm confident, and cheerful? Your unsaved friends will want to know. How can you keep relaxed under the pressure of tough tests and exams? The answer: Christ, and a study program that keeps you on top. If you fool around and fail, your witness in this field is finished. Your study could be a help towards determining *their*

*destiny*. Your witness is very important in studies. For Jesus’ sake, don’t fool around.

**CRITICIZE** materials you read and hear; don’t drink in everything without thinking! The evolution theory is a example of a field of study where you can present an effective testimony. Asking yourself questions will help you grasp the key thought behind the material better. Try to develop a real **INTEREST** in the subject. Think of it in terms of how it could help you

## *Spiritual Sensitivity* - “quick to understand”

### Divine guidance and revelation, Godly insight, spiritual giftings

#### 3045: ascertain by seeing



## **Perception**

### Perception - “quick to understand” - Seeing Like a Prophet

#### Divine Guidance & Revelation, Godly Insight, Spiritual Giftings

“There is a man in your kingdom in whom is the spirit of the holy gods; and in the days of your father, light and understanding and wisdom, like the wisdom of the gods was found in him ...” (Dan. 5:11)

Daniel and his friends were not just good kids. They knew God and they knew how God did things. When the crunch came, the King demanded to know the meaning of his supernatural dream. He was quite simply going to kill those who had no answers. Daniel knew how to seek God. He knew how to hear His voice. The boy’s very lives hinged on their God-given ability to understand the spiritual world. Is it any different for you? *The ability to “see like a prophet” is the key to survival in your culture. The man or woman who can see what is really going on and chart for themselves or others what they see is the man or woman who can change or rule the world.*

Without the supernatural in your life, you are just another seeker. When you give your heart to Jesus, the full power and wisdom of who He is becomes linked with your own little life. It is His promise and assurance that we can know Him and have Him demonstrate that power and wisdom through our lives to His glory.

God speaks to our spirit, to our heart. Our minds, emotions and will become the medium by which we transfer the internal truth of His law into the external world where we live. When we learn to think like God, we will know how to act like God acts. We are called to have a **renewed mind**, a mind being changed in all its channels into a mind like Jesus. (Rom. 12:1-2) There are three main ways in the Bible by which we learn how to see:

#### BIBLE MEDITATION

“This book of the law shall not depart out of your mouth; but you shall meditate on it both day and night.” (Ps. 39:3)

To MEDITATE or muse in Scripture is to give deep thought or close attention to what God says. You learn to lock out all that turns attention from His Word. You give uninterrupted attention to what He speaks to you. It is to study in silence. PONDER is a related word. (Prov. 4:26) It involves testing, measuring, weighing. It means to compare circumstances and consequences, to examine and actively reflect. It is the exact opposite of occult passivity, where you are told to let go of your mind and just open it up to anything that drifts in. Christian thinking is never blind faith. God never said, “Be transformed by the *removal* of your minds.” First RECORD what God says to you in a diary, notebook or organizer database. Then WRITE out what you learn in a way that makes it clear to you exactly what you believe God said. Finally APPLY what you learned. Give it away to someone else. Pass it on to another it may be a help to. Nothing is really yours until you have it in a form in which you can give it away.

*“The man without an organized system of thought will always be at the mercy of the man who has one.”* (Ed Cole.)

#### THE LAW OF SPIRITUAL LEARNING

There is a law of spiritual learning. It is the way God reveals *what* He wants us to know the way He wants us to know. **Physical** growth comes by time.

**Intellectual** growth comes by learning. But **spiritual**

growth comes *only from obedience*. You do not learn the ways of God by study alone or mental grasp. You don't know what He is like by the opinions or teaching of others. Light from God is a gift to the hungry heart. There is much you can learn *about* God, but it is not at all the same as learning *from* God.

*God is a God who hides Himself.* He reveals His secrets only to those who long to know Him. George Washington Carver said, "*When you love something long enough it will show its secrets to you.*" The same God who showed Carver the mighty industry and economy in the humble peanut has much more to show those who come in humility and hunger to His table. We were never meant to know the principles of the Law without KNOWING THE LORD

HIMSELF. The **Divine order of learning** is this:

(1) **Revelation:** *God speaks.* His Word by His Spirit lights up our heart. (Ps. 110:130)

(2) **Practical Obedience:** *We do it.* We obey His word without question or hesitation. Delayed obedience is disobedience. When we know it *is* Him, we just do it.

(3) **Illumination:** *He explains it.* Maybe! Not always, but maybe. We do not always see how all the bits of the puzzle fit together, but that is never a reason for disobedience. "*Trust in the Lord with all your heart; do not lean on your understanding.*" (Prov. 3:5)

When we learn this way, we grow in faith. We know God is to be trusted on the bare authority of His own testimony. We do not need to "check it out first" to see if *we* think it makes sense or fits. Unlike us, Jesus means exactly what He says. As John Bevere puts it: "We live in a culture where we don't always mean what we say. Consequently we do not believe what others say to us. A person's word is not taken seriously. ...By the time (a child) becomes an adult he has accepted this as normal. His conversations now consist of promises and statements in which he says things he doesn't mean. ...When Jesus speaks, He wants us to take Him seriously. We cannot view what He says the way we view the other authorities or relations in our lives. When He says something, He means it. He is faithful even when we are faithless. Jesus walks at a level of truth and integrity that transcends our culture or society." (*The Bait Of Satan*, pp. 241-143)

### PERSPECTIVE OF A PROPHET

This law of spiritual learning is the secret of prophetic perception. In order to see past the smoke-screen of a culture, you must *learn to learn the*

*opposite way it demands.* The only way to change the world is to be different from it. God's word must be heard God's way.

After a lifetime of revival, Charles Finney said this was the one key lesson he learned. What would he do differently if he could do it all again? To **not spend so much time explaining before he called people to obeying**. But reverse this Divine order, he said, and you will raise a culture full of criticism, negativism and cynicism. Read God's description of "wisdom from Hell." (Jas. 3:13-18) That culture is here and it is yours. The way to see past it is to not play by its rules. Daniel "*purposed in his heart that he would not defile himself.*" (Dan. 1:8) A man or woman with a real word from God cannot be swayed or moved by the world and what it thinks of them.

God can gift us with **prophetic perception**. Over a century ago, Dean Stanley in his, *History Of The Jewish Church*, wrote on the unique vision of the Biblical prophet:

"God spoke by the prophets. Not by the historians, geographers, ritualists, poets of the Jewish Church, but by the prophets. ...However high the sanction given to King or Priest in the Old Dispensation, they were always to bow before the authority of the Prophet. Prophetic teaching is the essence of revelation sifted from its accidental accomplishments ...it may fitly be called the *spirit of the whole Bible*. "Alone of all the high officers of the Jewish Church, the prophets were called by no outward form or consecration and were selected from no special tribe or family. ...Mercy and justice, judgment and truth, repentance and goodness - not sacrifice, not fasting, not ablutions - is the burden of the whole prophetic teaching of the Old Testament. In the New Testament I need only to refer to the Sermon on the Mount and the fact that His chief warnings were against ceremonial narrowness, the "religious world" of that age.

"It is this assertion of the supremacy of the moral and spiritual above the literal the ceremonial and dogmatic ... which makes the contrast between the prophets and all other sacred bodies. They were religious teachers without the usual faults of religious teachers. They were a religious body whose only professional spirit was to be free from the usual prejudices, restraints and crimes by which all other religious professors have been disfigured.

"They were not without grievous shortcomings; they are not on a level with the full light of Christian revelation. But taken as a whole, the Prophetic Order remains alone. ...O, if the spirit of our profession or

the order of our body were anything like the spirit of the ancient prophets; or if with us truth, love, justice, fairness to opponents were a passion, a doctrine, a point of honor to be upheld .. with all the same energy as that with which we uphold our position, our opinions, our interpretations or our antipathies! ...It makes all the difference in the world whether we put the duty of truth in the first place or the second place. The spirit of the world first asks, 'Is it safe?' Secondly, 'Is it true?' The spirit of the prophets asks first, 'Is it TRUE?' The spirit of the world asks first, 'Is it prudent?' The spirit of the prophets asks first, 'Is it RIGHT?'

Only **God** can give us the spirit of prophecy and the heart of a prophet. But we can learn these things from them in order to be better able to hear the Voice of the Lord:

(1) **Stay sensitive to the prompting of the Holy Spirit.** (2 Pet. 1:21) The prophets of Scripture did not only speak to general circumstances, but special emergencies. They usually addressed themselves spontaneously to people or situations they needed to warn or encourage. In the highest degree, our Lord drew His parables from the people and scenes immediately around Him.

(2) **Cultivate the sense of the Presence of God.** (1 Cor. 14:24-25) With it comes the close connection between human thoughts and Scripture words that strike through to the heart. When you are moved by God you will move men.

(3) **Love people and love the nation.** Often in Scripture we cannot distinguish between the prophet and the people for whom he speaks. Prophets don't behave like disappointed politicians or disillusioned churchmen. Christ wept over his country. Paul loved the Jewish people like Moses; ready to die in their place if it would save them. (Rom 9:3; 10:1; 11:1; cf. Ex. 32:32)

(4) Give yourself to **promoting national unity.** (2 Chron. 28:10) The prophets aim in all the revelation of people's fault, was to bring the nation back to God, the sense of common origin and worship overcoming the sense of their separation and alienation.

(5) **Change themes** as fast as God gives them to you. In different times different abuses attracted the prophet's attention. They never got stuck with one pet slogan. What was right in one time might be wrong the next. (Isa. 1:10 vs. Mal. 1:8) Stick with simple faith in the few great principles; everything else will constantly change.

(6) **Don't back off on truth.** Some prophets were

persecuted, some were briefly popular. But in all there is the same Divine spirit of revelation that above the passions prejudices and petty distractions of life.

"Be not afraid of them., Be not afraid of their faces; Be not afraid of their words. Speak Me words to them whether they will hear or forbear." (Ezek. 2:6,7; 3:8,9)

What is called for here is neither weirdness nor independence, not useless opposition to the existing framework of the world or the church in which we find ourselves. "*Not this, which is of no use to anyone, but that which is needed by every one of us; a fixed resolution to hold our own against chance or accident, against popular clamor and popular favor, against the opinions, the conversations of the circle in which we live.*" (Stanley's History, Vol. 1, pp. 393-419)

(7) **Look beyond the limits** of your time. The prophetic heart sees sometimes the past in the present, the future in the past or the future in the present. The walls of time go down, and the vision of the prophet leaps over the boundaries of our immediacy. Learn to listen, *really listen to the Holy Spirit by Scripture*, and the whole world will speak to you. The prophet, more than any other in the Bible, is a messenger of hope. He knows Jesus Christ is the same, yesterday, today and forever. (Heb. 13:8)

## LIVING BY THE WORD OF GOD

"Man shall not live by bread alone, but by EVERY WORD that comes from the mouth of God." Matt. 4:4

Jesus said it, and He meant it. The next way to train your perception to see things from God's perspective is to **LEARN TO THINK LIKE GOD THINKS.**

When you soak your mind and heart in God's Word, you begin to think His thoughts after Him. Your Bible is the Greatest Book in the world. It is a manual of miracles. It is a Book from God about God; written BY His men about how to be His men and women. It is the story of His love for people. Its central figure is the Lord Jesus, The Messiah, God in the robe of a man. It is the record of His origin, birth, life, death, and resurrection.

The Bible message is stranger than science fiction: The God who spun worlds into space has visited our earth to show us the way to heaven, and we may join a Love-Kingdom in His very own forever family. The Bible is no ordinary book. It is strangely



different because it was written by men who listened to the voice of God. The words they wrote were more than human. They live like fire for each new generation. By the power of the Holy Spirit, they are as fresh as wind and rain on a mountain.

The Bible is not just a book of *history*, although its records have been clearly upheld by modern archeology. It is not a book of *poetry*, although it has inspired countless songs and poems through the centuries. It is not an *adventure* story, although few novels have matched the sheer drama of its pages. It is not a book on *ethics* or morals, yet civilization's finest and fairest laws have been forged from it. It is not a *textbook*; but it still amazes scientist and scholars from fields as widely different as sociology, medicine, and nuclear physics. The Bible is the unique revelation of man's problems and God's answers: The Good News of the love-revolution begun by the Father, given by the Son, and operated by the Holy Spirit. Yet why do so many people not understand or love it?

### OPERATION DISCOVERY

It was just a letter you found lying on the ground. Curiosity got the better of you, so you opened it up and began to read. No, you didn't know who wrote it, nor to whom it was written, but you understood the words and knew what it was talking about. Yet, it didn't seem to mean very much to you.

Now why didn't you REALLY understand the letter? You knew the language. You understood the words. You could read the writing. Your problem? You didn't know the writer, and it wasn't written to you. The letter's message was as good as sealed or coded. The BIBLE is just like that. If you are not a real Christian, a man or woman who has given yourself to the Lord Jesus as your Savior and Master, the Bible will be largely a sealed book. You don't know the Author; it doesn't speak much to you. When you get on REAL speaking terms with God, it starts to add up.

Here's OPERATION DISCOVERY: KNOWING THE AUTHOR. If you don't really know Him yet, why not begin? It is not enough to know ABOUT Him; you must KNOW HIM. When you are truly God's child, a world of adventure and discovery awaits you in God's Word.

The first step in understanding the Bible is to begin to READ IT. Christians are people of His Book. There is no way to follow Jesus without also knowing and loving the Book He gave us. It is no accident that both Jesus and the Bible are called "The Word of

God." (John 11:1; Revelation 19:3; Isa. 8:20) Both are Divine. Both speak with power and authority. Both are fully true and trustworthy. The world needs Someone to know and Something to study. God gave us both a Book and His Son. We must obey both. We do not love Jesus more than we really love His Word. We do not obey Jesus more than we obey His Word. We do not KNOW God any more than we want to know His Word. Now, how much DO you read the Bible?

If you read only about FIVE MINUTES A DAY, you can finish it easily in less than a year. You can read the whole Bible through ALOUD in about seventy hours and forty minutes! The Old Testament read this way would take about fifty-two hours and twenty minutes; the New, would take eighteen hours, twenty minutes. If you were willing to spend eight hours a day on some holiday period, you could finish it in just nine days! Reading by *chapters* takes you through the whole Bible in *eighteen weeks* at the rate of ten a day. That is four in the morning, two at lunch-time, and four more at night. The Old Testament read in this manner takes only fourteen weeks, the New Testament, twenty-six days. If you wanted to read just through the four Gospels (Matthew, Mark, Luke, John) together with Acts, you could read them in twelve days; all the rest of the books of the New Testament in another fifteen days. Now, of course you may not want to do all of this; but how much of God's Book have you REALLY read? Jesus did not say, "You shall know the truth and the truth shall set you free." He said, "IF YOU CONTINUE IN MY WORD you are My disciple indeed; AND you shall know the truth, and the truth shall set you free." John 8:32)

### HOW TO STUDY THE BIBLE

Ask the Holy Spirit to help you understand what you read. Take colored pencils or special markers (ball-points will slowly go right through the pages of most Bibles and ruin them) and MARK the verses that God speaks to you by. There are a few simple things to remember when you read the Bible. Keep them in mind, and you will not get funny ideas from the Devil or from people who don't know either the Scriptures or the power of God:

(1) Read everything in the light of WHERE YOU FIND IT (context). Don't pull bits out here and there and try to make them say something they don't really say at all in the place where they properly belong. Compare verses with other verses. (If some people read "Little Red Riding Hood" or "The Three Bears"

the way they read the Bible. they wouldn't understand those books either.) Be sure you have read all that you can find in the Bible on a subject before you teach others about it. God says those who teach from His Word have a solemn charge before Him to be right. (James 3:1-2; 1 Peter 4: 10-11)

(2) God's Book means EXACTLY WHAT IT SAYS. Once you know what He is saying, take it EXACTLY AS IT IS. The only time you should think a verse is symbolic is when all verses around it clearly show that God wants it that way. Use big passages to help you understand the little ones; verses which detail things to help you understand other sections which are more general; and the ones where the writer is explaining carefully and factually to help you grasp others where the writer is just talking about what he feels or is enjoying in God.

(3) If some verses don't seem to fit, don't force them together. You just don't see the whole picture yet. Have you ever done a jig-saw puzzle? As you found bits that fit together, the whole picture became clearer. This is the way to read the Bible. Don't try to get it all at once. Just read in faith, believing that God will show you more as you read more. (Ps. 25:14; John 16:12-14)

### USING BIBLE HELPS

(1) A good CONCORDANCE: is a sort of "Bible index." It is used like a dictionary when you are trying to find out where a verse appears in the Bible. You could, of course, read the whole Bible through carefully until you come across it. The other way is to use a concordance. If you can remember one word in the verses, just look up that word in the concordance (it lists all the words in the Bible in alphabetical order). When you find the list of words with your word in it, go through it until you come to the verse you want. Of course, you can use a concordance for many other things. Use it for a Bible study on what God says about a topic. Some concordances give you original Hebrew or Greek words besides showing you how to say that word in English. Some have a special section in the end that gives you those Hebrew and Greek words in a list, and shows you how many times they are translated as one English word or as another. This special index is called a LEXICON. You will find lexicons at the back of both STRONGS and YOUNGS concordances. They help you see the range of meanings an original word can have. The fastest and most accurate way to look up verses and words is to use a **computer Bible**. This way you

can not only instantly find verses by keywords but by entire phrases or combinations of words. Most will also give you the original Hebrew or Greek words as well. Get a good fast Bible study program if you have a computer. You can save yourself literally hundreds of hours of look-up time. Most can link up to your word-processor so you can pull Scripture directly into your studies as you write.

(2) A reliable DICTIONARY. Use a well known type like WEBSTER'S or OXFORD'S revised. With this you can look up words you don't understand and get ideas out of others that may help you get more meaning out of Biblical words. You can also buy a BIBLE DICTIONARY. This is written specially for Bible study, like the BIBLE ATLAS and BIBLE ENCYCLOPEDIA. These are helpful tools, but are not absolutely necessary for most of the things God can teach you. Again there are electronic versions of these both as hard-disk programs and in CD-ROM. (*See also Reading - Mastering Print technology*) Be careful with COMMENTARIES. They are books where people explain to you what they think the Bible says. They can help, but may become a crutch to you, giving you a ready-made traditional answer which may not be the truth of God you need. Some are quite useless in many areas of study. STAY SIMPLE when you study the Bible. Make sure that most of your study is the *Bible itself*.

(3) OTHER TRANSLATIONS Language constantly changes. Older Bibles use words which have since changed their meaning. Other versions may help you understand a hard passage. The Bible was written in Greek, Hebrew, and Aramaic. When it has to be put in our languages, men must try to translate it as best as they can. Sometimes they differ a little on what passages mean. Be careful of Bibles that have "interpretive notes" along with Bible verse. Some may be comments from fine, godly men; but again you may start to rely on these to "explain" the "real meaning" of the Word of God without giving the Holy Spirit a chance to speak to you directly. Remember the law of spiritual learning.

A TRANSLATION and a PARAPHRASE differ. A translation tries to give you the ACTUAL WORDS used by the original author in your own language, as closely as possible, even if the translator doesn't understand the full meaning of what he has carefully translated. Some translations other than the New King James Version are the Revised Standard, The New American Standard, the New International versions, and the Amplified Bible or the New Testament translation "Good News For Modern

Man.”

A PARAPHRASE is not as accurate as a translation. Here, the translator takes a verse of the original language, and tries to put in his own words what HE thinks is the meaning of the original words.

Sometimes he uses words that do not appear in the original languages at all. “Phillip’s”, the “Living Bible” and “The Message” are like this.

Use paraphrases for fresh looks at Bible verses, or for easy reading; but don’t always rely on them for accuracy. Whenever you can, use the original languages for study. Electronic versions of translations are available and can be easily compared on screen.

## PRAYER

“More things are wrought by PRAYER than this world dreams of; wherefore, let your voice rise like a fountain both day and night.”

Prayer is the vast, little known, and little-explored power which moves the arm of God, which shakes nations, blinds Hell, and accomplishes the impossible. Here’s how you can really pray - and see miracles happen!

Rosalind Rinker wrote of the naturalness of prayer. It is not a song, not a chant or repetition, but a TALK between you and God. “Prayer is the conversation between two people who love each other.” Here’s some of her simple steps to revolutionize your prayer life:

(1) Don’t PRETEND with God. Tell Him exactly what you think and feel. If there is sin in your life, admit it honestly, just as it is, just as you know in your heart of hearts. Remember HE KNOWS; but it will help you be honest. He knows your heart.

(2) Be NATURAL. Don’t try to force yourself to speak in a funny way. Remember, as well as being your Lord and Master, He is also your Father and Friend. The Bible does not tell us a particular set of words to say, but rather an attitude, one of reverence, thankfulness, adoration, praise, and love. Don’t use God’s Name as a punctuation mark; “Oh Father, I thank you, Father. that You, Father, can hear, Father ...” Better to say nothing for a while than to push on mindlessly and use words just to fill in space.

(3) Don’t TALK TOO MUCH! What would you think of a friend who phoned you, poured out a list of things he wanted, asked for a large number of favors, tacked on a quick word of thanks for things you had done in the past, and then HUNG UP, before you could say a word? Some prayer is like that! Take time to LISTEN to God, to let Him speak to your

heart and to your mind. Learn to WAIT on Him.

(4) Pray SPECIFICALLY. What’s the use of asking God to “bless the world and all the people in it?”

How would you know if He did? If you want to see your prayers answered, why not PRAY for specific things? “Faith in a prayer-answering God makes a prayer-loving Christian.” Make definite, faith-sized requests. Pray only for things which you can really believe God for. When you have seen those prayers answered, take another larger faith-sized “bite.” This is the way to help you grow both in faith and prayer.

(5) Pray ALWAYS. This sounds like an impossibility, but it really means to always be in an ATTITUDE of prayer. It means to never get in a place where you can’t pray readily and easily. If you have to “change gears” down inside, then you are in the wrong place with God. Praying-always Christians live in miracles, and know real joy and guidance. You don’t have to say LONG prayers — Peter’s prayer wasn’t! (Mark 14:30) You don’t have to take a particular POSITION — God isn’t so concerned about your BODY kneeling as He is about your HEART kneeling. You can pray at a school desk, on a playing field, walking along the road, or driving a car. You don’t even have to CLOSE YOUR EYES. This helps keep your mind on God, of course, but with a little practice you can often pray without it. Jesus often “lifted up His eyes to Heaven” to pray. Praying with your eyes open is essential when you are counseling someone, and you need the Lord to guide you, to produce conviction of sin.

(6) How about just THANKING Him? Too often our prayers are just “request sessions” What would you think of a “friend” who only asked you for things all the time? How much would you think that friend really cared for you? Should it be any different with your Heavenly Father? Why not spend a good TEN MINUTES just thanking God?

(7) Fight the temptation to RUSH through or MISS OUT a prayer-time. Realize it is an ATTACK on your spiritual life. If Satan can block our praying, he can ruin our effectiveness.

“Satan laughs at the words we say;  
Smiles at our efforts from day to day.  
But he trembles when he sees,  
The weakest saint upon his knees.”

Now here is a helpful thing to think about in prayer. PRAYER has been described as our “life breath”, as our “weapon”, as our “communication link” with Heaven; and many other things. But here is

something that will help you more than anything. Prayer is WORK, spiritual WORK. It is not easy; it takes discipline and determination. But it is just as necessary as Bible study or any of the other Christian things you want to do.

Of course, no one can see you pray, while a lot of people can hear you speak or listen to your Christian witness. But when you pray, GOD SEES and so does the Devil. When you pray, you get a reputation in Hell. Prayer pits spiritual strength against the rulers of darkness and wickedness in high place who blind men's eyes to the light of God's truth. A. W. Tozer says, "Satan has no fear of LIGHT as long as he can prevent a victim from having SIGHT." Where as the WORD of God gives LIGHT, PRAYER helps lift the blinders off of people's minds and give them SIGHT to see Jesus. (2 Cor. 4:3-4)

If wandering thoughts come drifting into your mind during prayer, PRAY about them. Your biggest battles will come when you are tired or sleepy. Try to plan prayer sessions so that you will be fresh when you begin. Remember: PRAYER IS WORK. But it is the holiest and highest work we can do in the Kingdom of God.

(8) GROUP prayer is different. You are talking over your problems WITH EACH OTHER and sharing them with the Lord. Try this next time: Put out a chair for the Lord. Keep it empty for Him; see Him sitting there listening to you as you talk with each other in your prayer circle. How would you speak to Him? How would you speak to each other? He says, "Where two or three are gathered together IN MY NAME there I am in the midst." (Matthew 18:20) Pray first that God will lay some prayer burden on your heart. Then share it with others in your circle, and all pray together over it until you feel God has it in His hands and is going to answer. Keep each prayer short and don't be full of words. D. L. Moody said, "I never pray longer than five minutes; but I never go more than five minutes without praying." It is not the LENGTH of your prayers, but their STRENGTH that counts with God.

## HOW TO PRAY AND GET ANSWERS

Have you ever wondered why God doesn't seem to answer some prayers? Check your prayer-life for any of these answer-blockers:

(1) The WICKED prayer. Prayer for something God has forbidden will not be answered. To pray, we must stay within God's promises and laws. If we get out of these, God will not hear our petitions. The Bible says, "You ask and you do not receive because you ask

amiss that you may spend it on your own lusts." (James 4:3)

(2) The UNFORGIVING prayer. If you try to pray with bitterness in your heart, God cannot answer until you are willing to repent. The only time we can expect answers from God to prayer at all, is when we have forgiven all the wrongs others have done us, and have been forgiven all our own wrongs. "And when you stand praying, forgive, if you have anything against anyone; that your Father also which is in Heaven may forgive you your trespasses. But if you do not forgive, neither will your Father which is in Heaven forgive your trespasses." (Mark 11:25-26)

(3) The SELFISH prayer. This is when we are only praying with our personal interests in mind, not God's glory. We are to pray "in the Name of Jesus." This means that we are to come to the Father as JESUS HIMSELF would come. To come in the "name" of some country is to come with its best interests at heart, and with all its rights and powers represented in your request. To come to the Father and pray in Jesus' Name is to come with the best interests of God at heart, and to come representing the Lord Jesus. And Jesus did not live for Himself. He did not pray just so that He could be more happy, but that His Father and the whole of Heaven could be more happy.

(4) The CLUELESS prayer. Sometimes we do not understand what we are praying for, and we do not know enough of the Word of God to pray wisely. Paul asked God three times to take away his "thorn in the flesh," but the Lord left it there as a safeguard to protect His apostle from getting too proud of what God had done in his life. "*For this thing I besought the Lord three times, that it might depart from me. And He said to me, 'My grace is sufficient for you; for my strength is made perfect in weakness.'*" (I Corinthians 12:7-9)

(5) The SELF-RIGHTEOUS prayer. Secretly comparing ourselves more favorably than others. This kind of prayer only bounces off the ceiling. We don't come to God on the basis of "how far" we have advanced in the Christian life. We only come on the basis of the cross and blood of Christ, only as people whom He has brought back from sin and death by His grace. "And He spoke this parable to certain people which trusted in themselves that they were righteous and despised others; ... the Pharisee stood and prayed thus WITH HIMSELF ... God, I thank You that I am not as other men are, extortioners, unjust, adulterers, or even as this publican ..." (Luke 18:9-14)



(6) The DOUBTING Prayer (Faithless), and the WORDY prayer (Falseness) are also some prayers that won't get answered. To pray and get answers, don't pray unless you do REALLY believe God will answer. And strip your prayer-life of all wordy, foolish talk just for the sake of hearing yourself speak, or that's all that will happen. Pray in JESUS NAME. It is not just a charm, or a nice Christian way to end a prayer. It is our AUTHORITY that gives us a right to speak with a Holy God; it is a SEAL that ensures that all we pray for is in line with the will of God, and is for His final glory; and it has POWER over the Enemy and his evil hosts. We can command evil forces in that Name to release their holds!

### CONDITIONS FOR EFFECTIVE PRAYER

God will answer our prayers when we are careful to meet His conditions. Catherine Booth of the Salvation Army gave these three basic conditions as the "golden links" by which prayer connects with Heaven's switchboard:

(1) LIVING AND ABIDING UNION WITH CHRIST. "If you abide in Me," Jesus said, "and My Words abide in you, you shall ask what you will and it shall be done unto you." (John 15:7)

(2) SYSTEMATIC OBEDIENCE to the teachings of the WORD AND THE SPIRIT of God. "Beloved, if our hear condemn us not, then we have confidence towards God And whatsoever we ask, we receive of Him, because we keep His commandments and do those things which are pleasing in His sight." (1 John 3:21-22)

(3) UNWAVERING FAITH in the truthfulness and faithfulness of God. "But let him ask in faith, nothing wavering; for he that wavers is like a wave of the sea, driven with the wind and tossed. For let not that man think that he shall receive anything of the Lord." (James 1:17)

Mrs. Charles Cowman tells a story of how a philosopher pleased Alexander the Great. When asked for money, Alexander gave the philosopher commission to receive from the royal treasury whatever he wanted. The philosopher demanded, in his king's name, a sum of \$30,000! The treasurer refused to grant it until he had told the king. The king listened but said he was delighted and wanted the money instantly paid. By the greatness of his request, he showed the high idea he held of Alexander's greatness, riches, and generosity. And "if Alexander gave like a king, shall not Jehovah give like a God?" When we learn to live in these promises of the Bible,

we shall learn what it means to have our prayers answered. "ALL THINGS, whatsoever you ask in prayer, BELIEVING, you shall receive." God's Word must be true; and if your experience does not match the promises, you know that there is probably something wrong with your experience. Examine yourself. Repent from all known sin. Then PROVE HIM IN PRAYER, and you will know what it means to have power with God. You will know how to pray and get answers.

"Men always ought to pray and not faint." (Luke 18:1) That little "ought" is emphatic. It implies an obligation as high as heaven. JESUS said, "Men ought ALWAYS to pray," and added, "and NOT TO FAINT." I confess I do not always FEEL like praying when, judging by my feelings there is no one listening to my prayer. And then these words have stirred me; I OUGHT always to pray; I OUGHT to pray; I SHOULD NOT GROW FAINT in praying. The farmer plows his field often when he does not FEEL like it, but he expects a crop for his labors. Now, if prayer is a form of work, and OUR LABOR IS NOT IN VAIN IN THE LORD, should we not pray regardless of feelings?" (Samuel Logan Brengle)

### THE PRAYER OF POWER

As your prayer-life begins to deepen, you will discover some of the key principles on which power in prayer can be built. Here are a few of these for you to deepen your prayer-life and make it more effective for the Lord Jesus and His Kingdom:

(1) FAITH: It's important that we really BELIEVE God for what we are asking. If we are sure it is in His will, by His Word and by His Spirit, then we should be BOLD in faith. God will answer no matter how difficult or even impossible it may seem to us as humans. Jesus said: "Have faith in God. Truly I say to you, whosoever shall say to this mountain, Be taken up and be cast into the sea; and shall not doubt in his heart, but shall BELIEVE that what he says comes to pass, he shall have it. Therefore I say to you ALL things whatsoever you pray and ask for, BELIEVE that you HAVE RECEIVED THEM and you shall have them." (Mark 11:22-24; Matthew 21:21-22) "If you have faith ...nothing shall be impossible to you." (Matthew 17:20) "Let him ask IN FAITH, nothing doubting." (James 1:6)

(2) The SPIRIT: We need to ask the help of the Holy Spirit for direction in prayer. Often we do not know how we should pray, or what we should ask for. It is his gracious ministry to lead us into what we should



ask from our Heavenly Father. Charles Finney says in his autobiography:

“The Lord taught me, in those early days of my Christian experience, many very important truths in regard to the spirit of prayer...it came upon me in the sense of a burden that crushed my heart, the nature of which I could not understand at all; but with it came an intense desire to pray...I could not say much. I could only groan with groanings loud and deep ... For a long time I tried to get my prayer before the Lord; but somehow, words could not express it.

“Likewise, the Spirit also helps our infirmities; for we know not what we should pray for as we ought: But the Spirit Himself makes intercession for us with groaning which cannot be uttered...” (Romans 8:26)  
 “I will pray with the spirit, and I will pray with the understanding also.” (I Corinthians 14:15a)

(3) The WORD: One of the best ways of praying is to get a promise from the Bible, fulfill its conditions, and “remind” the Lord about it. God has promised to honor and back up his Word - you can pray with confidence!

“A spirit of importunity sometimes came upon me so that I would say to God that He had made a promise to answer prayer, and I could not, and would not be denied. I felt so certain that He would hear me, and that faithfulness to His promises, and to Himself, rendered it impossible that He should not hear and answer, that frequently I found myself saying to Him ... ‘I hope Thou dost not think that I can be denied. I come with Thy faithful promises in hand, and I cannot be denied.’ I cannot tell how absurd unbelief looked to me and how certain it was, in my mind, that God would answer prayer — those prayers that from day to day and from hour to hour I found myself offering in such agony and faith.” (Charles Finney, *Autobiography*.)

“And this is the confidence that we have in Him, that if we ask anything according to His will, He hears us; and if we know that He hears us, whatsoever we ask, we know that we have the petitions that we desired of Him.” (I John 5:14-15)

(4) FASTING: If you really want an answer from God try FASTING. Prayer and fasting, in operation together, convinces ourselves and signals to God that we really mean business. In a fast, we are giving up things we really need in order to give ourselves more to God and to prayer. Fasting intensifies our prayer lives. It enables us to concentrate wholly on the Lord Jesus. Try missing a meal or two and spending the time in which you normally eat in prayer. (*See the section on fasting under Acceptance.*)

Sometimes God may lead you into fasting by taking away all your appetite for food before a big test or prayer-battle for someone else. When the disciples had failed to cast out a demon from a boy, Jesus said, “This kind can come forth by nothing, but by prayer and fasting.” (Mark 9:29)

(5) If all else fails, try TEARS! It sometimes helps to get away somewhere where you can be all alone with God, where there will be no one around to disturb you or where you in turn will not disturb anyone. Go up to a forest, or on a lonely hill, or in an empty house, and lock yourself away with God. Learn to CRY to the Lord; to pour out your soul in earnest, desperate prayer; to really CRY out your needs in a holy shout to heaven. Do you really want to go through to God’s throne in time of great need and agony? Then learn to cry. “The eyes of the Lord are upon the righteous, and His ears are open unto their cry...the righteous cry, and the Lord hears, and delivers them out of all their troubles. The Lord is nigh to them that are of a broken heart...” (Psalms 34:15-18) “Who (Christ) in the days of His flesh, when He had offered up prayers and supplications with strong crying and tears...He was heard in that He feared.” (Heb. 5:7)

(6) INTERCESSION: Pray for others. Put yourself in their place. When you pray for them, feel their problems and difficulties. A rule of intercession is this: Always PRAY WHEN GOD LAYS THAT PERSON OR GROUP ON YOUR HEART. Never be disobedient to the Voice of God. Carry them in prayer, until God lifts the burden from you. Intercession has been called “the highest and holiest ministry.” It is the highest form of prayer, and must form the backbone of every real move of God in a nation. Catherine Booth said, “Prayer is agony of the soul wrestling of the Spirit. You know how men and women deal with one another when they are in desperate earnestness for some thing to be done. That is prayer whether it be done to man or God; and when you get your heart influenced, melted, wrought up and burdened by the Holy Ghost for souls, you will have power; and you will never pray but that somebody will be convinced—some poor soul’s dark eyes will be opened and spiritual life will commence.”

## DREAMS & VISIONS

Dreams and visions are a long-neglected part of spiritual communication from heaven. We admire Daniel, applaud his courage and his convictions but often forget that at one scary moment in history, his

ability to hear what God was saying in a dream was all that stood between he and his friends' certain death. What can you learn from your dreams? God often spoke to people in Scripture and history by dream to get across an idea difficult to describe in any other way. Of course, not all dreams come from God. Many are just normal brain-play at rest. Some dreams can also come from the demonic world and some come from too much pizza! Yet everyone dreams and God can and has used the dream. A **vision** differs only one basic way from a dream; the vision can occur when the person is wide awake and not sleeping. A dream or vision from God is implanted or inspired by the Holy Spirit and can only be interpreted by Him. Like Daniel's dream it requires a revelation of the Lord.

#### **How can you tell if a dream or vision is from God?**

Use the following tests from Youth Aflame! as a rough guide. If the dream is an authentic speaking of God it will be:

- (a) Very **realistic**, like an actual scene of life. A sense of import and value fills it.
- (b) Usually **short**, not ramble or confused. Clearly defined in purpose or sequence.
- (c) Definite impression made for certain **action** left in the mind on awakening.
- (d) Person awakens **feeling closer to God**, refreshed, awed or challenged.
- (e) Leaves person awakened to **God's claims** (Acts 26:19; 10:19 16:10)
- (f) Visions: Easily distinguished from physical world on which it is superimposed.
- (g) Visions: Are NEVER given by God in mentally NON-ACTIVE conditions (e.g. under hypnosis, the disorientating effects of hallucinogenic drugs, other self-induced trances, high energy music, yoga, or other Eastern disciplines, transcendental meditation, occult or spiritist conditions).
- (h) Never recurring suggestions for occult secrets or promises of power; not sensually arousing to attitudes of hatred or fear; not depressing, deadening, confusing.

If you want to develop your spiritual sensitivity to the dream to open it as another avenue through which the Lord can teach you, follow these suggestions:

- (a) Be **serious** with Him. Expect Him to speak to you His own time and way.
- (b) Learn the discipline of **silence** during your day to cultivate your spirit.
- (c) Learn how to fall **asleep with your mind filled with thoughts of God**. Prayer and praise, Bible-reading just before bed will help.

(d) If you have a dream you believe comes from God **WRITE IT OUT** the instant you wake up. Do not delay. Write it in as much detail as you can.

(e) **Think deeply** about the dream. Ask the Holy Spirit to guide your imagination around it. Often your dream is symbolic and can give you deep insights.

(f) If you like, **discuss** your dream with a spiritual, considerate friend. Some comment may give you the very key that unlocks the whole thing for you.

(g) The importance of the dream in guidance is three-fold, Firstly, our whole beings are *relaxed in sleep* and not occupied by secular concerns. Secondly, God by His Spirit can have *direct access* to our spiritual nature with our entire inner being focused on what He is showing us. Thirdly, He can show us in symbols what we would never normally see. Our minds during sleep can *lucidly see* simple things, placing them in proper context, analyzing, evaluating and marveling at them. God can preview a decision for us by a dream so we know what to do when we wake up. (I Kings 3:5-15)

#### **HOW TO RELAX AND BE STILL**

"Solitude is the most radical of the disciplines for life in the spirit. ...The life alienated from God collapses when deprived of its support from the sin-laden world. But the life in tune with God is actually nurtured by time spent alone. ...It is solitude and solitude alone that opens up the possibility of a radical relationship to God that can withstand all external events up to and beyond death." (Dallas Willard, *The Spirit Of the Disciplines* p. 100).

All of us need a daily time of silence. People are afraid of silence today. They often have to keep moving, keep acting, keep doing things because they are afraid to listen to the voice of God. But it is this perpetual motion, this business, that stops us from really knowing ourselves and really knowing God. It was easier in the past where people had farms or forests, hills and sea to go to alone, just to be with God. Today there are cities, traffic, crowds, and noise. It has become harder to be alone. If you can get to a lovely, quiet hill, or forest, then make it a point to go there alone for some time each day if you can at all make the time. The quietness and peace there will strengthen you for the day. and give you an inner calm that stands up under pressure. But if you can't, then do this:

Go somewhere where you can be alone and as quiet as possible. If you need to, lie down on your bed and put a pillow over your eyes and ears to cut off the noise and light. For at least fifteen minutes, don't do

anything. Don't talk, write, read, or worry over problems or things you could be doing. Just RELAX in the Presence of God. Think of yourself as a warm strip of sand being washed by the warm, gentle waves of the love of God.

To help you ease your tensions and stiffness, so you can relax more readily, you should practice relaxing your body. As you are lying on a bed, lift each limb one at a time beginning with your legs. Hold it up there. Think of it turning into a heavy slab of concrete. Let it drop, like a lump of lead on the bed. Do this with both legs, then with your body, letting your stomach relax the same way. Do it with each arm and finish with your head. You weigh a million pounds. You cannot move a muscle. You are not tense or stiff, just a giant sack of potatoes. You are a rag doll with all the stuffing out of it. Now, JUST LIE THERE. Think about nothing else but the goodness of God. If you drift off to sleep, your "cat-nap" will leave you refreshed and alert. If you are worried about waking up on time, either set an alarm, or ask the Lord to wake you up. Practice this art of relaxed waiting in the Lord's love every day. It will make your busy times deeply useful and worthwhile.

### ENHANCING YOUR GIFT

Many of us are given great gifts. Some seem more useful than others, but none the less, we are all given something. Scripture says "Covet earnestly the best gifts." But God doesn't give any "bad" gifts, or lesser "gifts". What is a best gift? The best gift for you is the one God can give you for your own particular calling and ministry.

God has a purpose for everyone, and *being in His will* allows Him to do with us as He would. Many gifts are given for the sole purpose of contributing directly to His awesome kingdom. All of them are expressions of the nature, character and power of God and all can be weapons of the Spirit. Gifts are not the Giver. God gives the gift to you and *you* have to use it. "They spoke as the Holy Spirit gave them utterance." Other gifts seem more indirect in their application to evangelism or missions, but still display other facets of the character of Christ. They could be thought of as "fun" gifts.

Do you **have to have a gift** to be a real Christian? Yes, but only the gift of Jesus the Lord Himself. When He gets you, you have any and all the gifts you will ever need. Do you *need* any other gift other than salvation? *No, but why not?* People don't have to be given gifts at Christmas or their birthday but it makes the day memorable. God won't ever give you a gift

that will hurt you, but He can well give you a gift that might shake you up or embarrass you. Read the story of the man with the withered hand. (Luke 6:6-10)

*First he embarrasses you; then you get your miracle.*

A gift can be not only a blessing, but also a tool, and if you are in the will of God, like any wonderful tool, can be immensely fun. There is nothing in the world like seeing God do something quite beyond your ability or power in the life of someone else who needs Him through the function of some spiritual gift. It is a source of real joy, wonder and excitement both for the one receiving the gift and the one through which the gift from God was given.

Some are blessed by the gift of prophecy, some are given healing, and some a tender heart. No matter what your gift, you must ask yourself some questions:

1. Am I using the gift to the glory of God?
2. Am I developing this gift to the max?
3. Is it being utilized in the many aspects of my life? (friends, adults, during fun, recreation, job)

Samson the Levite was given the gift of strength. His power was to come from another world. He was to put no chemical in his body that would hype his body or inflame his mind. He was to be a walking wonder in a world full of compromise and powerlessness.

The sole purpose of this gift was to destroy the Philistines. That he did. But before this, he went against the Lord's call and commandment, and was rendered helpless when he disobeyed. Not until the end was he graced to be given strength back to finish his task. And in the end he was killed. (Judges 16:30) My point is simple. Follow in the footsteps of Jesus to the detail, and your life will be how it was intended. Disobey and you could lose not only your gift, but your life.

When you are given something precious from God, it must be used, and practiced as often as possible.

Take pride in what you can do for Him without being proud. Enjoy your gift. And seek Him for whatever else you need to get the job done He wants.

### SPIRITUAL GIFTS

Some think spiritual gifts ceased with the advent of the whole Bible. They correctly point out that Jesus finished His work on the cross, and that we need nothing more than Christ to do the work of the Gospel. And of course they are right. We do need Jesus, and we need Him even more than the first-century Christians did. And we need nothing more than Christ, for indeed *without Him we can do nothing*. (John 15:5)

But the disciples with Jesus in ministry were promised and given gifts by Jesus even when He was right there with them. Spiritual gifts were given by God *before* Jesus died and rose again, and spiritual gifts happened again right through the New Testament *after* Jesus died and rose again. The record of history is that in times of revival and spiritual awakening, God still does wonders. Jesus Christ is the *same yesterday, today and forever*. (Heb. 13:8) These gifts are the graces of Christ Himself. There are THREE SETS OF SPIRITUAL GIFTS detailed in the New Testament:

**(I) 7 Motivational Gifts:** *Prophecy, ministry, teaching, exhortation, giving, ruling, showing mercy*. (Rom. 12:4-9) The particular **desire** by which we APPROACH our ministry to others. It is the motivation through which we seek to carry out all the other giftings God gives us as exhortations or commands to all Christians.

Motivational gifts are the **internal heart** of our approach to all ministry. If we are given to a *prophet's* heart, we will always see how far the church is away from its days of great purity and power. If we are motivated to *teach*, we take delight in study and preparation. If we are *encouragers*, we will exhort people to praise God. *Givers* quietly give, and *administrators* try to keep everything ship-shape and on the road. *Mercy* ministries encourage others to care and to empathize. Bill Gothard points out that we **recognize our gift** by the way *we try to develop it in everyone we meet*. We will over a period of time find ourselves in situations where we have to carry out one or more of the other six motivations. Maximum power and grace comes from doing each of these THROUGH OUR OWN GIFT: i.e. the teacher teaches by declaring God's standards, by encouraging others, by giving, by showing mercy. Find the WAY you like to go about God's work and you will probably find your motivational gift.

**(II) 8 Ministry Gifts:** *Apostles* (church planters & founders), *prophets, teacher-pastors, miracles, gifts of healings, helps, governments, different languages*. (I Cor. 12:28-31) We can call these the **Calling** gifts, and they help define the particular kind of WORK God wants us to do for Him in the world. Many times we will not know our particular calling for Jesus until we have been tried by fire and passed many character tests.

One of the ways you can recognize a particular calling of God is by the **excitement or interest** you feel when someone who matches your gift ministers to you. If you find yourself "lighting up" inside every

time you contact a particular kind of calling, it could be yours. Don't worry if at first you can't define what you are to do in ministry. Stay loving Christ and loving people and He will show you in due time.

**(III) 9 Spiritual Gifts:** *word of wisdom; word of knowledge; faith, gifts of healing, the working of miracles, prophecy, discerning of spirits, different kinds of tongues, interpretation of tongues*. (I Cor. 12:4-11) These have been called the **Power** gifts. They function to show people something that is not really possible without God in order to bring them to conviction of sin and conversion to Christ. Regular time in prayer and the word of God develops your sensitivity to what God is doing in you and through you, but remember these gifts only operate *in ministry situations*. If you want to see God work, get your life out to where you need to trust Him or die. All three sets of gifts can be combined by the Holy Spirit in different ways with your personality, talents, training and life experiences to give you a unique calling and ministry unlike anyone else in history. Seek His face, and He will gift you in ways that will bring Him the greatest glory through your life.

## MINISTRY TO THE RELIGIOUS

The most difficult people to win to Jesus are strangely enough, the **deeply religious**. There are many young people you will meet and know who have already had some kind of experience with God or the supernatural world. Babylon was a kingdom filled with every kind of religious devotion. Herodotus, an early historian describes the central city itself as filled with three or four-story buildings traversed with wide, dead-straight streets. *Every one of them* bore the name of gods in the Babylonian parthenon. There were over a thousand temples to deities. *Babylon is religious*, and deeply so. *Perfect Pamela* is a perfect model. Her boyfriend is the great sports star. She has the qualities and things most hope for: an awesome figure, great voice, bright personality, and more money than she will ever really need. Talk to Pamela and you would think she has everything in her life together. Best of all, Pamela is a good church girl. She attends regularly. If you asked her, she might even say she is a Christian. But Pamela has a flaw. A coldness surrounds her. Uncle George molested her when she was 8, and she could never forgive him. Her true bitterness is revealed when she is drunk, and she does this only as a secret outlet to bottled emotions holding her back from closeness to God. Behind the public smiles and religious talk when required, Pamela actually *hates*



God, and is sick of the world He created. The wall she built around herself is both hiding pain, and shutting out God's love. Church to her is a building where she "goes to feel good", and her whole religious attitude a cover, just like an uninterpretable book. Pamela Pretender is one of a multitude of young people who have just enough religious talk and act to **inoculate them** against the real thing. Who are the Pamelas of our time? They come in all religious colors. Some are **Antinomian**: zealous in abstract doctrines, but unable to practice true faith. Pamela may be a devoted **Pharisee**; someone who takes part in good religious practice without actually hearing its heart or putting to use the core of practical truth that requires us to be real with God ourselves and others. She may be a **Sadducee**, accepting doctrine only in written law, and even then, quite willing to stretch what it means to fit her own life-style. The Religiously Unreal hear the word, and believe it in theory, while they deny it in practice. Especially when we know what is right, we can fool ourselves into thinking that our *knowing* is the same as *obeying*.

Some of God's strongest warnings are against religious unreality. *Self-deceivers. Lovers of themselves.* Well-trimmed on the outside, while cold inside to the Living Creator. Doing good for the gratification of praise by men alone. Being nice instead of righteous. Astute instead of holy. Rational by their own perception, instead of faithful to God. These are the ranks of the religious.

The religious lost may belong to a good orthodox church that believes and preaches the Bible; they may come from a fringe-group or mainline sect or cult that is absolutely convinced they are the only ones right in the earth, or even from a coven of witches and warlocks that hate the very idea of Christ. But they all have one thing in common: they are trying to live a religious life outside of surrender to the One who IS the Way, the Truth and the Life. The problem is not that they don't love or approve right and truth and God. The problem is that they don't love the right and truth in God *that applies to them*.

*"The reason why wicked men and devils hate God, is because they see Him in relation to themselves. Their hearts rise up in rebellion, because they see him opposed to their selfishness. All hell, if they could view God in his absolute existence, without any relation to themselves, would heartily approve his character."* - Charles Finney

How can we reach out to Pamela through the

religious wall she has built around her heart? The only way it can be truly penetrated is by the unfathomable touch of the Holy Spirit, which we must genuinely and seriously pray for when we witness to the religious. (2 Cor. 4:2-5) Learn to always recognize them, for they are the hurt of the church, of themselves and the deep hurt of God. The teachings of Christ alone save no one. The right philosophy of Christ can't save you. Even perfect knowledge of *all* that the Bible says about heaven hell, life, death, the cross, sin and what Jesus did can't save you. Judas worked and walked with Jesus was a disciple and a friend, was put in a place of trust. But he secretly loved something more than Christ, sold Him out for thirty dirty pieces of silver and lost his place in the kingdom of God. (Matt. 19:28; Matt. 27:5; Acts 1:25) Only a MUTUAL RELATIONSHIP formed out of love to Jesus, putting your life unconditionally in his hands can save you. This is what they must know. Jesus said, *"Search the Scriptures; for in them you think you have eternal life, and these are they which testify of Me; but you will not come to Me that you might have life."* (John 5:39-40)

Don't bother comparing notes on religious doctrinal difference. Don't focus on labels. You are dealing with someone who has had **something like the real thing** which infects them enough to inoculate them *against the real thing*. Freely share your own testimony of God's liberating love, and your own growing and learning relationship with Him. Religious people often know what is right; they just haven't done it.

Sometimes you have to be blunt. Confront them with the light and heat of truth. Speak to them about the Holy Spirit whom they are cold against. Ask questions to probe deeper into whatever is keeping them from going to God. *Action Bible School* suggests four great questions to ask someone arguing against the truth of God:

(1) *"What do you mean by that?"* (You can ask this more than once.)

(2) *"How do you know that to be true?"*

(3) *"How does that affect your life?"*

(4) *"What if you are wrong?"*

If they have obvious sin in their life, the Holy Spirit can show you how to tell them. Ask if they will pray in agreement with you. The Holy Spirit will do the rest, and you can just wait on God to bring conviction of sin, repentance and freedom. *Pamela can be saved.* And a converted religious person, like Saul who became Paul, is a power in the hands of God to



affect the rest of the world, religious or not. Some of the greatest Christians in history are those who thought they were Christians before they met God.





## Technological Touch - “understanding science”

Analysis, time shrinkers, staying up with change

995: *separate, distinguish, mentally*

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# Chapter Five

## Using Today's Techno-tools

Flexibility - “for every kind of learning”

“But you, O Daniel, shut up the words and seal the book, even to the time of the end; many shall run to and fro and knowledge shall be increased.” (Dan. 12:4)

### BABYLON & TECHNOLOGY

Babylon was the most powerful world Empire of all time. It not only was a religious capital, but also a technological focus for all the learning of the ancient world. The King kept on staff wise men from all kinds of different disciplines. The scientists of Daniel's time used all the tools they knew of to understand and cope with their world better. God allows technologies in time to provide His church new tools to accomplish His purposes. To be able to feel at home with the tools of your time is to give you a real edge in working for God in your world. Unlike many of your parents, you probably grew up comfortable with computing and communication tools, and feel no tension in learning how to use them in ways that are innovative and creative. This is to “understand science”.

### REVELATION, TECHNOLOGY & ILLUMINATION.

Arthur Custance's, “*Noah's Three Sons*”, is an outstanding study on the roots of anthropology in the light of the Bible. Custance believed that God gave to each of the three sons of Noah a unique and powerful ability that forever marked their descendants. Those three gifts to **Shem, Ham and Japhet** were respectively the gift of **revelation, technology and illumination**. All of human history shows the outworking of these three streams in the people-groups of the world.

To the sons of **Shem** was given the task of REVELATION, and that is why the three major religious groups of our world that believe in one God who speaks and shows Himself to mankind are all Shemetic in origin - Judaism, Islam and Christianity.

The sons of **Ham** had the task of bringing sometimes hostile and difficult climates and countries like Egypt, Asia and Africa under control, to conquer the problems of living in environments that were sometimes arid or desolate, jungle or arctic wastelands. To them was given the power of TECHNOLOGY, or the practical solution of life problems. Though they lost the benefits of their service and development that accrued to another, the genesis of many of history's most innovative inventions belong to the sons of Ham.

To **Japhet** was entrusted the gift of ILLUMINATION. From Gentile nations like India and Greece in the past to modern-day Western nations flowed some of the greatest philosophical, communication and descriptive systems and teaching structures of all time.

Vast breakthroughs have happened in history when in some way these different streams flow together and COMBINE. When illumination is married to revelation we get **theology**, the *illumination of revelation*. Think of what good or bad theology has done to the world over the centuries. When you combine illumination and technology, you get **science**, the *explanation of technology*, and think again of the power of this in history. The last combination is the one we know so little about in the West with our gift and genius for illumination, the explanation of things. It is the **marriage of revelation and technology**, the ability to tap into the supernatural world and practically implement these discoveries and powers into daily living. It is what in its worst incarnation C.S. Lewis called, “*That Hideous Strength*.” It is in its

ugliest form, the morning of the materialist/magician. It is a psychic-technoculture that worships “forces” and “powers” that get things done. It does not care who or what they are, as long as it works.

*Babylon was a culture that combined technology and revelation.* In Daniel’s day, it ruled the world. It became the most dominant kingdom of all human history. In *your* day it has come back to the children of Japhet, seeking a home in the hunger of the times. Its answer is not an explanation. Its answer is an **equivalent**. The world to come belongs to those who go beyond explanation. The future belongs to those who in some way can tap into revelation and technology. Our Western world needs leaders like Daniel, who both knew how to hear from heaven and how to put things into practice in the real world. That is why a Millennial Daniel must be equally at home with technology and spirituality.

### Left-Right Learning

You were born with two distinct sides to your learning ability. Each side of your brain seems to handle what you do in two different ways. The **left** side of your brain works on things like numbers, letters and words. Logic, reasoning and concrete thinking take place on this side. The **right** side deals with visual or abstract things; art, pictures, stories, imaginative ideas. Music, motion, and rhythm are run by the right side. Now this is not a strict rule; if your brain is damaged on one side, some functions can switch sides.

For nearly four centuries Western world people **learned largely by print**. Our learning was largely left-brained. We trained our minds, as a culture, to be good at numbers, words and logic. Right up to the mid-1980s most people learned that way. Then came the predominance of television. Now most people in our Western world learn more from visual images, pictures and stories than from print. We have in electronic form returned to the older way of learning: story, song, dance and show. You are the first generation to learn with a total media exposure. You are a generation who has inherited a world of sound and vision learning.

### Avenues of contact

Because you grew up focused more right-brained, you need to develop also your ability with words and numbers. Machines can now do numbers faster and better. A good calculator or computer program like *MathCad* can do much more than most people will ever need or use unless you are called to a specific

field of study or work in the sciences or engineering.

Thinking through math-type problems now however is not useless. It will help you develop thought pathways you may need in other areas. *God is a numberer*. The Bible is filled with counting; people, building and river measurements. Even the stars are both named and numbered. Number is linked with accuracy, definition and structure. Even the very structure of Scripture is filled with amazing numeric patterns and constructions that reveal something of the incredible mind of the Lord. The Bible never uses numbers haphazardly; each has specific meaning and symbol. Jesus fed five thousand and there were seven baskets left over. God is both generous and economical. Nothing with Him is wasted. *Do the math*. God even counts the hairs on your head.

The same is true with **words**. Electronic Visuals don’t help you think, but putting words down in a letter, a poem or a story will. **Cultivate reading**. Readers are leaders. Read good books, classic stories and poetry. Develop a love for words. The people who rule the age are those who know how to say what they mean with power. *The Word became flesh and dwelt among us*. When God’s Word is lived out in our lives, God visits earth in us again. Be a man or woman of the Word. (*See Read - Mastering Print Technology*)

The **Bible** is of course, your best training ground. Gods’ prophets spoke as they were *moved by the Holy Spirit*. The word of God will train your mind better to think and to think God’s thoughts after Him than anything else in the world. Christian **history** — biography of godly men and women ought to also be high on your list. Read what God did in their lives. What He did with them He can do again. Why not with you? Read some solid books of **theology**. Read the thoughts and ideas of those revivalists, missionaries and God-lovers whose works and ministries changed nations. Hidden in some of those old volumes are statements of fire and power that can live again, waiting only for someone to come along and trigger the world-changing truth again. Perhaps that someone is you. Charles Finney said:

“My brother, sister, friend; read, study think and read again. You were made to think. It will do you good to think; to develop your powers of study. God designed that religion should require thought, intense thought and should thoroughly develop our powers of thought. The Bible itself was written in a style so condensed as to require much study. I do not pretend as to so explain theology as to dispense with the labor



of thinking. I have no ability and no wish to do so.”  
(From the preface: *Finney's Systematic Theology*  
1878)

### Hi-tech, Hi-touch

As our involvement with technology grows, our ability to be close to each other in personal and close ways often shrinks. Most of our communication technology transfers words and ideas, but not intimacy, relationship and feeling. Faxes, computers, cable TV, cell phones, E-Mail and net-links all lack the spiritual presence of the personal and non-verbal. Put simply, when we spend too much time in technology, we have difficulty in getting close to others. It is possible to know a great deal of facts and nothing about people. As the tech goes up, so must the touch.

Part of the work of the Holy Spirit in our time is to heal us of our **inability to feel deeply** and strongly about real things. His work here deals not with the truths we learn or the principles we practice but the feelings and passions we lack that make us truly human. *We were never made to live like machines.* Put yourself in the way of worship. Learn to let go in God. He will teach you to laugh, to weep, to love and to be angry for the right reason again. As the tech goes high, so does our need for His touch. Don't cut yourself off from it when He comes. The world is never moved by the mildly interested.

### Using Computers

In our Information Age, *inability to afford or use a computer is poverty*. God allows technologies for His purposes. Those He has allowed in your time are technologies of information. With print invented, the Reformation was possible. You have been born in a time with more access to ideas than any other generation in history. What are the purposes of God in allowing this technology?

Part of the purposes is **time-shrinking**. Our world is so complex. It changes all the time. Just trying to keep up with what is going on is more than almost anyone can attempt. In a single read of a large week-end newspaper you will process more data in a day than a sixteenth century intellectual had all his life. *A computer is a time-machine.* Its great strength is the ability to do a great deal in a very short time. John Wesley sometimes sent out literally hundreds of quill-pen written letters a month to friends and detractors. With a word-processor and a data-base you can send out *millions*. Strong went nearly insane compiling his

exhaustive Bible Concordance by hand. A good Bible study program can look up **any word or combination of words** you want in less than a second — *and in Hebrew or Greek if you want*. To design a house or a brochure, write a tract or a book, compose a hymn or song, find a fact or a friend, you can shrink time with a fast system.

Get the **fastest hardware** you can afford. Every year, new models of computers from reliable vendors come out that promise more than the last year's version. You don't need the latest and greatest but don't be cheap and go for the minimum system unless you know you can later upgrade it. The **eighteen-month** rule is a good guide-line for purchase for both hardware and software. When something really new comes out, if you can, wait that long before you buy it. By then all the bugs and early problems should show up and be fixed, and you won't be stuck with something that turns out to be an electronic Edsel. It won't be state-of-the art but it will probably be more than powerful enough for what you need, more reliable and certainly a lot cheaper.

Think carefully before you buy. The first question ought to be “*What programs (software) do I want to use?*” Pick your **programs first** then the **platform** that will run them. Software almost always trails hardware. Few programs really stretch the abilities of the systems that run them. If you are only planning to write letters or books or do Bible study, you won't need something as fast and powerful as a system for developing video, CAD-CAM, multi-media or animation. Shop around. Ask friends. Read the reviews. Compare prices. Check warranties, parts availability, upgrade prices and capabilities.

Consider a good **second-hand system** if a friend is upgrading; he might offer you a good deal.. Computers themselves usually last long after their technology niche. Most of all, think of your computer as one of the *most useful tools of your time*. Get a good one. If you can afford it go for one step back from state of the art. Take time to learn how it works and on its programs. Then get set for a quantum leap in what you can accomplish.

### THINGS YOU CAN USE YOUR COMPUTER FOR

Here is a short list of tasks and typical programs that can vastly simplify complex, chafing and sometimes costly projects. A computer **never saves time** when you start; it *takes* time. It always takes time to learn

something new and a computer is no exception. But once you have learned one program in one system, many other useful programs behave in a similar way. And when you have paid the price to learn, you can accomplish awesome things.

**(1) Bible Study - Topical & Lexical Word studies, Concordances, cross-reference:** Quickverse, MacWord, CD-Word, Godspeed, The Word, Logos Study

**(2) Writing - word-processing, Spelling, Thesaurus and Grammar Checking:** Microsoft Word, MSWorks, Lotus Word Pro, WordPerfect

**(3) Publishing Layout - Brochures, Reports, Advertising:** Corel Ventura, Microsoft Publisher, Aldus Pagemaker, Freehand, Canvas, Serif Drawplus

**(4) Art - Scanned Art, Photo, Natural-Media Paint and Retouch:** Picture Publisher, Photoshop, Fractal Design Painter, Kai Power Tools, PhotoImpact

**(5) CAD-CAM, Engineering Design, Invention:** DesignCad 3-D, Floorplan, Chief Architect, TurboCad, Virtus Walk-Thru

**(6) Math & Science Studies - Chemistry, Physics, Biology:** MathCad, Bodyworks, Algebra, SAT Tests, Math Blaster, ChemCad

**(7) Music - Recording Studios, Song Writing:** Cakewalk, Ballade, ProTracks, PowerTracks, Band-In-A Box, Jammer Pro

**(8) Music Notation & Learning:** Encore, Beethoven, Music Mentor, MS Musical Instruments

**(9) Animation, Cartooning and Morphing:** Deluxe Paint Animation, Morph, Powermorph, Dabbler, Expression

**(10) Video Editing & Capture, Scanning, OCR:** ComputerEyes, Snappy, TextBridge Pro, Omnipage Direct, Photomagic

**(12) Multi-Media Presentations:** Macromedia Director, Astound, PowerPoint, U-Lead Media Studio

**(13) Health & Fitness, Medical, Anatomical, Exercise:** Mayo Clinic, Home Medical Advisor, Self-Health, Bodyworks

**(14) Atlas, Geography, Travel Planning, Location:**

AutoMap, Key Travel Map, City Streets, Street Wizard, Precision Mapping

**(15) Research - Encyclopedias Libraries, Tours:** Encarta, Comptons, Groliers, Guinness Book Of World Records, Library Of the Future

**(16) Games, Puzzles & Simulations:** SimCity, Battle Chess, Flight Simulator

**(17) Finances, Checkbooks, Spreadsheets, Forecasts:** Managing Your Money, MS Office, Lotus 1-2-3

**(18) Organizers, Schedulers, Phone & Address Books:** Lotus Organizer, In His Time, Anytime, Ascend

**(19) Data-Bases, Mailing-Lists and Catalogs:** Alpha Five, Access, DB-II, Excel

**(20) Communication, E-Mail, Video & Audio Links:** Netmanage, Netcom, Compuserve, America Online, Wincom, Procomm

**(21) Animation, 3D World Creation, Modeling:** Caligari TrueSpace, Bryce 2, Extreme 3D, Simply 3D, Poser, Ray Dream Studio

## CD-ROM DATABASES

How would you like to be able to hold an **entire 600 volume library** in the tips of two fingers? Next, how would you like to be able to look through EVERY WORD in that library to find something you are looking for and do it in just a *few seconds*? And of course you can! The simplest and cheapest mass storage of data is the CD-ROM. Anything from 700 megabytes (700 million characters of information or about 600 serious books worth) up to 10 gigabytes (ten thousand million, sufficient for two full-length movies with interactive endings) can be stored in this media. You will find these invaluable for looking up historical facts or quotations from Bible libraries including concordances, dictionaries, atlases and reference, to encyclopedias that cover in some detail the whole sweep of human history. If your calling involves art or graphics you can store slide photos and visuals by having them transferred onto a recordable CD-ROM.

Unless you use writeables, a CD-ROM's greatest value is for things not meant to change or matters of record. A CD-ROM is an electronic archive. Think of

them as huge electronic books or big data-storage lockers. Most systems now come equipped with them as standard multi-media compatible equipment. Many large programs or software systems come now standard on CD-ROM saving you much hard drive and memory space if you can access it directly on the disk. Get the fastest-access one you can afford.

## INTERNET SURFING

The other great resource of human ideas and information is the **Internet**, the huge world-wide computer-exchange network originally designed by the U.S. military. Although actually owned by no one, it is host to literally millions of computers of all kinds in most countries of the world. The Net is quite simply the *most awesome information link in all human history*. Almost anything you ever want or need to know is probably out there on it somewhere. New software simplifies both setting up your own system to communicate with it, and to provide direction to the places you want to explore and contact.

To **connect to the Net** or the World-Wide Web you need *three things*;

- (1) your **computer** (fast and powerful enough to handle the software needed to make the connection)
- (2) A high-speed **modem**, a device that lets your computer talk through the phone line to
- (3) a Network **provider or service**; a company or individual who will either give, loan or lease you access to the Net through their system. Many commercial servers also give you free software that makes it simple to set up your access to them and through them to the Net, and sometimes space for your own Web site. What you don't get through them can usually be downloaded from the Net itself once you find the sites or places where the information you are looking for is stored. Although the Net itself is free, service providers usually charge a monthly rate for access to their gateway to it. They also may charge for time used on their lines as well as phone calls if they are non-local. Again, shop around. Sometimes you can get free access through your local school or community college or public library. Some services offer a number of free hours a month, especially if you log on past prime-time (9:00 am to 12:00 midnight.) Many offer a single monthly rate

(\$20) for unlimited time and access.

NetCruising or cyber-surfing is like having a **gateway** to the whole world in your keyboard and your screen. On the Net you can download data from the government, scientific research projects, a university curriculum in Australia, Italy or England or the U.S. Supreme Court records on public hearings and policies. You can pull a visual shot off a satellite orbiting earth that shows you the weather over your part of the globe, book your own airplane tickets or hotels, talk with literally scores of people about almost any subject all at once, or send instant mail to another friend in some other part of the country or the world. You can sit at your desk at home and quite literally tour the whole world.

Thousands of sites provide detailed information, text, graphics, sound or even video on any subject under the sun. (*see a list of web sites in "The Daniel Files On-Line" at: WWW.MOH.ORG*) Some services provide electronic versions of the most recent issues of **magazines, newspapers and periodicals** that you can "read" long before they hit the newsstands. You can have the computer "gopher" or hunt through the whole world to find every reference to a subject you want to research. It can return to you literally hundreds of pages of facts and figures on your search. You can publish your own tracts, ideas, even books, songs and artwork and share them freely with anyone interested. You can interactively chat, play games, discuss issues and forward ideas or offers to a whole world electronically capable of being connected to anyone else.

The Net or World-Wide Web is just that - *the whole world*. All its ideas, questions, hopes, hates, loves, sins, ideas both great and ugly, lovely and vicious are somewhere out there. To surf the Net is an adventure that is not without its risks and dangers. Visual and verbal pornography, violence and addictions ride the same waves with witnessing Christians and fresh-breaking reports of significant spiritual history. The same newsgroup servers that inform you of the most recent outbreak of revival can also carry the rants of the blasphemer, the sexual cyberpredator and studied insult of the skeptic.

*You can't download a relationship.* There are limits as well as dangers to any such access system. There are some things it cannot do at all. But we ought not to be afraid of what God has allowed us in this technology. It has potential indeed for misuse and evil, but it is also perhaps the greatest technological tool for the

democracy of data the world has ever seen. Already nations bound by ignorance and deception have felt the force of a few who stood for freedom armed with nothing more than a fax, a phone and access to the Net. *Only the dishonest fear the truth.* Jesus said “Go into all the world and preach the Gospel to every creature.” The Net is a door to the largest world of ideas and nations in all of history. Christians need to take a stand here as in any other land. The same link that carries the cynic can carry the Scripture. God’s truth can stand the fire - and the “flames!”

## CYBERPUNK & VIRTUAL SPACE

As the Net grows in size and complexity, its virtual world develops its own kind of heroes and horrors. In a world where you can be anyone you want to be, go anywhere you want to go and know anything you want to know, a new breed of self-defined information road-warriors has emerged to overthrow any who would seek to control information access. Inspired by the imaginative fantasy of writers like William Gibson (*Neuromancer*), movies like *Bladerunner*, *Terminator* and *Robocop*, cyberpunk (from *kybernetes* (a helmsman) and punk (considered anti-social rebel) is the dominant counterculture of the Web. What are its peculiar temptations?

(1) **Virtual Identity:** Race, sex, status, looks all mean nothing in the faceless world of the Web. A fourteen-year old lonely white boy from Wisconsin can be a forty-year old black queen from the Bronx. Safe behind your virtual persona, you can say things you would or could never be free to find on an actual street. You can make friends with virtually no risk to your self-esteem or reputation in the real world. The difficulty with living in the Player mode too long, is that you may start to lose sight of who you ever really were. It would help us to remember that the Bible word for an **actor** under an assumed character, or someone who speaks or acts under a false part is the word from which we get the English word *hypocrite*; someone who pretends to be someone else. (Matt, 6:12; 7:5; 23:25; 24:51; Luke 11:44)

(2) **Anti-Authority:** Bringing down the big guys. The *punk* of cyberpunk is a Robin Hood; rob the info-rich and give to the poor. He is a Robocop equipped with the tools of his corporation but compelled to expose their dark side. Because virtual space does not recognize status or class, no one can bring anything to impress others to the table of information exchange except depth and breadth of ability to access. Like kids with the cheat codes for a video or a grasp of all

the fatalities of an arcade game, cyberpunks flaunt their authority against all authority. But when every man does what is right in his own eyes, any virtual community eventually turns into a virtual monastery. *“Every way of a man in right in his own eyes; but the Lord ponders the hearts.”* (Prov. 21:2)

(3) **Techno-Terrorism:** Digital revenge; “Mess with my system and I’ll virus or mail-bomb you; challenge me and I’ll cancel your account”. Grasp of the intricacies of the Web, backdoors and hacked codes through firewall security systems give the cybernaut a sense of supremacy. He becomes a control freak. But a jerk with a big system is a big jerk. A man whose outraged rights turns to revenge asks for the right to play God. The way we respond to people who cross us and our plans is a revelation of the greatness or the meanness of our lives and character. (James 3:11-4:3; Rom. 12:19)

(4) **Freedom Hack:** “Why did you break the code?” *“Because it is there.”* In cyberspace knowledge is power. Restriction of any kind is perceived as an attack on the very cell structure of liberty. But privacy invasion and piracy electronics is still immorality and theft. And violation of any real law with its root in God’s law will draw God’s penalty. You are free to choose to violate such law, but you are not free to avoid the outcome. God never gave us the Ten Suggestions. *“You shall not steal, neither deal falsely, neither lie one to another. You shall not defraud your neighbor, neither rob him.”* (Lev. 19:11-13; 6:2-5; Deut. 23:24-25; Prov. 21:7; Zech. 5:1-4)

## Witnessing to Technotypes

Many people who prefer the company of a computer and a modem to a scary or silly society around them are still profoundly lost. How do you witness to the techie?

(1) **Hang out with them.** Though often isolated and anti-social, technical types need to be loved and need Jesus too. Often their techno-weird front is just a cover for a sad heart.

(2) **Know what you’re talking about** if you touch their territory. Nothing bothers a technotype more than someone pointedly passing on *as fact* what they know is just plain nonsense. If you don’t know, don’t be afraid to ask. ASK THEM! One of the great ways Jesus witnessed was by asking people for help. Now He is God. He doesn’t *need* what we are asked to give. But in the very act of help, people’s hearts often



open. Watch how Jesus witnessed to a smart religious leader and a local lost girl (John 3:1-21; 4:1-42).

(3) **Boldly go where no one has gone before** with them. The Bible record is the most mind-boggling array of data, phenomena and creativity the world has ever seen. When you begin to explore the universe in the light of God's Word, you have a window on the world that can give you all sorts of clues to the very areas that most fascinate the technotype. What does the Bible have to say about ecology? UFO's? Giants and monsters? The shape of the future to come? What is going to happen to our world? The unseen realm? The nature of reality, time and multi-dimensional space? Is there life on other worlds? Why is there life at all on this one? The Bible has been a major source of ideas and images for hundreds of famous S/F and fantasy writers from C.S. Lewis and J.R.R. Tolkein to Steven King and George Lucas. Don't be afraid to open a discussion along any of these lines.

(4) **Give them the Gospel** in the light of the best apologetics you can lay your hands on.

They are people whose whole world is imaginative thought. Give it to them. The human equivalent of the Spocks and the Datas of Trek are people often moved by truth and fact. They are prime candidates for a Gospel that works by truth and love. (John 1:45-51)

(5) Make sure they **count the cost of commitment** when you lead them to Christ. Jesus has no rivals. He is not one in a long line of Ascended Masters, Time Lords or part of the Q Continuum. He is not even the Highest Manifestation of truth, the end of the long evolutionary search for God. He is simply the *Way, the Truth, the Life*. When we bow our knee to Him, we forsake all our own pet ideas and imaginations. We keep no options in reserve. Technotypes know a lot of alternate paths. Bring them squarely back to the

only One that makes the real difference between life and death in the real world. (Prov.16:24)

### Tender Technology

Technology is the **practical solution of life's problems**. It is not always machines, electronics or programs. It is getting things done efficiently without waste or stupidity. We in the Western World are very good with information. Much of our technology is data-transfer or access. We know hundreds of ways to pass on stuff we get or learn to others. We know an awful lot. We are experts in **illumination** - explaining things.

What we are rather short on is **revelation** (hearing revealed truth) and a true technology - applied wisdom to get things done. God is the smartest Being in the Universe. His very dumbest thought is wiser than anything we could ever come up with. His wisdom is unsearchably awesome and His ways are *past finding out*. (Rom 11:33)

But God, the expected Techno Genius, is the very opposite of what we might guess at from projected Infinite Wisdom. Instead of a giant SuperComputer we come *face to face with the Father*. Ultimate wisdom is also Intimate Friendship.

Personal, intimate and touchable. So should your own walk be. By all means learn all you can about life and your world. Get illumination from God, His world and His Word. A man or woman who hears from God is also an agent of revelation. God speaks and we are to hear. Be a person who knows His Voice. Dare to be a Daniel - hear from heaven and speak to kings. But remember the bottom line. If you don't **do it**, it doesn't count. Do it with wisdom, do it with commitment, do it like God said. Be kind. But *just do it*.





## *People Power* - “able to stand in the king’s palace”

**People skills, leadership, using and dealing with authority**

**3581: to be firm, vigor, force**

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# Chapter Six

## *Ministry*

### Ministry - “to serve” - Secrets of Divine Service

“Your attitude should be the same as that of Christ, who, being in very nature God, did not consider equality with God something to be grasped after but made Himself of no status, taking on Him the very nature of a servant... in human likeness.” (Phil 2:5-7)

#### QUALIFICATIONS FOR MINISTRY

When we think of someone who is in authority we usually think of someone who by their position has the right over others lives. But Jesus linked power and leadership to SERVICE. He said that the one who was greatest should be the one who serves best. Paul lists the key conditions of being part of a leadership team in I Tim. 3 and Titus 1. The requirements for serving those who belong to Jesus are identical to those required for long-term leadership in any successful business or major corporation. Both those who minister in the church and in the world must be:

(1) **Blameless:** Surveys of business leaders who are at the top of their field show that in the majority of cases, the person has been married to their partner for

twenty years or more, and have children brought up to understand authority as something good and valuable you need neither rebel against or pretend to obey.

(2) **Stewards:** A good leader wisely uses what he has been entrusted with. He is practical, not mystical. He is not demanding, arrogant or self-willed. He works for the overall good of his company. He serves and meets the needs of others, his customers and employees. He is in the middle of his work, serving both those who serve and those who his company serves.

(3) **Calm:** A president or CEO is not a driven man; he is slow to anger. He is grown up. He doesn’t throw tantrums; he has seen most of the challenges and aggravations before. He realizes life is a martyrdom of pinpricks; he does not ride the emotional roller-coaster of feast or famine, success or failure, of fear or dream. He does not give in to every new whim of management theory. He knows what works. His confidence, his spiritual maturity, his character and professional competence mean that the details of life do not overwhelm him.

(4) **Sober:** He concentrates on what is important, not merely urgent. He does not have to escape pressure by hitting the bottle, He has no frustration that needs venting by violence. He takes what comes, a day at a time while at the same time strategically planning long-term.

(5) **Not greedy:** Realizing wealth is a by-product of first doing things correctly, he is not greedy for money. He knows making money takes care of itself when a company first provides the needed goods or services and meets the needs of the people.

(6) **Peaceable:** Recognizing the sum is greater than the parts, he works to build up his associates so they will all want to work together as a team towards their common objective. He is not threatened by those beneath him. He is hospitable to those under his authority as well as customers and strangers in the land.

(7) **Prefer love of good** to love of pleasure: He has been tested on the way to the top. He avoids the traps of money, sex and power, gold, girls and glory, the lust of the eye, the lust of the flesh and the pride of life. He has learned to control his thoughts, his tongue and his time; self-controlled, he is disciplined himself and so is a good discipler of others.

(8) **Temperate:** He realizes the importance of the

radical middle, and does not fall into the ditch of egotistic extremes. His life is a model and his wisdom earns him the right to teach those under him. He has learned that quarreling accomplishes nothing and that a man convinced against his will is of the same opinion still.

(9) **Speak the truth in love.** As a proven veteran who finds his fulfillment in humility and service of leadership, he has earned the respect of his peers.

(10) **Self-sacrificing.** The true leader knows pride never serves, but like a novice, only self-promotes. Jesus (the greatest leader of all) said He came not to be served, but to **serve** and lay down His life for others. (Matt. 20:28) His unequaled service gives Him the right to sit at the right hand of the Father where He is given all power in heaven and earth. Jesus was tested in all things before He earned His position of authority. Isn't He both our Savior and our example? (Source: R.E. McMaster; *The Reaper* int. investment advisory newsletter)

### THE INNER CIRCLE OF CHRIST

Jesus seemed to set His twelve disciples in **three groups of four**. Peter, James and John were the "inner circle". They did more with Jesus than the other disciples. Jesus took them with Him when He went up the mountain. Yet Peter, James and John were not more spiritual than the others. They did and said as many dumb things as any of the other disciples. *Why did Jesus single them out?* How do you move from the outer fringe to the inner circle of Christ? God has two conditions for those He calls closer to His heart. They are simple but profound principles you can use to choose leaders.

### CONDITIONS OF LEADERSHIP

God's two great principles for happiness and unity are **common understanding** and **common unselfishness** - wisdom and love. Without these no real teamwork is possible.

When you look for leaders, keep these two things in mind. Choose those who show the *greatest willingness to learn*, and who are the most keen to *do what they are given*. It is not always the most talented, good-looking or gifted that make the best leaders. God's Kingdom works with people with servant-learner hearts. It is consistently those that are quick to learn and obey God and who know how to do the same in His work. *The quicker you learn and the*

*sooner you do what is called for, the faster you qualify to lead others.*

### THE POWER OF HONOR

The Bible reward for good leadership is not status but **HONOR AND RESPECT** for a job well done. (I Tim. 5:17; Rom. 13:7; Rev. 4:11) Honor is recognition of someone's value, significance and service. We are to honor **parents** (Ex. 20:12; Matt. 15:14) **church elders, national leaders** (Num. 27:20; I Pet. 2:17), **older people** (Lev. 19:32) **and one another**. (Rom. 12:10) We are to honor the gift of God in someone's life, because it honors the God who gives it. (Mal. 1:6; John 12:26; Matt. 13:54-57).

Honor is vital if you are going to lead. One of the great hindrances to an effective team is **division and disunity**. A work begins well, then somehow begins to fall apart. People get critical and hurt. What is the key to helping people all work together as one? How do you get people with different strengths to act as one? The Bible says:

"Now the body is not made up of one part but of many. If the foot should say, 'Because I am not a hand, I do not belong to the body,' it would not for that reason cease to be part of the body. And if the ear should say, 'Because I am not an eye, I do not belong to the body,' it would not for that reason cease to be part of the body. If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? But in fact God has arranged the parts in the body, every one of them, just as he wanted them to be." (I Cor. 12:14-18 NIV)

What is the **root of division**? An **INDEPENDENT SPIRIT**. It is an attitude of self-sufficiency. It is thinking and acting as if you are the whole thing. It is imagining that because you can do one thing better, then you can do *all* things better. It is to project an attitude, especially to others who have no status or prominence: "*I don't need you.*"

"The eye cannot say to the hand, 'I don't need you!' And the head cannot say to the feet, 'I don't need you!' On the contrary, those parts of the body that seem to be weaker

are indispensable.” (1 Cor. 12:21 NIV)

So what makes the difference for unity? The Bible says it is **honor**. “On the contrary, those parts of the body that seem to be weaker are indispensable, and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty, while our presentable parts need no special treatment. But God has combined the members of the body and has given **greater honor to the parts that lacked it**, so that there should be no division in the body, but that its parts should have equal concern for each other.” (1 Cor. 12:22-25 NIV). Do not fail to honor and give special encouragement to those who need it.

### INDEPENDENT SPIRIT vs. SERVANT LEADERSHIP

This is the real secret of leadership as a Christian. You may do some things badly and make mistakes. You can be ignorant of what is God’s best and be wrong. None of us are infinite. We are all learners. We can and will do better. The one thing you must guard against in your life is an **independent spirit**.

People may disagree with you. They may think you have some funny ideas and are not making the right choices. Sometimes they will be right. Yet none of these can hurt you if you have really set your heart on loving God and loving people. Forgiveness is easy to give to a person with a servant’s heart. As long as you take the *role of the learner*, even people that disagree with you will find it hard to dislike you.

The **marks of an independent spirit** are:

**Pride.** An arrogant, know-it-all attitude. *Knowledge puffs up but love builds up.* (1 Cor. 8:1; Jas. 3:13-18; 4:6; 1 Pet. 5:5)

**Ingratitude.** A proud person cannot be thankful. He owes “nobody nothin’.” His favorite song is “*I did it my way.*” (Rom. 1:21; 1 Thess. 5:18)

**Religious deception:** *The heart of every cult is an independent spirit.*

Study the first deception: (1 Sam 14:12-16) *Satan was a church kid.* He came from a perfect church. He had the perfect Pastor. He sat under perfect teaching. He had flawless moral examples. Everybody around him, always without exception acted just like an angel. Even the choir was out of this world. Yet he blew it

big-time. Satan didn’t fall because he tried to run off with a lady angel or steal heaven’s crown jewels. **He simply set his heart to be independent from God.** “*I will be like the Most high,*” he said. He tried to play God and wound up losing it all. And that from the angel made most beautiful and wise. (Ezek. 28:12-15) At all costs, stay with a learner’s heart. No matter how much you learn, **STAY A LEARNER.** (Matt 11:29; Luke 10:21; Phil 3:7-8,13)

### THE MARKS OF A LEADER

George Verwer of *Operation Mobilization* makes these penetrating remarks:

“The Lord Jesus said, ‘Follow Me and I will make you fishers of men.’ (Matthew 4:19) This is but one of the many places where He exhorted His disciples to follow Him. He would say the same to us, His twentieth-century disciples.

“The burning desire for each of us should be to follow Him. We would not follow men or men’s ideas, but Christ and His ideas. We need men of God who have been ‘chosen of God’ to take on definite responsibilities of leadership in both practical and spiritual realms. Only time will tell whether the young fellows and girls carrying responsibilities of leadership have what is necessary to see victories day after day in this type of work. And the question that will make the difference is whether or not they are followers of Jesus.

“Some individuals might feel they should be carrying some position of leadership. To such individuals, I would say, ‘Then learn to follow; learn to take orders from someone else. Learn to bury your own plans and ideas, allowing someone else to make decisions which you will wholeheartedly carry out, and soon you will find yourself being asked to **MAKE** decisions.’

“*There is no room for the person who has all the answers.* We must take the position of learners for a disciple is a LEARNER. A disciple is always willing to be taught. He is always willing to listen to another’s point of view and to esteem it better than his own. He does not covet a position of leadership, but only desires to be a disciple of Jesus. You must not expect that you will always agree with your leader, or see in him perfection; for remember, he is as you are, just a follower of Jesus.”

## NEGOTIATION: HANDLING CONFLICTS WITH OTHERS

One of the hard things a leader has to learn to deal with is people who disagree. One of the marks of a good leader is that they have learned to solve conflicts. They never go out of their way to stir up more trouble. If you hope to influence someone who differs from you, try these principles:

**Find out what this person actually wants.** Ask: *How can I help them do this in a way that doesn't conflict with what I need?* Pharaoh told Israeli parents to throw their first-born babies in the Nile. God's command to Israel was not to murder. Moses' parents put him in the Nile all right - but in a boat, and so obeying God! Daniel and his three friends were put under Nebuchadnezzar's program. They neither compromised ("*Okay, anything is cool*") nor rebelled ("*Stuff it oh King, we're good Hebrew boys*"). They instead took the Third Option: they found a godly way to meet the King's expectations and wound up ruling for God under Nebuchadnezzar in Babylon.

(1) What is your **long-term goal**? For both Moses' mother and the boys in Babylon it was to HONOR AND OBEY GOD. All you do should relate ultimately to this. Part of that purpose is to *live as much as possible peaceably* with all - to be a peacemaker. That means you will trust God to ACT and not just to REACT when people differ from you. No anger. No bitterness. No arrogance. "*A soft answer turns away wrath.*" (Prov. 15:1)

(2) **Forget the immediate differences** between you. Before you say or do anything ask yourself: "Will it make it easier or harder for me to do what I came to do?" Do your homework first. Know what the facts really are before you begin. Don't slack off here. Your goal is not to show how much smarter you are but to get the job done.

(3) **Put yourself in their shoes.** TAKE THEIR SIDE as much as you can. AGREE with everything they say that is true. COMPLIMENT them when they make a fair point. Ask yourself: "If I was in his/her position how would I think and feel? Do they see what I'm saying as a request or a threat? Why might they not trust my motives? Could they gain anything from what I suggest? How can I say what I need to say in a way that will appeal more to the other person's interests? Is my claim convincing?"

Study the WAY Jesus talked with the woman at the well. (John 4) He never used what He knew in a way that put her down or made her feel stupid. "*I have no husband*" she said. "*True,*" He said. "*You have had five husbands, and the man you are living with now is not your husband.*" Jesus' words are the model of loving confrontation. See the problem from their side. Think it through first *as if you were them*. Try to describe things as you talk both as *they* see it and as *you* see it as fairly as you can.

(4) Focus on the other person's choice. You don't just want to understand a position but *change* it. You always **send a three-part message**: What you WANT him to do. What will happen if he DOESN'T do it. What will happen if he DOES.

Show you understand HIS SIDE of the question as well as your own. Discuss his goal sympathetically. ("*That's great. I understand what you're trying to do.*") Explain why what you propose will help him. Explain what might not happen if he gets his way, from your point of view. When he replies, emphasize the positives; not "*Yes, but*", but, "*Yes, and.*" AGREE with all you can. Keep a "quiet and gentle spirit." Don't lose it.

You have to know WHO the key decision-makers are and present what you see in a way that will make them realize they will gain more from ending the conflict than continuing it. Remember: the Bible way to PROMOTE UNITY is always to **honor one another**. If you never fail to honor the other person, no matter what the outcome or the result, you will honor God and often create a healing path for future situations.

Your goal is the **highest good of God and of people**. Your goal is not to show off some so-called superior authority or insight. *What if you win an argument but lose a soul?* Never by word or attitude give the impression to anyone, "*I don't need you.*"

## PRESSURE IN LEADERSHIP

Being a leader often involves **stress**. Leaders deal with change, and change of *any* kind - good or bad - involves stress. If you are a leader you are both responsible for what you direct and accountable for what you command. You must answer for the decisions you make and give account for the results of your policies. Criticism produces stress. You have to deal sometimes with "riots and wild beasts"; difficult people and difficult circumstances. (2 Cor. 1:8-11).



On top of that, as a leader you become both a spiritual and strategic target for attack. (Mark 3:27) No wonder Paul said, “Don’t everyone try to be a leader.” (James 3:1) How do you handle leadership pressure?

(1) LEAN ON JESUS when you reach your limit. The power of God always operates at the perimeter of our capacity. **You were never made to live adequately.** God cannot do the new thing when we camp out in our own personal safety zone. Faith has a tensile strength. It increases by being stretched to the limit. It grows by stress, then relaxation. (I Cor. 2:1-5) (See: “*Be Perfect - Creative Tension under Aptitude*”)

God will not *command* you to get you from where you are now to that edge. That step is in your hands.

“In a great house there are not only vessels of gold and silver, but also of wood and clay; some are for noble purposes and some for ignoble. If a man cleanses himself from the latter, he will be a vessel of honor, set apart, useful to the Master and prepared to do any good work.” (2 Tim. 2:20-21)

Revival, healing, faith, miracles always involves a VOLUNTARY RISK. You must move beyond mere legal obedience (doing only what is expected and asked of you) to the realm of loving and doing more than required. (Luke 17:6-10)

(2) Hold on to your HISTORY OF HOPE - What God did for you in the past gives you grounds to believe Him for the future. When the stress gets bad, REMEMBER His mercy and power before. (Lam. 3:21-23) Keep a journal or a diary, some written record of God’s work in your life. Often God calls us to remember His greatness and goodness. (Lev. 26:45; Deut. 8:18; Ps. 106:4-5; Ps. 103:2)

(3) CALL IN THE TROOPS: Stress and trouble can open the door to breaking us of an independent spirit. Sometimes we go on with hidden pride in our hearts, thinking we are adequate in ourselves to get the job done. A leaders’ ability can involve the strength to keep going when all others have given up, the confidence to stand alone. **But our strength is usually our weakness.** People don’t identify with our strengths and our successes. They may admire them, envy them, but they cannot share in them.

*What they can identify with is our weaknesses.* Paul

prayed for his people. He told them he was praying for them. He told them what he was praying for them. Then he asked them to pray for him. (I Thess. 5:23-25) Peter said: “Obey your leaders and submit to their authority. They keep watch over you as men who must give an account. Obey them so that their work will be a joy, not a burden, for that would be of no advantage to you. *Pray for us.* We are sure that we have a clear conscience and desire to live honorably in every way.” (Heb. 13:17-18) Let stress draw you closer to others.

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## Authority

### Authority - “king’s palace” - Learning To Take Charge

The great need of our time is for **leadership**. Leadership is not inherited from the past power and influence of a privileged few. A man or woman can carry nothing but a dream, determination and the call of God and still take their place among those that changed history. Daniel and his *friends* had *nothing* when they were taken to Babylon. Like the rest of their nation, they were stripped of all home, family and personal possessions. They were powerless and penniless, yet they learned to lead so well that they *survived three different governments* and remained in each in the same position of responsibility and rulership! Not all are leaders. But if God has His hand on you, you will become a leader in *something*. What can you learn about leadership?

### IN GOVERNMENT, GOD IS THE ULTIMATE RULER

*“And the Lord gave ... Judah into (Nebuchadnezzar’s) hand” (Dan. 1:2)*

All authority in life is ultimately derived from God. When God called Abram and promised to bless, protect him and make him great it was for the sake of others. His covenant blessing, protection and power was to bring blessing to all the peoples of the earth. (Gen. 12:1-3). Whatever God does in your life to lift you up in the sight of others and to give you authority in their lives is so that you may *serve them and bless them*. God gets you right with Him, then blesses you to be a blessing.

What is the purpose of power? To IMPLEMENT

GOD'S PURPOSES in every sphere of society. Power in the Bible is always given for Divine purpose. You are called to know the Lord, His law and to conform all of your life to what He shows you. In your walk with God you will see and sometimes meet many leaders in church and nation. Not all of these will be good leaders. If God is ultimately in charge, how does He let some people get into such terrible governmental situations? Paul said:

"Everyone must submit himself to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. Consequently, he who rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves." (Rom 13:1-2:)

Paul does not say here that all leaders are good or right. He says the **KIND** of authority is established by God. **God gives a nation the kind of government it deserves.** What kind of power is "best"? If the "powers" or forms of authority are those purposed by God for a nation at a particular time in its history, what does He look for when He changes such a government? What makes these changes possible?

## FORMS OF AUTHORITY

**God alters the power of government to fit the spirituality of its people.** The form of government best for a nation, a church or a family is based on its overall spiritual maturity and willingness to conform to reality. He, "puts down and sets up". (Ps. 75:6-7) The measure of real **love** (obedience to God and His laws) and **wisdom** (awareness and faithfulness to His truth) in a nation, church or individual life sets the limits of the government in our lives. This control structure need not stay the same forever. It is dynamic and affected by **prayer** (dependence) and **faithfulness** (loving obedience).

*It is true nationally, religiously and personally.* God gives us the leaders we deserve. If we are stupid and selfish we deserve dictatorial leadership - those who will not ask, but just tell us what to do. If we in turning to God become less ignorant and selfish, our leadership will eventually move to a lesser level of control. The way to change leadership away from strong legal control is to become yourself more wise and loving.

This basic pattern of authority change is seen in the **family**:

As a **BABY** our parents never ask us what we should do. They have absolute power. They feed you, change you, run your whole life. You don't get to say or do anything about it because you are too dumb and too self-centered to make almost any kind of decision. This is God's protection authority structure. (Rom. 2:20; 1 Cor. 3:1)

As a **CHILD** things change a bit as you get older. You parents are hopefully not the kind of dictators they had to be when you were tiny. They become a bit more like a King and Queen. They are in charge of a lot of your life, but not all of it. You get to make requests. They are not always granted, but you do have a bit more freedom when you show you understand. (1 Cor. 13:11)

Then you get to be really cool. You are officially a **YOUTH**. You are much more grown-up now. You don't want to be treated like a child and have to show your parents you are wise enough and trustworthy enough to be given greater freedom. As a young man or woman you are able to provide for yourself, but not for someone else. You get much more freedom with that responsibility. (1 John 2:14b)

Finally you graduate from home altogether. By this time you ought to have learned enough and loved enough to start a marriage and a home yourself. When you become a **FATHER** or mother yourself, you take responsibility not only for yourself but for your family. Your parents no longer are in charge of your home. They become in God's ideal, good friends and advisors. We see similar patterns in the type of authority structures in civic and church government:

## POLITICS CHURCH FAMILY

- Dictatorship (Roman Catholic) Baby (John 3:3-5:)
- Monarchy (Episcopalian) Child (1 John 2:12)
- Oligarchy (Presbyterian) Young (1 John 2:13-14)
- Democracy (Congregational) Father (1 John 2:13-14)

As self-discipline, self-control and self-government under God **decreases**, exterior government **increases**. Edmund Burke said long ago: "Society cannot exist unless a controlling power is put somewhere on will

and appetite. The *less there is within the more there must be without*. It is ordained in the eternal constitution of things that men of intemperate minds cannot be free. Their passions forge their fetters.”

### PRAYING FOR LEADERS

Because God gives us the kind of leadership we deserve, we should **pray for those in authority**. You are not free to ridicule a God-appointed leader even if they are wrong. Continued wrong brings its own Divine judgment. If someone keeps doing stupid or wrong things, you will see God deal with them in His own way. Your job is to stay out of the way of that dealing. Trust *God*, not the leadership.

If you have a good leader, pray that God will encourage and grace them. It is lonely at the top. Leadership with its privileges and responsibilities also carries many dangers. Pray for and encourage them. George Verwer of *Operation Mobilization* counsels:

“It is in your power to make or break your leader. To ruin his leadership, just do the following...”

- (a) Don’t do what he asks you unless you **FEEL** like doing it.
- (b) Don’t do what he asks unless you understand and agree with it completely.
- (c) Forget to do the tasks assigned to you to do.
- (d) Do what he asks, but grumble and complain about it to yourself and others.
- (e) Make him explain, in detail, why he wants it done before you do it.
- (f) Take everything he says as a personal offense; bear grudges in your heart.
- (g) Never bother to clear the air in a misunderstanding with him.
- (h) Point out to others in the group the mistakes and failures of the leader.
- (i) Present to others “prayer requests” on what you feel is wrong with him.
- (j) Constantly express doubt that his decisions are wise; always expect the worst.
- (k) Point out constantly that you are right and that you have more experience and a superior spiritual life than your leader.
- (l) Be sure to say, “I told you so,” when he makes a mistake.
- (m) Never take into consideration cultural or other differences that may lead your leader to think and act differently from you
- (n) Assert your authority over the leader, especially when he isn’t around.

(o) Constantly correct him and give him advice, especially among others.

(p) Don’t take time to pray with him, and miss as many devotional times as possible so that you can never seek the face of the Lord together.

(q) Be especially sharp to catch all his driving faults and make sure that all of the group knows about them.

(r) Keep him up late at night talking about his mistakes and how you feel he should lead the team, coupled with discussion on minor devotional differences.

“If you practice one of these points, I can almost guarantee that you will succeed in destroying both the unity of the team and the effectiveness of the leader. All of us, therefore, should take as our motto:

“Let us have fervent love among ourselves, for love covers a multitude of sins. “Therefore all things whatsoever you would that men should do to you, do ye even so to them; for this is the law and the prophets.” Matthew 7:12

“Let us realize that there will be problems, disagreements, and differences of opinion. By triumphing in the life of love and faith, all these things will but strengthen the team.” (Hebrews 12:1,2)

### THE PATTERN OF A LEADER

(A) **THE LEADER:** who you are and your call in Christ is key to all leadership.

E. M. Bounds said it: “*The church is looking for better methods; God is looking for better men.*” What you are on a day-by-day basis forms the platform for what you say.

- 1) Be **TOGETHER**. Dress well, look good, and feel good. Let God own your body so it is strong and serviceable. Groom so that you have the maximum influence with the crowd you want to reach. Obey God’s health laws to keep you feeling fit and alert.
- 2) Be **OUTGOING**. Christians must be marked by a noticeable absence of hang-ups. Be positive, outgoing, and cheerful. That ought to come naturally from a clean heart and life, and a real concern for others in God’s love. Don’t be afraid to speak up for what you

know is right, or to take a stand on issues of moral or spiritual value.

- 3) Be **CONSISTENT**. Your Daniel Files will help you here. We designed them to give you overall excellence in your life. Christians ought to be the most natural, stable and trustworthy people around. Always strive for the SAME OFFICE in every organization you are in. If you want to be president, always run for president; if you want to be secretary, always aim at being secretary.

(B) The **OBJECTIVE**: Know what you want to do and why. It is important to have as good a knowledge of your goal as you possibly can. Make it a point to be highly informed. Anticipate objections and problems; draft out rough solutions for them before you run into them. Decide what position you feel God wants you to have. Fix it clearly in your heart. Then set your goal and work towards it with courage and faith.

(C) **BEGIN YOUR CAMPAIGN**: Never put off for tomorrow what you can do today. Don't wait until you are older to run for a position of influence. Begin now! Make as many friends as possible without compromising issues of truth or value. Develop **LOYALTIES**; be the kind of person others can really trust.

Take **RESPONSIBILITIES** as they come up. Be thoroughly dependable in doing them. Get involved in important school functions where you will not have to compromise your testimony. Make it a point to be **TOTALLY INVOLVED** where the action is. Always begin at the lowest seat; (Luke 14:10) if the competition is keen, run for a lesser office first and excel in it.

## LEGAL LIMITS

**Every nation has some kind of state religion.** A country without one is just a country in transit from one form of religious belief to another. That "religion" may be secular humanism, atheism, some form of occult or even some kind of Christian consensus. This "national religion" may not be a mandate or a command. It may not be enforced by rules. It may only be a common pressure on all to conform. The idea of a nation without a belief system is as big a myth as that of "objective journalism."

Only revival or national spiritual awakening and reformation can affect the laws and morals that guide

a nation to the true God. As nations come under the dealings and judgments of God, true saints in them are often isolated, rejected and persecuted.

When the truth of Jesus threatens a national religion, those who stand for Him can be a target for bigotry, fear and hate. Whenever possible you must use the existing laws of the land to guide your witness. You may have **SPECIFIC RIGHTS** under the law that those who oppose you either do not know or else ignore. Don't be afraid to use good laws to support your stand for Christ. (Acts 16:16-40; 19:24-41; Rom. 13:3-8)

*The Students Bill Of Rights On Campus (See Appendix)* is one such set of guidelines from US Constitutional Law. But remember; such rights are fragile. They depend only on the level of true Biblical wisdom (law) and love (obedience) that exists in the country at the time. People change. Their spiritual lives, revive or decay. Christian witness will go on till Jesus comes. (Matt. 24:14; 28:18-20; Mark 16:15-20)

## WHAT IF THE LAWS ARE AGAINST YOU?

In different nations and times you will run into laws that seek to limit, block or stop you speaking out for Jesus. Christians through the centuries faced the tough choices of what to do when human law came into conflict with God's commands. *You don't always get a third way.* Sometimes obeying what God says means having to break a bad man-made law. (Acts 5:25-29) In every case, those that loved God did not flinch from the consequences, even if it meant capital punishment. (Acts 4: 13-31; 5:17-42)

Daniel faced it in the den of lions. His three friends faced it in the fiery furnace. Stephen was stoned to death. James, the brother of Jesus, was killed by the sword. All of the disciples except John died a violent death at the hands of angry governments - and even he was tortured in boiling oil. Early Christians were flogged, imprisoned, stoned, crucified. *Jesus never said it would be easy. Jesus said it would cost.*

Christians faced it in the coliseums of Rome. Caught and chained, they faced the terror of being torn apart by wild beasts before a jeering crowd, or being set on fire as a ghastly living torch to light the sick spectacles of Roman games. Yet twelve-year olds refused to even drink a toast of wine to Caesar to acknowledge, as he demanded, that *he* was the only true Lord and "god". They died in the jaws of lions rather than deny Jesus. Yet it was said that for every Christian



who died in the arena, seven watching Romans became Christians. Now more Christians have died for Jesus this century than all the others put together. *The blood of the martyrs is the seed of the Church.*

## HOW TO FACE A DEN OF LIONS

*“All men die. Not all men really live.”* (Mel Gibson in *Brave Heart*)

Daniel and his three friends each were put to the ultimate test: deny God or die. Shadrach, Meshach and Abednego faced the fiery furnace. Daniel had the den of lions. Jesus came into the place of terror with them.

*How do you face the ultimate test?* God has not promised us that we would not die. ALL OF US DIE. Some of us die sooner than others. The only difference in between the death of a Christian and someone who is not is that the Christian is ready to meet Jesus. *A Christian is dead already; dead to the world, alive to Christ.* Death for you as a child of God is to fall asleep in His arms and awake in the other world, alive forever beyond the power of pain, safe forever from all sickness and suffering. (I Thess. 4:13; I Cor. 15:49-55; I Cor. 5:1-9)

Daniel and his friends fully knew the cost of loving God and staying true to Him. Faced with the full horror of agonizing death, they did not flinch or turn back. And in both cases, they experienced a wonderful supernatural intervention. Each time, God showed up in a way that made even the King worship. God can do it again. Miracles still happen. But from Daniel we can learn three important factors if you have to face your own “den of lions” some day:

(1) **Innocency:** Keep your heart pure. When Daniel came out of the den delivered by a miracle of God, he said God shut the lions mouths because “*innocency was found in him.*” Don’t ever go into a lions den without a CLEAN HEART. Get clean from all known sin. When they lowered Daniel into that pit he knew only one thing: his heart was wholly right with God. (Dan. 6:22; Matt. 5:8; Ps. 24:3-5; 51:6-13.)

(2) **Forgiveness:** Even though the King’s own foolishness and pride had created this death sentence for Daniel, Daniel held no grudges. Study his response. There is no railing against the King, no bitterness, no Divine-judgment death threats. “*Before you oh King I have done no hurt.*” Daniel went to the lions holding NOTHING against his executors. The

early Christians who also faced the lions said “These lions are not our enemies. They are our friends. They will usher us into the Presence of God.” Go into the den FULLY FORGIVING those who have done you wrong. (Dan. 6:22; Luke 23:34; Acts 7:59-60)

(3) **Trust in the Lord.** The bottom line for every den of lions is “*Trust God or die.*” For some it will be “*Trust God and die.*” Whatever the outcome, when you face your crisis, you must go *trusting in nothing or no one except the Sovereign Living God.* “Daniel was taken up out of the den and no manner of hurt was found on him *because he believed in his God.*” (Dan. 6:23; Ps. 4: 3-5; 20:6-9; 37:39-40; 118:5-9; 91:1-16).

## WITNESSING TO A “KING”

How do you speak to someone who is in authority over you? How do you appeal to say a parent, a teacher, a boss? What if one who has charge over you is not a Christian and you want to ask them for something they may not understand or agree to?

(1) Practice the **peace-maker principle**. You have not come to demand. You do not put them down because they do not believe. Paul said: “Fear God. Honor the king”. (See “*Negotiation*”)

(2) **Respect the person’s position** for Jesus sake. Come like Ester with proper honor and respect for their authority. No servant of Jesus has any right to speak to a person of rightful authority with arrogance.

(3) **Present if possible, a “Third Way.”** Use what we have already given you in presenting a position to a person you hope to influence. But remember this difference: God has allowed them at present to *be in authority over you.* This fact must temper all you do. “*Do not rebuke an elder;*” God says. “*but entreat them as a father.*” (I Tim. 5:1)

In making your request, make it in faith and in heart-submission to Jesus through this person’s authority. Trust that God can work in and through them, *even if they don’t know God.* Remember Nebuchadnezzar. Sometimes even unsaved people see things in your life you can’t or don’t, and will make a decision that is right for you, even if it is one you don’t like. If God really wants you to do it, He will work it out eventually. Don’t think that denial or delay are always things outside God’s will.

(4) You are to honor and obey your “king” in all



things in their area of authority **except where their decision is a direct violation of the law of God.** Do not treat lightly any idea of disobedience to legitimate authority. If what you want is only a *want* and not a word from the Lord, *submit to a denied request as you would if Jesus said, "No."* If for instance you want to go to a Christian concert and your parent forbids you, don't assume their denial violates God's command to "assemble yourselves together." Don't put in some "spiritual" reason for something much simpler God may not even be in. Learn to submit your wants and wishes to another. You will earn the right to be heard, and perhaps from this, grow faster in Jesus than if you always got what you want. *"Submit yourselves...as to the Lord."*

### CHANGING A LEADER'S HEART

What if you believe God really wants you to do something but your "king" may not let you? What if what you want to ask is not really a Bible law and (their denial of your request will not break any law of God) but you still think it is God's will? If you find yourself in this situation, you have a special avenue of appeal.

Prov. 21:1 speaks of a special situation. *"The king's heart is in the hand of the LORD; he directs it like a*

*watercourse wherever he pleases."* (NIV) What if you are unable to plead with someone over you in authority? Then you are a good candidate for a miracle of God. At times the Lord can actually **change the choices or preferences of those in authority** to accomplish His purposes in those under their authority. It is a supernatural, miraculous influence directly on the minds and hearts of rulers. It is not a right, nor a rule, but a **special act** of grace and mercy. And you can ASK God for it.

You can pray: "Lord, I believe you want me to do this, but my authority may not let me. You have power over their authority. I submit wholly to Your will. If you want me to do this, change their heart so that I can do what I believe You want without violating their authority over my life."

He may grant it in a wonderful way. God uses these "will-freezes" to accomplish His purposes in Scripture; to *fulfill prophecy, provide for and protect His servants*, sometimes to *accomplish judgment* on sin or *rescue* for a saint. (Dan. 4:23-25; Exodus 7:13; 10:1; Deut. 2:30; John 19:18-24; Luke 4:28-30) What God did once He can do again. *All the promises of God are yes and Amen in Christ Jesus.* You can only ask.

## Cultural Cool - "literature and language of Chaldea"

### Witnessing, writing, speaking, talking and listening

#### 3925: skillfully instruct

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# Chapter Seven

## Mobilizing Others

### Mentor - "teach them" - Raising Up Other Radicals

#### Writing, Speaking, Talking, Listening

"And the things which you have heard of me among many witnesses, the same commit to faithful men who will be able to teach others also." (2 Tim. 2:2)

#### MOBILIZING OTHERS

People respect authority backed with truth and love. A lot of young people today have been hurt by authority based on force and fear, deceit and falsehood. God needs people to demonstrate what true authority is like. You ought to have authority in your life because you know the Lord Jesus; and He is the Way, the Truth, and the Life. You know who you are. You know why you are here. You know where you are going. You do what you say you are going to do. Sometimes God will give us a latent leadership ability that we can develop for His glory. If you are put in charge of a group of people, follow these guidelines for leadership:

(1) Gain and earn their **CONFIDENCE**. Be the kind of person people can trust. Treat them like the valued and significant persons they are. Be "boss" but don't be bossy. Be firm without being hard.

*"You don't push string you pull it. You don't push people, you lead them" (Ed Cole)*

(2) **CONVINCE** them they are needed. Don't do everything yourself, even if you think you can do it better. If you have a team, let them do something worthwhile.

(3) Give them **RESPONSIBILITY**. Be **SPECIFIC** and **DETAILED**. Don't let anything, "just happen." Tell them exactly what needs to be done, how to do it, and when to do it. Never overlook little details that are important. Don't leave anything to chance. Let them make suggestions sometimes; they may come up with better ways of doing it.

(4) **COMMEND** them on a job well done. Find something nice to say about them before you do any form of constructive criticism. You will never, of course, criticize without love. Make all critiques out of a loving choice for that person's highest good.

(5) As they learn to handle smaller tasks well, increase their responsibilities. This is the Christian way to grow in both faith and life. "He that is faithful in that which is least, is faithful also in much..." (Luke 16:10) This is **WORK**, but it is well worth it.

#### TAKING OVER A SCHOOL FOR CHRIST

(a) Begin an **early-morning prayer meeting** with all who really want to see God move on your campus. Here students will find that they at least one person who cares about them - and that person is a Christian. In your prayer meetings, ask God for the hearts of the worst kids in school. If they turn, their change will make a great impact in your school, and your revolution is on.

(b) Make available the **best Christian books** you can lay your hands on for your task force. The **Youth Aflame Manual**, **Doorways To Discipleship, Handbook For Followers Of Jesus** and **The Daniel Files** will all be of help. Cartoon tracts will be helpful for evangelism and for witness. Have your team buy out of their own pockets the best follow-up material and tracts for new Christians they can get so they will use them wisely. Challenge them to **TITHE** their **TIME** — 2.4 hours a day for study, reading, prayer and witness in the will of God.

(c) **Love the kids** in your school so much that you are willing to DIE for them. They will feel it, and deep down it will make them respect your stand and listen. It will make you tender when you warn; put tears in your reproof. But do not hedge on the conditions of true discipleship. Lay it out straight with those who show interest in following Jesus. Let them know that to become a Christian means they must GIVE EVERYTHING. Do not try to make it easier than Jesus did. He promised life only on HIS conditions: to be totally honest; to see, hate, and forsake sin and selfishness; to give Him all we have and are.

Don't be soft here, or your revolution will die. One person who makes an easy "decision" that does not work will turn off perhaps six others by his false testimony. Every kid must give to God all they have, and are, or make it plain that they cannot call themselves a Christian. *He calls us first not to a party but an execution.* (Luke 14:25-33)

(d) Make sure all you do flows out of a REAL CARE for the hurt God feels in His heart over the sin of the kids in your school. No matter what your methods are, no matter how good your message, unless you have GOD'S motives, He will not bless your work.

Why should you take your school for God? Is it because kids are overdosing on drugs, or tripping out so badly that they are committing suicide and we must do something? Is it because it's time that Christians woke up and really witnessed before the church becomes pushed aside and ignored; because both teachers and students are agnostic and unbelieving? Is it because Jesus is coming soon; because the bad guys may soon take over the world? All of these may be true, but none of them are the REASON why you should take over your school for God. The reason is this: GOD IS BEING DISHONORED by the sin of your school! When you *let your heart break with the things that break God's heart*, you will see a spiritual revolution in your campus.

You can take your school for Christ! Of course, not everyone will give in to God. Yet you can know that the vast majority of your school has not only had a chance to hear about Him, but a chance to give their lives to Him. Many more than you would dream will turn their backs on their past and sell out to the Lord Jesus. It can happen—in your school. It can happen now.

**There will be a cost.** The best things always have a price, and spiritual revolution is no different. Remem-

ber young Lenin, who *"thought and dreamed revolution twenty-four hours a day."* So must the Christian revolutionary. Every thought must be brought into captivity for Christ. Every class must be an opportunity for a word in the name of Jesus. Every talent must be bent towards spiritual awakening; every sport made the vehicle of Christian witness; every leadership position the target for takeover by a disciple of Jesus!

Nothing less than wholehearted commitment to this task will suffice. We must *"seek first the Kingdom of God and His righteousness."* (Matthew 6:33) God begins His revolutions with His kind of people. It must begin with YOU. It must begin NOW. In the Name of Jesus, go and DO IT!

### WISDOM FROM THE UNDERGROUND CHURCH.

You may yet live to see the Church forced to hide as it has in many centuries and lands that let the forces of evil gain a foothold in the land. There have been more martyrs for Christ in this century than all other centuries put together. *"The Church Underground is the Church of one-third of the world, men who never thought before they would have to belong to it."* Richard Wurmbrand, author of *Tortured For Christ* shares some of his secrets of aggressive survival in preparing for suffering and persecution:

(1) You will not be a member of the Underground Church unless you **know how to suffer**. You can have the mightiest faith, but if you are not prepared to suffer you will be taken by the police. You will get two slaps and you will declare anything. Preparation for suffering is one of the essentials ... A Christian does not panic if put in prison ... prison is a new place to witness for Christ. For a pastor, prison is a new parish...with no income but great opportunities. **Morse code** is part of this training ... through this you can preach the Gospel to those on your right and on your left. ...Do not fear the prison. Look on it as a new assignment from God.

(2) **Truth about the Truth.** How much each can suffer depends on how much we are bound up to a cause, how dear to us and how much it means to you. Gifted preachers and writers of Christian books have become traitors. Everything depends on whether we have remained in the sphere of words or if we are merged with Divine reality. **God** is the Truth. The **Bible** is the truth about the Truth. **Theology** is the truth about the truth about the Truth. ...The Truth is *God alone*.

Words, theologies, exposition: None of these is of any help in time of suffering. It is only the *Truth Himself* who is of help. When you pass through suffering you realize it was never meant by God that Psalm 23 should strengthen you. It is the Lord who can strengthen you, not the Psalm which speaks of Him...It is not enough to have the Psalm. You must have the One about whom the Psalm speaks. ...Holy words are only the means to arrive at the Reality expressed by them. If you only have the words of the Lord, you can very easily be broken. If you are united with the Reality, the Lord Almighty, evil loses its power over you; it cannot break the Lord Almighty.

(3) **Spiritual Exercises:** Preparation for underground work is **deep spiritualization**. As we peel an onion, God must peel from use what are mere words, sensations of enjoyment in religion, to arrive at the reality of our faith. ...We not only have our prayer, but moments of **meditation and contemplation**. We can read of those sawn asunder, burned at stakes, thrown to wild beasts, but we must also visualize them. My last Sunday School class before I left for Romania I took not to a church, but a zoo. Before the cage of lions I told them: "Your forefathers in faith were thrown before such wild beasts for their faith. Know that you also will suffer. You will not be thrown to lions, but you will have to suffer at the hands of men who will be much worse than lions. Decide here and now if you wish to pledge allegiance to Christ."

In prison you **lose everything**. Nobody resists who has not renounced the pleasures of life beforehand. The Christian who prepares himself for this now will not suffer the loss in prison. **Do not allow doubts** about the essential doctrines of the Bible. Every theological or philosophical doubt makes you a potential traitor. Don't live with doubt; seek a solution.

**Tests Of Torture:** Torture has a moment of explosion and the torturer waits for this critical moment. Learn how to **conquer doubts** and to think thoroughly. There is always one moment of crisis when you are ready to write or say the name...you have been tortured so much nothing counts any more. *The fact that I should not have pain also does not count.* Draw this last conclusion at the moment of crisis; it gives you an intense inner joy. You will feel Christ with you in that decisive moment. Jailers today are trained and refined in awareness of crisis. If they cannot get anything from you in that moment then they abandon torturing; they know its continuation will be useless. Read *Foxes Book of Martyrs*; learn how others overcame

the moment of crisis.

It is important to understand what Jesus said "**Take no thought for the morrow...**" It seems impossible to bear long years of prison. You are not asked to bear it all at once. Do not bear even one day at a time - bear one hour at a time. One hour of pain everybody can bear. What amplifies pain is the memory that I have been beaten and tortured so many times and tomorrow they will take me again. Tomorrow I or they may not be alive. At first torture is a terrible shock and pain; it does not continue to be so. ...You forget - you become absolutely indifferent to everything. This is the critical moment when you need to breathe rightly.

Practice **breathing right** - it is one of the means of resisting torture. Try once to quarrel with someone while breathing quietly, rhythmically and deeply. You will find you cannot. Under torture, breathe as a traitor cannot. The oxygenation gives a resistance to the whole body which balances your reaction and gives you a poised attitude.

An underground worker should know not only with his head but to his fingertips that he belongs to a Body which has been flogged for 2,000 years, a mocked body, a body spat upon and one crowned with many thorns with nails driven into hands and into feet. I will never think of Jesus Christ as only having been crucified 2,000 years ago. The **sufferings of Jesus** in His mystical Body must become a reality with me.

**LOVE CHRIST MORE THAN YOUR FAMILY.** Your heart may break, but your answer should be "I love God." Learn to be **silent**. A Christian is a man who speaks little but with great weight. In the Underground Church every superfluous word can do harm. If you have believed in the past you are blessed. I do not know how sound the theology is, but we did not live on theology at the time. We lived on **past memories**. The Bible teaches we should "bless the Lord and not forget His past blessings". Remember the past even if you pass through the dark night of the soul. Deal with **solitude** by traveling the world in prayer. **READ THE BIBLE** from memory. Every night I composed a sermon and delivered it; I memorized three hundred and fifty of them. I composed books, poems, jokes. Your mind must be continually exercised. It must be alert, it must think."

Excerpted and adapted from: *Preparing For the Underground Church: Richard Wurmbbrand Voice of the Martyrs* SE Frank Phillips Boulevard,



## Reading

### Reading - "the literature" - Mastering Print Technology

"In the same hour came forth fingers of a man's hand, and wrote over against the candlestick upon the plaster of the wall of the king's palace: and the king saw the part of the hand that wrote. ...the king cried out to bring in the astrologers, the Chaldeans and the soothsayers. The king said to the wise men of Babylon, 'Whoever shall read this writing, and show me what it means, shall be clothed with scarlet and have a chain of gold about his neck and shall be the third ruler in the kingdom.' Then came in all the king's wise men; but they could not read the writing nor tell what it meant. ...Then Daniel answered and said before the king, 'Keep your gifts and give your presents to someone else; yet I will read the writing to the king and make known to him the interpretation.'" (Daniel 5:1-17)

A frightening set of words supernaturally written on a wall; rulership if someone could **read them** and understand what they meant. What the wise men couldn't do, Daniel with God's help, did. The man who heard from heaven for a king's dream, could also read and understand the writing on the wall. Millennia later, the scenario is the same. The man who can read still rules in the kingdom of those who cannot.

#### READERS ARE LEADERS

*"When you come, bring with you the books, especially the parchments."* (2 Tim. 4:13)

Print technology will never go away. We will always need the permanence and convenience of hard-copy. Reading develops the structuring, analyzing side of your mind. Good readers also become good writers and speakers. The same disciplines that help you read well also train you to share with others well. Reading for many young people is almost forgotten. Too often we rely on TV for information and enjoyment as a substitute for reading. All useful resources are welcome, but without reading you cut down many vast learning opportunities, including expanding your

vocabulary and creativity. If you are a leader you need to read. (1 Tim. 4:13)

*Readers Are Breeders:* CONTINUAL READING is one key way to continued creativity. Your mind needs fresh ideas just like your body needs fresh good food. Read often. Read always. Get into a HABIT of reading. Read widely. Read some hard technical stuff; read cartoons. READ LIKE YOU EAT; mix your diet. Read more than one thing at a time. Read novels and theology books. Read the classics; read the Bible in as many versions as you can find. As you read widely, you get an idea of what is good and bad writing and thinking. It will help you get the sense of what is great and what is a waste of time.

*Readers are Weeders:* Learn what to read and what to pass over. Francis Shaeffer said most Christians don't READ ENOUGH and they READ TOO MUCH. We either ignore books for visual or auditory input (TV, movies, tapes, CDs) or read without thought and jam our brains with the useless. Discriminate in your reading. Books and magazines are expensive. My BOOK-BUYING RULE is *ten cents for a useable idea*; a dollar or more for a great idea. Scout a new book before you buy it. If it doesn't match up, don't spend your lunch money on it. On the other hand, if you see it as significant or important don't pass it up for another time. Bite the bullet. *Buy the book*. You probably need it.

*Readers Are Feeders:* What you learn you can pass on to others. MARK BOOKS with this in mind. Ask yourself: *Who could I help with this material?* To help retain it better, SHARE what you find as soon as you get the chance. Recommend great books to others. Buy extra copies of life-changers to give away to friends. John Wesley would not let you in the Methodist ministry unless you read *at least three books a week plus your Bible*. His Methodists did more to help England read than any other teachers of their time.

#### HISTORY

History is the story of God's creation, from beginning to end. It is the record of His works with individuals and nations that glorified Him or forgot Him. From history we gain knowledge of what once was. We can both learn from other's mistakes, and be somewhat enabled to predict that which is to come. The great power of the book is its ability to put you immediately in another time, another place, another world. You can, without moving, explore whole different realms



and journey not only to the past but to the future. When you tap into this treasure of time, you can think the thoughts of great men and women of God who have gone before you. You can see how they tried to deal with the trials and triumphs of their time. You can learn lessons of life for your own day and your own generation. (Hab. 2:2)

When you read, READ WIDELY. Read not only what is going on today, read what went on before you were born. And you will find something wonderful. Truths that can change a nation and ideas God gave to heal the hurts of a world lie hidden in dusty pages waiting for someone like you to discover again. History holds keys not only to the past but to the future.

That is why C.S. Lewis said you should read at least a couple of OLD BOOKS for every new book. A new book shares the values and mind-sets of your time; an old book, that of another. An old book may not always say what you know to be true, but then again, neither will a new one. What then is the value of this comparison? Read through the eyes of the old, and you will see clearly not only the weaknesses and fallacies of *their* age, but the weakness and fallacies of *your own*. History helps you see not only the past more clearly, but today and tomorrow. Don't despise history. Those who do not learn from it will be compelled to repeat it.

Read the history of the people who have gone before you in God. Read not only *about* them, but **read them; in their own words**. Most times you will find that few modern critics can tell what these dreamers thought and believed and dared better than the ones who lived to name their age. Read the stories of men and women who affected their worlds, like Martin Luther, George Washington, William & Catherine Booth, Charles Finney, John Wesley, Mother Teresa. (*We give you a good simple biography reading list and some great general Christian reading books in the Appendices.*)

### BUILDING A LIBRARY

Every Christian needs to build a good library. Choose books that will teach, encourage and equip you to do the task you feel God is calling you to. Some of the sections you might have on your bookshelves:

(1) **Biography:** the lives of men and women of God. Read these to see what God did through consecrated people. See what they were given and what they accomplished in their time. Learn from their mistakes

and victories. Challenge yourself by what they were doing at your age.

(2) **Study:** You will need the best books you can afford that will help you understand what God says in His word. Lexicons, dictionaries, a thesaurus, atlases, concordances are all significant investments that you will use for the rest of your life. Bibles, translations and paraphrases of different kinds will give you wider insight into God's Word.

(3) **Research:** Encyclopedias and reference sets. See if you can pick up a second-hand set cheaply; perhaps you will come across some that are slightly damaged or out-of-date.

(4) **Counseling:** God has called His Church to do two things in evangelism; win the lost and train them to take over the world for Jesus. Ask older Christian friends who have a great walk with God for any they recommend you can spend your hard-earned money on without being disappointed. Think of how God's law applies to families, businesses, government, the arts, the sciences and the Church.

(5) **Apologetics:** Clarify the Gospel by "evidence that demands a verdict". You will meet many people who want or need answers to some of the most basic questions they have about God. Build your library with books that meet this need.

(6) **Sets:** As you grow in Jesus you will come across the writings of some Christians that have particular appeal to you and your ministry. Collect all they wrote whenever you can. We all have our heroes. If you read what they wrote, some of it will rub off on you.

(7) **Technical and cultural:** You will also collect books and studies particular to the work you do and the world you live in. To learn to be the best you can in a world that needs Jesus, keep your eye out for books that can help in this area. Now, to *cover* them...

### READ WITH MORE SPEED

And that has nothing at all to do with drugs! A novel in 30 minutes flat? *Dr. Zhivago* or *War and Peace* in a day? Maybe you won't be that good, but here are some tips to push your reading rate up a few notches:

In your spare time, give yourself a **reading-speed** test. Use a simple story-type book on something you would like, but neither too dull or too interesting subject matter. As a model of simplicity and style,

something like *The Pearl* by John Steinbeck or *The Old Man and the Sea* by Ernest Hemingway are good examples. Set a time limit of **one minute** by either using a kitchen timer or having a friend time you with a sweep-second hand. Read at your normal “pleasure-reading” speed. Stop on time, and count the number of words. Below 300 words poor; 300-349 fair; 350-399-good; over 399 - awesome!

## IMPROVING YOUR READING RATE

If you were a little slow, here’s what to do:

(1) **DON’T READ ALOUD.** Put your finger on your lips while reading; there should be no movement. Break yourself of the unconscious habit of reading aloud under your breath. Hold the book up so your body is upright and more alert, not slumped down.

(2) Be aware of the **MEANINGS** of **GROUPS** of words, not the individual words themselves. Just go through, trying to pick up the **CONTENT** of what is happening. Don’t get hung up on admiring the shape of each letter.

(3) Go for **ESSENTIALS** only. Your eyes do **NOT** move steadily along the line of print, but “jump” from group to group. If you read looking for a special group of words or a key paragraph, you can sometimes grasp up to three lines in one “jump” just by flicking your eyes from section to section, just touching on essentials. Cut down on back-skipping by increasing your speed. Extra back-skipping helps make your eyes tired.

(4) Read the next passage, but this time **PUSH** yourself. Don’t dwell on words or “chew” them over. Just blaze on rapidly, picking out only the **key words** in the material.

The simple way to increase your speed and cut down on back-skipping is to use a **VISUAL AID** as a point of focus under the line you are reading. Use your finger, a pen or pencil. Within the first few hours of using such an aid, most people can nearly **double their reading rate**, cut back-skipping by 50% and reduce the number of times you stop at a line by 40%. Re-time yourself. Do this often.

The typical reader takes in just over a word with each eye-stop; the best can take in about 2.5. We all actually “see” words faster than our brains can begin to grasp them. Boredom in reading comes when our reading speed is not at the same pace as our minds;

like listening to someone speak one ...word ...at ...a ...time. By better alertness, we can begin to use our eyes like two fast cameras, “shooting” everything on a page in a very rapid scan. However, if you want to see **each** word, even the best readers can only take in about 800-900 words a minute.

## DYSLEXIA - A GIFT IN DISGUISE

Many people still have a hard time reading that has little to do with not being smart or fast enough to keep up with others. There are many causes of reading disability. One is when you try to learn words by trying to memorize the appearance of them all instead of by the sounds of the parts that make it up (phonics). There are programs you can take to re-learn words this way like *Hooked On Phonics* and the *Writing Way To Reading*.

But besides this, one of the most puzzling problems that affects literally hundreds of thousands of people is the **inability to see words** the way most people are taught to. Ronald Davis, author of *The Gift Of Dyslexia* and founder of the Reading Research Councils Dyslexia Correction Center believes dyslexia is not a handicap nor a disability but a **special gift of perception** that utilized properly can be the stuff of genius.

Davis claims many of the worlds smartest people actually get their creative and intuitive powers from the same perceptual talent that can hinder them in “book learning.” Leonardo da Vinci, Thomas Edison, Albert Einstein, Walt Disney, Hans Christian Anderson and other talented people in history in the arts, sciences and sports were dyslexic. He calls what others consider a handicap an *alternate form of perception* many of us are born with but never develop like a dyslexic. He has taught thousands of previous dyslexic people to read, write and study normally. If not suppressed or destroyed, this gift can result in great intelligence and extraordinary creative ability; and ultimately, the greatest gift: the ability of mastery in a subject or chosen area.

People labeled as dyslexic have eight things in common with their key brain *ability to alter and create perception*.

They are:

- 1) more *curious* than average
- 2) deeply *aware of what is going on around them*.
- 3) They think more in *pictures* than words

- 4) They are highly *intuitive*
- 5) and *insightful*
- 6) they think and see using *all of their senses* (multi-dimensionally)
- 7) They have vivid *imaginings*
- 8) and can *experience thought as reality*.

We can think of words as sounds (verbal) or pictures (visual). **Verbal** thinking is linear, one thought at a time and is about as fast as speech - 150 words a minute, 2.5 a second up to a perception limit of 200-250 words a minute. **Visual** thinking is holistic, subliminal and much faster; some 32 pictures a second, six to ten times more than verbal. Pictures can show a concept that might take hundreds or thousands of words to describe; visual thought is estimated to be some *400-2,000 times faster* than verbal thought and while often subconscious, is deeper, more thorough and comprehensive. *The language of the Holy Spirit is often visual.* (Job 33:14-17; Dan. 2:19; Acts 16:9; 18:9).

While **conditioning** is a simple and much-used/abused form of learning, people made in God's image have much more effective incentive to learn in the God-given gift of **curiosity**. He says, "It is a mistake to confuse the memorization of the data with the understanding of the data. And it is an even bigger mistake to confuse the understanding of the data with knowledge. *All real knowledge is experiential.*" Trained and channeled by faith and truth, curiosity is the dynamic behind creativity.

Dyslexia to Davis is an *individual conditioning liability* not a true learning disability. When learning is linked with real-life experience like on-the-job training, athletics and the arts, people can master many things faster than the average person can comprehend them. "Mastery is more than just fast learning. Mastery is a level of learning where conscious thought is no longer required. It is the ability to own data learned as actual experience. *When someone masters something, it becomes a part of that person. It becomes a part of the individual's thought and creative process. It adds the quality of its essence to all subsequent thought and creativity of the individual*" (p.107)

Davis, himself a previous dyslexic offers a way in which others can train themselves to re-orient their learning process. His method of symbol mastery involves teaching the dyslexic to build their own visual 3-D representations of the 200+ letters words and numbers that have no real-life picture equivalent

(like *a, the, can, been*, etc.) and learning to turn off or re-orientate their ability to see things in all perspectives at once. Books, video and audio are available. (*Ability Workshop Press* Burlingame CA. 1-800 897-9001)

## SCOUTING A BOOK

Sometimes you aren't going to seriously study any book at all; you are either just trying to learn what it's generally about, or you are looking for some important or needed point in the text. "**Scanning**" (fast skimming) and "**scouting**" (pre-reading) will help.

To SCAN a book for its general content, first read any **index** or chapters it has by **titles** only. Then just flip through it, letting your eyes drift from section to section, pausing only on brief opening paragraphs and ends of chapters. Push on quickly; don't dawdle. If you're looking for a key word or paragraph; **FIX CLEARLY** in our mind the exact word you are looking for; then "sweep" down the center of the lines as quickly as you possibly can, concentrating **ONLY** for that word. Your eyes will hit it, and because your mind is carrying a picture of the word it will "home in" the second your eyes cut past it. In this way, you can sometimes "scan" a page every three seconds!

Speed-reading is never the best for solid material that takes a lot of attentive thought or for memory work; but by practice, you can even speed up somewhat your ability to comprehend what you are reading faster. Don't you **DARE** use this idea on your Bible readings for personal worship and devotion! Here you want to take the time to meditate on God's Word. But faster reading will save you a lot of time in outlining material, getting rough ideas of plots, and increasing your knowledge of different subjects.

When your aim is to get a quick take on what a book is all about, you can combine scanning with scouting, a method that can save you a great deal of time if you take a little extra time when you first pick up a book.

To SCOUT: Do a quick **CHECK FIRST** on books, texts or articles to see if it has what you are looking for. You've seen the test that reads: "*First read the whole paper through*". Scattered right through are directions like "*Call out 'I'm at stage one!'*" and "*Yell - 'I'm getting near the end!'*". Right at the last paragraph it reads: "*Ignore all the middle stages; do only the last two questions.*"

Save time before you study or read new material.

**Scout it first.** Do it in this order:

- (1) Read the **title, subtitles** and **jacket summary**. *Is this what you really want?*
- (2) Check **copyright date, author** or **source**. *Is it up-to-date? Is this writer qualified?*
- (3) Read any **Table of Contents**. Look for **summaries**. Check one out. *Is it complete?*
- (4) Glance over the **Index** at the back of the book. Look for words you need. *How much space is given to those ideas, people or events that are important to you?*
- (5) Read the **Preface, Foreword** and the **Introduction**. *How does the writer treat his subject? Who does he think his audience is? What is his attitude towards it and you?*
- (6) Check out **illustrations**, maps, graphics, bold headings, study questions. *Useful?*
- (7) Pick a **paragraph** or two and read it. *Difficult? Good, clear communication?*
- (8) **Review this survey**. Now **decide**: *are you going to use this or not?*

Used rightly, scouting new material will save you hundreds of hours a year of otherwise wasted time or money. SCOUT FIRST. It takes far less time to do than tell.

Learn Incorporated offers an excellent home study course with this as introduction in, *Speed Learning*, Mount Laurel Plaza, 113 Gaither Dr., Mount Laurel, NJ 08054-9987.

### USING A DICTIONARY, THESAURUS AND CONCORDANCE:

**Dictionaries** are simply alphabetical arrangements of words and their meanings. Each word is arranged alphabetically by letter. You look up a word by the place of its letters. Dictionaries give you not only how to SPELL a word, but also its range of MEANING. Many words mean different things depending on how they are used in sentences. Len Ravenhill had a great mastery of the English language. As a young evangelist he made it a practice to learn a new page of the Oxford dictionary every day. It enabled him not only to write powerfully but to preach for hours at a time and hold audiences spellbound with his command of the Word. You can buy **other-language** dictionaries and even **rhyming** dictionaries that put together all the words that sound or end the same.

A **thesaurus** is a book that gives you arrangements of words that have similar meanings; words arranged by

IDEAS, not just by alphabetical order. Use a thesaurus to get a bigger collection of words to say something in a way that may be more exact or powerful than the word you began with. Instead of *small*, you might have *little, tiny, short, miniature, diminutive, petite* and so on. Use a thesaurus when you are writing imaginatively; browse through these word-sets to help give you more images and word pictures to better describe or capture an idea you are trying to communicate. A thesaurus can TRIGGER YOUR IMAGINATION and help get you started when you are composing a poem, a song or any kind of writing where you want to move peoples hearts and emotions.

A **concordance** is an index of words from a particular book, usually the Bible. It tells you where a particular word or phrase you may only partly remember is found. It often is combined with a **lexicon** that will tell you the original range of meanings of that word you know in English as it was used in the original language like Hebrew or Greek. (See *How to Study the Bible in Perception*) All these study tools are also available as computer add-ons or helps in a good word-processor program. They can save you much time and check your writing more accurately than you might do by hand.

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## Communicating

### Communication - "and language" - Talking to Your Culture

#### Analyzing, Understanding and Being Heard

"There are... so many kinds of voices in the world, and none of them is without significance; if I know not the meaning of the voice I shall be to him that speaks a barbarian, and him that speaks a barbarian to me" (1 Cor. 14:10-11)

#### STAYING UP WITH CHANGES

Daniel's band were subjected to change of exponential proportions. Uprooted from their homes, their families and everything they knew, they were marched off into captivity to a totally alien culture. They had to learn not only to adjust to this ruling power once; but in barely more than a generation, they had to do it *all over again* as another military power conquered their



world. Yet they learned so quickly and changed so fast that they were able to triumph for God. Like them, your culture has been conquered by Babylon. Like them, you inherit great change. Like them, you must learn to adapt your approach without compromising your convictions.

YOU ARE A MISSIONARY to your world. That world changes every day. Its interests, fears, loves, hates and heroes keep shifting. Every missionary has a task: to know the natives, culture, customs and language of your chosen field. *Every Christian a missionary; every lost man or woman a mission-field.* If you just recently became a child of God you already know the culture. Customs. Language. The natives are some of your friends. You know where they hang out. You have a great advantage. What you must know is **what to say** and **when to say it**.

### HOW TO SPEAK SO PEOPLE LISTEN

"If you talk to a person in some language he doesn't understand, how will he know what you mean? You might as well be talking to an empty room." 1 Cor. 14:9

A famous preacher of another century at first had great difficulty getting through to his congregation. He was a good scholar and sincerely devoted to God but his inability to speak was a source of great grief to him. When he asked the Lord what to do, he was directed to study the public and private witness of the Early Church in the book of Acts. From this he found *three common principles*. He diligently applied all three to his first morning message. *Scores of people responded*. He said "I wept all day. I said : Now I know how to preach the Gospel." What did he find? These THREE BASIC ELEMENTS he learned are the most important principles I can give you in all your communication with others. Use them in this order, and see what God does!

(1) **Establish COMMON GROUND.** When Paul spoke to Jewish people, he spoke as a Jewish Rabbi. When his audience was Roman, he identified with them as a Roman citizen. To the Greek philosophers on Mars Hill in Athens he quoted Greek poets to them, calling on what they already knew and were interested in before he spoke of Jesus and the Resurrection. Find something you and your audience have in common. You may have very little in common with a crowd, but ask God for a key.

True communication is a *gift of God's grace*. I always

pray for:

(a) **Communication** - ability to make a spiritual connection with people I talk to.

(b) **Conviction** - that God the Holy Spirit will make them aware of what sins to be dealt with and forgiven or what He wants to say to challenge or encourage them.

(c) **Compassion** - the sense from God that they are loved enough to die for. Find where they are and go there in Christ. When Jesus wanted to talk *to* us, He joined up *with* us. He died as the God-man to win mankind back to God.

(2) **TELL THEM WHAT THEY KNOW TO BE TRUE.** Notice; tell them what *they* know to be true. There are many things *you* know to be true, and you of course want to tell them unknown truth they need to know. But that is not where you start. First tell them what *they already know* is true. Tell them the *same thing as many ways as you can*. Make sure what you say is what they know for sure and have no doubt of.

Paul said to Agrippa "*I know you are an expert in all customs and questions*" ...*the King knows of these things of which I speak freely*" (Acts 26:3,26) Tell them **what they already know is true** from every illustration you can find - songs, movies, videos, games, stories, reports, news, magazines. Think what happens when you do this ten, twenty times. They hear you say something *they know is true*. They think "*Well, that's true.*" They hear you say the next thing. "*That's true*". The next. "*That's true too.*" And if they know what you say is true each time they hear it, they will be really listening when you tell them the truth about God, Jesus and salvation; truth they have never heard before. Remember: **all truth is God's truth**, even if it isn't religious truth. God speaks in many ways to people even when they have not heard His Word.

(3) **PUT IT ALL IN A GOSPEL CONTEXT.** When you have established common ground, and told them many times what they know is true, bring EVERYTHING BACK TO CHRIST AND HIS KINGDOM. Relate what you say to Jesus. Paul said "I continue witnessing to this day ... saying none other things than those which the prophets and Moses did say should come; that Christ should suffer ... and rise from the dead .... Do you believe the prophets? *I know that you believe.*" (Acts 26:22, 27)



Approach every message, every witness **THIS WAY IN THIS ORDER**. *“Have you ever been lonely? I remember when I first got left ...Did you hear the song that says ...This book said ...this movie shows ...that guy on TV said yesterday ...this woman was so lonely she ...I read this morning that...”* And then put the truth back into the **CONTEXT OF CHRIST**. *“There is a way out of loneliness. There is a Friend that sticks closer than a brother. His Name is Jesus. He said ‘Come to Me and I will give you rest.’ He said, ‘I will never leave you nor forsake you.’ King David in the Bible understood when he said, ‘When my mother and father forsake me the Lord will take me up.’”* Common ground. Culturally-known truth. Context set back to Christ.

## RESEARCHING A CULTURE

How do you study your world without being pulled into it? How do you know it without falling prey to it? Here are guidelines to help you build communication with your culture without being hurt by it.

Christian journalist and long-term editor of *Decision* magazine Sherwood Wirt addressed the need years ago in what he called **Renaissance - Reformation Man**. These two kinds of people both made their mark in history but are utterly different.

**Renaissance Man** is the casual, cultured and collected **MAN OF THE WORLD**. He is acquainted with everything going on around him - the arts, sciences, sports, movies, books, TV, politics, people in the news. Like a talk show host, he seems to know something about everything. He is witty, charming, classy and cool. He dresses right, and knows all the new hip words and happenings. He knows what interests others and how to say it to the widest audience. He is sensitive to the slightest shift in the wind of contemporary mood. He seldom says the wrong thing at the wrong time. Everybody listens to him and though not everybody agrees with him, most everybody likes him. He also has **NOTHING OF SUBSTANCE TO SAY**. He is a mirror of all men, a reflection of what a culture is at one point in time of no history and no future.

The **Reformation Man** born around the same time is utterly different. He is a **MAN OF GOD**; a person of one book, one subject, one Person, one passion. He is direct, forceful, fiery and usually a little bit angry with the world. He upsets people. He does not *know* how to be politically correct. He could care less what people are into, because he knows what they should

be doing. He is a thorn in the flesh to the smirking, easy-going crowd he knows is headed for Hell. He is a man who hears from heaven and who gets his direction from God. He knows the Bible, Christ and the power of the Holy Spirit. He is a man of faith, truth, one single love and utter conviction. He knows who he is, why he is here, how he got where he is and where he is going. He has something of utmost importance to say. He also has **NOBODY LISTENING** to him. He is a voice crying in the wilderness, a man never heard.

The **Renaissance** man knows his **WORLD** but he has **NOTHING TO SAY** to it.

The **Reformation** man knows his **WORD** but he has **LOST HIS AUDIENCE**.

What we most need in our time, said Wirt is the *Renaissance-Reformation Man*, the man who both knows his world widely and is listened to by it, and who knows God deeply and hears truth from Heaven. Is such a person possible? Every new generation of Christians face this tension. John Stott called it *“Between Two Worlds.”* It is the challenge of the church in our culture. We could put the task in two ways: *How do you live in the world without becoming worldly? Can you be holy without living in a hole?*

## LIVING IN THE WORLD WITHOUT BEING WORLDLY

“I pray not that you should take them out of the world but that You should keep them from the evil.”  
(Jesus praying to the Father for His followers. John 17:15)

When you become a Christian why don't you just go straight to heaven? It would avoid a lot of pressures and trials. You could get to live right away with people who love you in a place where there is no sin, no sickness, no evil and no death. The simple answer is: you still have something to do. Jesus doesn't want you to go yet. Far from you leaving the world, He is *praying instead that you will stay in it.* (John 17:15)

If we have to live as men and women of God in a culture that is largely against Him, how do we do it? What does God expect of us? How much can we study the world around us to know how to help it without it hurting us? How do you learn to share with it without it seducing us?

You are a missionary. The difference between being a missionary to a culture like ours and a culture of the past is that this one **changes all the time**. You want to keep in touch with this mission-field. Is there some way to keep abreast and even ahead of what is going on? The KEY to living in the world without becoming worldly is to keep a **clean heart** and a **pure mind** with (most importantly) HEARING EARS. You do not necessarily have to increase your exposure. In fact you must take steps to *limit* your exposure to the bottom line you need in order to know what you are talking about. What you want to aim at is to INCREASE YOUR SENSITIVITY to what you are *already* exposed to. There are many things you see and hear each day that are part of your normal life. What you need is to learn to *really see, really hear* what is being said and shown in the light of God's work in your world.

### EXERCISING YOUR SENSES

The Bible speaks about using our **senses** to discern what is going on around us. (Heb. 5:15) Not all of what we can learn about God's work in the world is given to our spiritual eyes. The word *holy* in the West means **good** but usually implies dumb. The same word in the East means **wise**, but not necessarily good. In the Bible however the word "holy" means *both wise and good* like God. (Deut. 14:2) When God calls us to be holy, He calls us not only to be pure in heart, but to be wise, perceptive, aware of what is around us. A Christian ought to be the **most aware person** in a room.

**Sight:** What do you SEE? When you look at someone's face what can you learn? You can learn the body language of someone who is angry, sad, guilty, resistive or receptive. Watch their hands, the way they hold or fold their arms. Are they open or nervous, uptight or defensive? If someone is lying, they may blink their eyes more often, yawn or partially cover their mouth when they talk to you. There is a whole science of body talk. A great deal of what people really are saying to us is silent.

When you enter someone's room, what do you notice? How is the furniture arranged? Where do the chairs point? What does it tell you about the focus of their life-style? What kind of decoration or posters are on the wall? How do they wear their clothes? What accessories are they wearing? If you watch a video or a movie, what visual cues are you being given? How is the material presented? What does a TV ad really say? What does a filmmaker want you to think? Use

your eyes.

**Sound:** What do you HEAR? If music is playing in the background, what is it saying? When your culture fills the airwaves with music and words, what are the dominant messages that come through? If you need to, tape it and play it back until you get it. Make it a practice to visit a music store periodically and check out new or hot releases. Read the liner notes or lyrics in tapes or CD's. The poets and artists of a time are often secular prophets to the nation. If people are talking around you in a cafeteria or restaurant, do you sense any needs? What is the tone of voice that people use when they speak to you? Learn to discern the real message under the words.

**Smell:** Scents and odors can tell you things about places and people. God likes fragrance. (Ex. 30:34-35; 2 Cor. 2:15) Always smell something cautiously first if you are in doubt before you eat or drink it. The nose is much more sensitive than the tongue in picking out something that is off or going bad. (If you have to drink something that tastes awful, hold your nose!) Some sins show up on the breath and the body like addictions to alcohol, marijuana and tobacco. Decay and death have their own strong signals; ask anyone who has worked in a hospital.

**Touch:** The way a blind man learns about his world is to push this sense to the max. The surface of a hand when you shake it, the feel of a table-top or wall can all tell you things about a person or a place. The worst thing about death is that you can no longer touch anyone. The most feared disease in Bible times was leprosy, a disease that destroyed your sense of touch.

**Taste:** There are only a few simple flavors, (salt, sweet, sour and bitter), sensed by the tongue; all tastes are combinations of these with scents and smells. God says: "*You are the worlds secret seasoning to make it more palatable; what will happen to the world if you lose your flavor?*" (Matt. 5:13 Living Bible) As you clean out your body from toxins and dulling pollutants, your taste buds will become much more sensitive. You will begin again to appreciate the flavor and savor of foods you eat and be more aware of things that are potentially harmful. You may even be able to tell what is in foods by their taste and if water is clean.

## “BRAILLING” YOUR CULTURE

If you were blind and you wanted to find out what something was like, how would you do it? You use what senses you have - smell, sound and especially touch. The blind have a language of touch where silent pages speak. The best way to find out what something feels like is to touch it in as many ways as you can. So too, you can keep up with what is going on all around you. “Braille” what goes on wherever you go. “Touch” it in as MANY PLACES as you can. No one expects you to be an expert in everything; don’t try to be. What they do hope is that you are INTERESTED IN EVERYTHING really important to them. Three levels of learning to Braille a culture:

(1) **Spend time with the natives.** Hang with those you would like to reach. Take whatever time they will give you to just listen. Becky Pippert calls this, “Pizza-Parlor Evangelism.” If you are going to go fishing for souls, go where the fish are.

(2) **Soak yourself in their world.** You pick up more than the language when you live with the people; you also pick up the **accent**. If you speak about their world without ever taking the time to live any part of your life in it, you *speak with an accent* and they know you don’t live where they live. Such sensitivity can’t be taught. You catch it, not learn it. You can be forgiven much for not knowing something, but when you don’t *care* enough to know you don’t know, you will lose your audience.

(2) **Study the movers and the shakers.** Who are the *leaders* of the world you are trying to reach? Learn something about your mission-fields’ heroes. Who do they admire? Who do they listen to? Who do they look up to and model their lives after? Make it your business to find out all you can about them. Look at the artists, the stars, leaders they look to as examples. FIND OUT what makes them tick and get a key into that cultures’ heart. Sometimes those heroes may even be dead or fantasy figures. Love what you can of what you find. Ask God to show you what is the unmet need in every wrong, the hunger behind the sin that Jesus can touch with His grace.

## TV, MOVIES & VIDEOS

You live in a VISUAL WORLD. You are the first modern generation growing up whose *primary input* comes from screens and not print. You are also the first in history to grow up in a culture with access to **total media exposure**. Your world communicates its ideas and life-styles largely through pictures.

Television has given us instant access to what is going on around the world. Conflicts and concerts, disaster and triumph, the good, the bad and the ugly all connect us in over 90% of the wired nations of the world. Video can store anything you care to see or record and bring it back at the touch of a button. Movies have become the popular dramatic form of our time, the most entertaining way the culture tells its stories and makes its heroes. Computers link us with vast info-bases and video games entertain us.

If you are typical you will spend more than NINE YEARS of your life in front of a tube, more than any other activity other than work or school and sleep. Parents are often concerned about what you watch, and rightly so. Rarely do the morals of the moguls who make the movies match the life of the ordinary person. Their own grim or dirty fantasies are held up as normal to remake a culture in their own image. All that is sick or ugly or shocking is called on for the hungry maw of programming in the name of news, information and entertainment. If JESUS sat down with you to watch TV what could you turn to that would not embarrass you? The wasteland T.S. Eliot talked about may sit right there in your living room, and technology constantly updates its ability to give you more and more that says less and less. No wonder people who are not even Christians have written arguments for the elimination of television.

“Then I saw that she was defiled,  
that she was headed down the  
same road and that she added to  
her immorality; for when she saw  
men portrayed upon the wall, the  
scarlet dirt images of Babylon ...as  
soon as she saw them with her  
eyes, she doted on them.” (Ezek.  
23:14-16)

Yet the content of television, video and movies does not affect us as much as the *medium itself*. No generation of teenagers in past centuries ever had to deal with this. Nothing quite like this has ever happened before. The effects of it on people are still being measured. The jury is still out, but this visual media is here to stay. You can of course cut it off completely and many have. The Bible gives us precedent for dealing drastically with things that we cannot control or we do not seem to be able to handle that can destroy our lives. No one in their right mind would sacrifice a hand or a foot or an eye for something insignificant. It would have to be seen as something that threatens your very life. (Matt. 5:30;

Mark 8:43-47; Gal. 6:14.)

A man or woman who does not know how to deal with this dominant force will lose their place in the world. A man or woman who surrenders to its power may lose their place in the next. Only you can guard your mind and heart against the dangers of such a strong influence. No one else will ultimately be able to sit with you in all the situations where you could fall into hurtful flights of fantasy and scar places in your mind that will come back later to cripple your life. And remember: *Jesus knows you utterly*. He knows what you listen to, what you watch, what you think about and why.

Whatever you do with media, **know its weaknesses**. Visual images are not enough. Transient learning has after-effects. **Guard your heart** from these consequences:

(1) **Sampled experience:** A TV picture frame is a scanning dot of light, a still shot changing thirty times or more a second. Your brain has to fill in 99% of that image at any given instant. TV images have no history outside a video recorder or fantasy re-runs of families that never really existed in real life. You touch, you taste, you move on. You learn to pick up what you take as true at a glance, without the chance to think hard or deep about anything. Because of this your generation tests truth not by authority or history but by **SAMPLING**. It says, “so what if what even the Pope says is Catholic truth? *Does what he says match what I already know or feel?*” A talk show is rarely a place for intelligent talk; it rarely knows or shows a glimpse of what is really going on. It can give you the idea of learning without your actually knowing or remembering anything. “*This is what the LORD says: ‘Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls.’ But you said, ‘We will not walk in it.’*” (Jer. 6:16) NIV

(2) **Artificial Interest:** Visuals sell by showing you something in an odd or unusual way. Real life on the other hand has many unexciting bits in it; long waiting in lines, sitting down doing homework, food that doesn’t snap, crackle and pop, cars that don’t dance and people that don’t fly. Not everything in life is fun. Miss the point and your favorite word will be “boring.” It has driven your generation’s need to be hyped to the absolute edge; extreme entertainment, games, fights. One thing you’ll never learn from multimedia is what you’re really like in the stillness. “*Be still and know that I am God; I will be exalted*

*among the heathen, I will be exalted in the earth.*” (Ps. 46:10)

(3) **Short Transit Times:** On TV and in the movies everything is solved in an hour or two. All the slow things are edited out to keep you glued to the screen, so won’t miss anything. Media is filled with “sound bytes” and “one-liners”. You haven’t got time to think when forty different images are hurled at you in less than sixty seconds. In a media world, you learn to *react*, not *deliberate*. You go for the short-term and the immediate, not the long look. You are made to think there is something wrong with you if you want to wait, to think it through, to carefully choose with a mind towards the future. What will you do with a world filled with leaders whose main concern is the next election, not the next generation? “*Let patience have her perfect work that you may be perfect and whole, lacking nothing.*” (James 1:4)

(4) **Moral:** Visual media pushes a cultural consensus without a transcendent vision. Truth is whatever you think it is. Good is what the crowd happens to like. Anything is O.K. except perhaps saying that something isn’t O.K. Buy into this and you eventually lose all passion. Its victims not only have no real sense of right and wrong, no absolutes: they also have no grand dreams left, no great vision. “*Where there is no vision, the people perish; but he that keeps the law, happy is he.*” (Prov. 29:18)

(5) **Emotional:** To gain and maintain an audience, much media uses shock marketing. To break through the shell people have to put up to screen themselves from incessant demands on their time, their attention and their money, advertisers and programmers aim at the absolutely outlandish. You see it particularly in the concerts and music. Why is metal so loud? Because perhaps *no one is listening*. There is a limit to pain and suffering. If a zombie is someone whose mind is cut off, a frombie is someone whose feelings are cut off. Kids don’t say “I love you” anymore. They just, “have relationships”. “*Greater love has no man than this that a man lay down his life for his friends. You are my friends if you do what I command.*” (John 15:13-14)

(6) **Physical:** TV encourages *passivity*; just watch, listen and take in without giving out. You can become so involved that you are reluctant to leave and resentful of intrusion. It tells you - “Don’t go anywhere - the world will come to you”. People you never meet sell you products you don’t need. What used to be your private place and sanctuary becomes a



cultural garbage disposal unit. Things get worse and worse but no one seems to do anything about it. Such passivity and envy breeds frustration and rage. Once violence used to be a last resort. Now it has become a means of communication. *“When the sentence for a crime is not quickly carried out, the hearts of the people are filled with schemes to do wrong.”* (Ecc. 8:11 NIV)

(7) **Mental:** The artificial world of Babylon’s media is a brain by-pass operation. To move into its world in a permanent way is to live in a world of lost language, pictures without proof, dying imagination and discarded discernment. Like the *“Nothing”* of the *Never-Ending Story*, it impassively eats up everything. Solomon understood what happens to a generation that gives everything to life without God. Take heaven out of the picture, live life only *under the sun* and everything turns into a black hole:

“...All is emptiness. One generation passes away, and another ...all the rivers run into the sea, yet the sea is not full ...the thing that has been is that which shall be; that which is done is that which shall be done; and there is no new thing under the sun. Is there anything of which it can be said, ‘See, this is new?’ It has been here already before our time. There is no remembrance of former things; neither will that yet to come be remembered by those who follow them. I have seen all the works that are done under the sun; all of them are meaningless, just chasing the wind.” (Ecc. 1:1-14).

## VIDEO GAMES & VIRTUAL REALITY

Ever-growing in popularity and sophistication, the video-game is a true twentieth-century phenomenon. A multi-billion dollar a year industry, it is the ongoing result of an electronic marriage of visual excitement, vicarious participation and virtual reality programming. Here you can adapt another persona, do ultimate battle with monsters or the more-than-human, play God in another world - and still be safely back home in time for supper.

Your generation *is* a video game. All of life seems to move at an ever-increasing and relentless pressure. You put in your change and the battle begins. You gotta go fast and you gotta change often. There’s always someone watching. There’s always a little kid beside you dying to show you he’s better. It helps if you know the cheat codes and the secret moves; you last longer. You still never get out alive, but in the meantime you remember you have a heart, a pulse and

adrenaline. At least you can always change characters and bodies when they waste the one you are using. Games have come a long way since *Pong*, *PacMan* and *Space Invaders*. Technology updates display dimension and depth, moving closer all the time to more fluid and real-time virtual reality. The Trek holodeck is coming. What *Mortal Kombat* did for the video arcade and *Doom* did for the home computer has opened a world of addictive action.

You need to remember two things about video-games.

(1) It’s certainly fun, can train your reflexes to a pitch, and may one day earn you a job as a tester for Sega or Nintendo. But don’t get hooked. Don’t sell your soul. It is **God’s money and God’s time**. Don’t waste it or blow it endlessly for something that isn’t worth it in the light of eternity.

(2) **Nothing beats the real thing.** It’s one thing to take on an imaginary dragon or a *Primal Rage* dragon of the screen. All you need is fast fingers and an endless supply of tokens. But to *take on the Real Dragon* — not the one mapped to pixels in a program but *the one who curses worlds* — is battle indeed. If you are mind-hooked, your imagination isn’t too big; it’s too small. The Real Thing is always the scariest.

In a virtual world, you can get as close to being a hero or a horror as time, technology and supply of tokens allow. When pixel monsters die, they blow up in blood and sound-card screams. It is all very frightening and all very funny. It is a video rehearsal for the one thing few people know about - *death*. In the *Last Starfighter* world Aliens and unspeakable horrors are coming. Only your joystick and keyboard stands between them and the destruction of the world. So what do we really learn from the games?

(1) That YOU ARE THE LAST one alive; that the fate of the world (game level) depends on your token supply. The more money and time you spend, the more of a Savior, deliverer and hero you become.

(2) That if you lose, no one can cry, not even yourself. Tears are for wimps and weaklings. The TRULY TOUGH NEVER WEEP. Get angry yes; yell, scream or stomp off. Hit the game machine, curse the computer. But no tears.

(3) If you die today, TOMORROW IS ANOTHER GAME. Death comes a thousand times in every game-play and the winners are those that *die less*. Death, like a movie star who comes back after the commercial



in another program, is never for keeps. You can always come back if you cop another quarter.

And of course, this is all crap. Fun, but crap no less. People who can no longer distinguish between games and real life are called either stupid or crazy. Of course you're not the only knee that has never bowed the knee to Baal. Truly tough men **do** know how to weep. And if you die today - *really die* - you probably won't be back at all. All the money and time in the world won't flip you back to this side once you cross out to the Realm of the Dead. Only One Person cheated death by choice and can tell you all about it. (Eph. 1:18-2:10; 1Pet. 3:18-4:1)

Enjoy your games. If you have a problem, not only *pray* over it, *play around* with it. If necessity is the mother of invention, play is a close relative. Great minds need great games - ever wonder what God had in His heart and mind when He made a giraffe's neck, a dog like a Chihuahua or an orangutan? People who have no time for games have no time to really live. But remember; a game is a *game is a game*. Don't take it - or yourself - too seriously. And don't waste too much of God's time and money in anything long-term that will hurt your mind, heart or spirit.

### THE POWER OF MUSIC

Ever listened to a group and wondered why *they* hit big when you can think of twenty other groups or artists who, can in your opinion, sing and play ten times better? Music executives today don't care supremely about skill or talent; there are thousands of people who have it and go nowhere. Producers are after something else even more than music. Groups can make it today even with a minimum of talent if they have the **power to project conviction** to an audience, whatever that conviction is. Music is secondary; quality is not always necessary. A steady diet of mass-marketed music rarely trains us to recognize what is classic and lasting. A blind bunny bumped into a blind snake in a forest. Both rebounded in fright. The snake hesitatingly reached out to touch the rabbit and said "*Oh. You're warm and furry and you have such long ears! Why - you must be a rabbit.*" The bunny reached out to touch the snake. "*Oh. You're cold and slimy and you have no ears at all. Why - you must be a record producer.*"

### GROUPS, BANDS & STAGE STARS

What is there about a band, a singer or an artist that can so capture a kid that their whole life revolves

around their art? Al Menconi suggests three things about today's prominent artist that may make a teenager prefer his tapes and CD's to his parents:

(1) Rick Rocker is **THERE ALL THE TIME**. He can speak to you anytime you feel like listening. He is at your beck and call 24 hours a day. He never complains when you want him to sing it all over again (unless it is in a concert and he's sick of it.) Parents don't do that. They tell you once and expect you to get it. Too often they are too busy to sit down with you when you feel lonely or confused or are going through a big battle. With your CD or your tape player, you can get Ricky anytime you want to.

(2) Rick tells you **STUFF OTHER PEOPLE DON'T TALK ABOUT**. He seems to thrive on the kind of things nobody mentions in polite society. He talks about sex, pain, demons, drugs, dismemberment, death, horror, violence, disillusionment and despair. He rubs in your face what others avoid. He makes a *living* doing it. Parents don't know sometimes either what to say about this or how to say it. They hope you won't ask. Nobody wants to start talking about stuff they find either uncomfortable or embarrassing, especially at the wrong time. *Ricky doesn't care*. He doesn't know you and he doesn't have to take care of you. He has nothing to lose except a record sale.

(3) Rick **NEVER PUTS YOU DOWN**. He doesn't care if you are fat or ugly or failing school or blowing it with a girlfriend or a boyfriend. He has absolutely no interest in your morals or your manners; the only thing that concerns him is his music and maybe a bit of your money. Parents however, care about all those sorts of things. Because they know what can happen to you, or because it already happened to them when they were young, they seem to pick on you and criticize you just when you least need to hear it. Go to Ricky night and day and he'll always be exactly the same.

Ricky may *seem* like God sometimes, but in real life, *believe me, he isn't*. **WATCH WHAT HAPPENS** to Ricky and his friends when *they* keep doing the things they tell you to do. If he is around long enough to tell the whole story, he'll learn what maybe even your parents suspected all along: that what God says is always true in any time.

### JUDGING MUSIC

Music is an almost infinite variety of creative sound arrangements that consists of melody, harmony,

rhythm, form and texture, in different octaves and tones. It varies in timbre, tone, attack, volume, highness/lowness, and in many other ways. **Styles** define what is taken out or put in. **Variation** not only comes from different instruments and styles, but also within the instruments themselves! Electronics have made it possible for us to compose with instruments that do not exist in nature and cannot be duplicated live anywhere. We can even re-create classic songs in a music video with singers of the past and match them up live with a modern performer. There are as many varieties and flavors of music as there are people-groups in the world. Much music comes down to personal opinion and taste. *If you don't like it, don't listen.* But here are the simplest categories we can look at. We'll call them BAD, NEUTRAL and GOOD. Before putting old ideas and philosophies to rest trying to define "good" music, can we define truly *bad or evil music*?

### BAD MUSIC

Some music is just poorly written or performed. It has poor structure, no melody, no theme, is perhaps just badly played or has badly written lyrics. Not all bad music is necessarily evil; it may be just awful. A would-be musician gave a Christian singer friend of ours some songs to listen to that he had written. He said: "*The Lord gave them to me.*" The Christian artist said "So I listened. I found out *why* the Lord gave them to him. *He probably didn't want them.*" Even Christian music written with the best of motives and best of intentions can be bad music. An untrained ear, unskilled hands and unimaginative treatment of even great themes can make music bad.

Because music is the single greatest and most powerful force affecting teenagers today, it is often shamelessly marketed with the lowest common denominators in order to make the big bucks. Advertisers tell you that what you watch or listen to *doesn't affect you*, but they spend *millions* assuming it will do *just that*. *Excuse me?*

How much do you know about what makes music technically or aesthetically good? What did you grow up with, what are you familiar with and what training did you have? Your own standards for good music determine your likes and dislikes. If you have no preference in music you listen to, you might never call any music "bad." If you grew up only listening to one kind of music, practically anything else might sound bad to you. What you may like, others may have real problems with.

### BIBLE PRINCIPLES ON CULTURAL CHOICES

(1) "**To the pure all things are pure;** but to them that are defiled and unbelieving nothing is pure; even their mind and conscience are defiled." (Titus 1:15). God made everything beautiful in His time. (Ecc. 3:11) If you have a clean heart and really love God more than everything else in the world, you will see God's hand in everything. If you don't, almost anything can cripple you and make you more dirty. (Rev. 22:11)

(2) "**Let not then your good be evil spoken of...** Let us therefore follow after the things which make for peace, and things with which we can build each other up. .. all things indeed are pure; but it is evil for that man who eats with offense." (Rom. 14:19-20) What is fine and allowable for you may cause someone else to criticize you or Christ. If you are strong enough to deliberately not celebrate God's goodness in a way that you enjoy but that may offend someone who is watching you, make that choice.

(3) "Do you have faith? Have it to yourself before God. Happy is he that does not condemn himself in that thing which he allows. ... **Whatever is not of faith is sin.**" How do you know if something is *personally wrong for you* even if others may think it is O.K.? If you DOUBT THE LEGITIMACY of something, *don't do it*. Even if it turns out later to be right, for you *at that time* it will be wrong. Don't hurt your conscience, especially if your spirit is still weak. If you can't honestly and freely do something as to the Lord, DON'T DO IT AT ALL. Something done in doubt is always wrong. (Rom. 14:3)

(4) "We that are strong ought to **bear the infirmities of the weak** and not to please ourselves. Let every one of us please his neighbor for his good to edification." (Rom. 15:1) So you like something and have no problem with it. You are not a person who is moved by public opinion. You believe what you are doing is acceptable to God and you know you have a RIGHT to do what you are doing. You can SURRENDER that right for the Lord's sake. He will not demand it of you, because it is not just a simple matter of right or wrong. If you can and will, you can put aside your own preferences and choose to encourage someone else who cannot think and act with the same light you have. Your pleasure is secondary to caring for people you can affect.

### EVIL MUSIC

We have talked about bad music that is simply poorly done music. You know there are matters of taste in

style and preference and culture. There exists however truly evil music. What determines *that* is not certain lyrics (although they can have something to do with it), and not a certain style, or sound, or arrangement of notes or beats, but the **heart motive** in which the music was created, and the intention of the heart within the listener (which is the most important). Music cannot *create* evil, but it can flow out of an evil atmosphere or create an atmosphere in which evil can flourish.

Say you hear a certain piece of music, a song that initially you like very much. It is very appealing musically; it may even bring you great pleasure. But let's say this piece is created by an occult band. Perhaps you personally have no idea what the song was written about. You might consider it a neutral song. You might even feel drawn closer to God when this song is played. There are records of people being converted listening to songs or music where the writer or singer had no intention of anything of the kind. He makes even the wrath of man to praise Him. (Ps. 76:10)

But if someone else listens to that same song with a heart of rebellion, selfishness, hate, lust, or any other sinful reason, the song *for him* is not the same. His or her listening is out of a wrong heart motive, and therefore we must deem it evil. The listener *knowing something is wrong* both continues to listen for pleasure (not analysis) *and* goes against the check of the Holy Spirit to his conscience. They choose to allow that evil to burn into their mind, whether in the conscious or sub-conscious.

Much has been said of what can **technically** be done with music to increase its power to suggest and subliminally reinforce ugly or immoral themes; from the structure of the song, the kind of mix of notes or rhythm it is cast in, even to things like the backward masking of lyrics. But however true or false these discussions, the true evil of a song lies ultimately not in a hidden **message**, but in **HIDDEN MOTIVES**. There is no song ever written that cannot be used in some idolatrous way if our hearts are set on sin. The kid who criticizes the blood-spewing rock star may make their own idol of a Christian singer. The critic who searches for hidden evil lyrics inserted backward in an occult song may miss the obvious *forward* ones in a religious song that blatantly also promotes a life-style of selfishness, pleasure-centeredness and greed.

"Whatsoever things are true,

whatsoever things are honest,  
whatsoever things are just,  
whatsoever things are pure,  
whatsoever things are lovely,  
whatsoever thing is of good report;  
*if there be any virtue, and if there  
be any praise, think on these  
things.*" (Phil. 4:8)

When your heart is really clean before the Lord, don't despise the witness of a **clean conscience**. The early Christians didn't live by just a "set of rules." They also listened to the still small voice of the Holy Spirit, who can show you what is right and what is wrong even when you don't yet know all the details. God can speak to you and show you what to do when you are unsure. They made some of their choices with "*It seemed good to us and to the Holy Spirit.*" (Acts 15:28; 24:16; Rom 9:1; 2:15)

**Just remember:** your **heart motive** and the **Holy Spirit**.

## NEUTRAL MUSIC

NEUTRAL music is classically like the "Happy Birthday" song. No one says such songs are evil because they don't directly mention God or bring glory to God. Much music celebrating common truths of life can be used by anyone; religious or devotional commitment is not required.

That principle established, let's talk about what *is* right to listen to. Simply put, that music which is not evil nor good comes down to **PERSONAL OPINION**. Either a Satanist or a Christian might listen on neutral ground to some music without it adversely affecting their faith. (Rom. 14:22; I Cor. 6:12)

## GOOD/CHRISTIAN MUSIC

Having already discussed evil and neutral music, good music is easier to define. Good music is that which is both pleasing to the ear and heart and which reflects the truth. Good music expresses themes that match the nature and character and will of God in creation. Good music not only never blasphemes Christ, but brings glory to Him; and of course that which worthily and directly praises and honors Him, is good/Christian music. However, not even the loveliest and truest material can produce good **IN ITSELF**. Even that which others might deem "Godly music" can be your downfall if you listen with a wrong motive.

Your music has power to help make you or break you. I cannot stress the importance of this enough. Please **THINK ABOUT** what you listen to.

### WHAT MAKES MUSIC CHRISTIAN?

Apart from motive, can we establish any other criteria for Christian music? We may talk about the effects of certain kinds of sound and lyrics, the power of a presentation. Yet **none** of these can *make* music Christian. The noun “Christian,” just means one who professes to believe and follow the Person and teachings of Jesus Christ. The adjective “Christian,” means of or relating to Christianity. In the Bible the word is related to identifying or even suffering with Christ. (Acts 11:26; 26:28; I Pet 4:16).

Today we label things *Christian*, using the word to describe **something external to a person** that conforms to a certain religious standard. Although God gave specific instructions to people on how to build and shape things, there is no “Christian” art in the Bible. An artist who writes a song writes about his/her life, thoughts, struggles, defeats, etc. They tell what they see or feel from their own point of view. Christians (who see the world through God’s viewpoint in Scripture) of course want to write songs approved by God. Whatever we create, do or practice will reflect our own inner vision and commitment. Some of our work may come out in a religious form.

But some of the best-loved stories of Jesus are **not religious at all**. The parables of the Soils, the Prodigal Son, the Lost Sheep, the Unjust Judge (like most of the stories of Jesus) don’t even have the word “God” in them! Songs, art, poetry or writing born of God’s Spirit may not necessarily be religious, or even “Christian”! They will certainly be true about life the way God sees it and shows it. They will hold up what is good and real and stand against what is evil and false. Whatever we do, we are to do *all for the glory of God*. He looks on our hearts. He looks at the reasons things are done, and the reality or truth of them. And if your heart is set to please Him in your creation, He doesn’t care if you write a “Christian” song or not! (Ecc. 2:3; 7:16)

### SUMMARY

One who has been spiritually altered by God has a wholly different perspective on the world, life, and God. Others may not understand it at all. There is a difference between songs, books, art and other creations with Christian themes, and songs, books,

drama, dance etc. written or performed by committed Christians.

In the myriad forms of music or other arts there are some that for you can be your chosen avenue to share your devotion for and to the Lord. Not all will like or prefer what you do. You should not expect even Christians to always agree on what is right. While you may have true freedom in Christ not to feel locked in to any one kind of expression of worship or artistic declaration, you can and ought to be considerate of others. They may either have a battle in areas you do not share, or may be hurt by things that do not bother you at all. *“All things are lawful to me but all things are not expedient; All things are lawful to me, but I will not be brought under the power of any.”* (I Cor. 6:12) Stick with what God is after in your life: *“The end of the commandment is love out of a pure heart, a good conscience and of faith without pretense.”* (I Tim. 1:1:5)

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## Relating

### Adapt - “of the Babylonians” - Triumph In A Chaos Culture

“But Daniel purposed in his heart that he would not defile himself...”  
(Dan. 1:8)

How do you make it as a lover of Christ in a culture like ours? Daniel and his three friends did much more than survive - they thrived! Faced with powerful temptations at all levels. Without any other Christian friends. A complete absence of Christian support culture - no Bibles, churches, Christian CDs or even bumper-stickers. *Yet at the end of it all, they still ruled in the nation.*

### THE DAY THE MUSIC DIED

**Babylon has always had its bands.** One terrible day in their nation, the hardest test of all came to Shadrach, Meshach and Abednego. Nebuchadnezzar built an idol of himself, an astonishing creation of gold that represented him and his power over all nations in history. Assembled across a plain he put on the largest rock concert in history. Everyone had to be there and everyone who could be there was. (Dan. 3:1-7)

Nebuchadnezzar wanted more than money, knowledge



and power. He wanted what rightfully only belongs to God. He wanted what all of Babylon's imitators have always wanted. He wanted the *undivided worship of his whole world*.

*"Bow down before the one you serve  
You're gonna get what you deserve"*

(Trent Reznor *Nine Inch Nails*)

His incentive to absolute homage was not big finance, but a big furnace. Right at the base of the towering idol was a huge open oven. At the sound of the music, all of his subjects had to bow down before his statue. *If you didn't bow, you burned.*

Three young men faced the ultimate decision. Either Nebuchadnezzar was to be seen as supreme lord of their lives or the God they loved and worshipped. If they bowed with all the crowd, they would not be touched or harmed. No one would care and no one would bother.

They could have taken the **easy way out**. They could have just said to themselves: "We know what we *really* believe. What difference does it make if we just go along outwardly for once with everyone else? Why risk all God has given us with our place and power in this place for one dumb external show? We can bow along with the crowd, but in our hearts we know the truth. There *is* only one God. But Nebuchadnezzar is after all our boss and our king. He should be humored. A man would be a fool not to play along. Let's just kneel to Babylon on the **outside**, but stand up on the **inside**."

But the boys never bought that. They knew that there comes a time when what you SAY you believe is put to the test. They had already determined they would not compromise inwardly their trust in God and that it must always show outwardly. They made the most difficult choice any teenager ever faces: "*Conform or perish.*"

There came a time when the music died around them and they stood all alone. You can read the story yourself. When the music played, everyone fell to their knees and worshipped. Everyone, that is, **except three boys who stood utterly alone** across the vast plain. An outraged king demanded a decision. And they gave it to him.

"O Nebuchadnezzar, we do not

need to defend ourselves before you in this matter. If we are thrown into the burning fiery furnace, the God we serve is able to deliver us and he will rescue us from your hand ...But *even if he does not*, we want you to know, O king, that we will not serve your gods or worship the golden image you have set up."  
(Dan 3:16-18)

They knew what would happen to them if they stood against the crowd and the command of the king, but they stood anyway. *Bow down or burn.* They made the choice that changes the world. They said to themselves: "We may burn, but *we will not bow.*" And the God who really rules showed Babylon that day who really was in charge. There was a fourth Figure in the furnace and His face looked like the Son of God. (Dan. 3:25) *They didn't bow and they didn't burn.*

## STANDING ALONE IN BABYLON

*"Every man is limited by three things: the knowledge in his mind. The strength of his character. The principles upon which he builds his life."* (Ed Cole)

You can do three things when faced with a Babylonian culture:

(1) **Absorption: Surrender to it.** This is not recommended. Babylon is ultimately headed for destruction. Line up with it and you head where it is headed. (Rev. 18:21-19:23)

(2) **Segregation: Separate yourself from it.** Cut yourself off from the whole culture around you. Don't talk to it, listen to it or live in it. Become a religious recluse. Build a big wall from the world and hide behind it. Stay around the piano and play loudly when the Devil comes calling. Thousands of Christians do. But if that is your choice be prepared for three more problems:

(a) *Find a place on another planet.* The world is everywhere around you and it is hard to keep it out. Before World War II broke out, a futurist realized it was going to happen. He studied the world and moved to a place where his research determined he would be safe. *He moved to Guadacanal.* A Canadian family in the 70's became concerned with rumors of war and violence. They moved to a place where the Dads detailed study of history showed they would be safe. They arrived in *the Falkland Islands* just before



Britain came out of retirement to declare war on Argentina. As they say: "You can run but you can't hide."

(b) *Give up witnessing.* No one you know will ever meet Jesus through you because you don't know anyone anymore who *is* lost.

(c) *Stick only to Bible verses that speak of being separate.* Avoid verses that ask you to hang out with any of the kind of people Jesus hung out with. *Good luck.*

(3) Or you might take the Third Way - **Invasion:** Elton Trueblood said that although the words Jesus used were short (like salt, light, fire and water) they were *words of penetration*. *Salt* penetrates the meat and helps stop it spoil. *Light* penetrates darkness and drives it back. *Fire* penetrates the wood and makes it burn. *Water* penetrates the ground and makes it soft. God's method of dealing with the world around you is neither isolation or submission but *penetration*. Jesus didn't come to take sides, He came to take over. And He said, "*As My Father sent Me, so send I you.*" (John. 20:21)

### BEING HOLY WITHOUT LIVING IN A HOLE

Jesus is at home in our world. It is His world. He made it. He created it. He owns it by right. What has happened to it is not His fault. Man was never made to sin. Creation was never made to struggle. Culture was never supposed to be our enemy.

But ever since the Fall of our first parents everything around us has turned to crap. Man hurt himself. He hurt his relationship with others. He hurt his relationship with God. What started with a bad choice got completely out of hand and became the runaway we see today. Nature was hurt by the sin of man. Marriage and family suffered. Society is hurt. Culture is hurt. The arts, sciences, disciplines and structures of our world are an apple with a worm in it. What was originally meant to reflect the glory of God now becomes a support mechanism for sin.

And how does Jesus deal with the world? He neither avoided it or abandoned it. He could have kissed it off, or burned it up. And that is still an option when He has done all He will do. We are not to *love the world or the things that are in the world or the love of the Father is not in us*. But the way *Jesus* deals with the world that is His by right is the way He calls *us* to deal with the world. We are to be insulated not

isolated. We are to live **in** the world without being **of** the world.

Jesus was different from the world in the right way. He is the living embodiment of all that is right and good and great in society and humanity. If we follow Him we will love the world only the way Jesus loved it. He said to His world "I love you *this much*." And then He held out His arms and died.

How does **God** love the world when He tells us not to love the world? Jesus loved the world by identifying with it, joining it and finally dying for it. The world *is* lovely, *but it is lost*. "Don't give your highest affection to your culture," is what He says to young radicals in Babylon. "It's beautiful but ultimately empty." When you keep Christ as the center of all you say, think and do, the world is just a wounded wonderland ready for the redeeming role of a righteous radical. "*Seek first the Kingdom of God and His righteousness,*" He says, "*and all these things shall be added to you.*" (Matt. 6:33)

### MODERNITY - GOD'S GIFT, DEVIL'S TEMPTATION

How does this work out in practice in our modern world? We must avoid the two things Os Guinness calls, "*the dangers of modernity*" - *privatization and pluralization*.

**Privatization:** *the temptation to put all of our Christian principles and practices in a special separate box from the rest of our lives. To treat our love for Jesus as a private preference we choose to practice by ourselves on our own time.*

**Pluralization:** *the temptation to accept so many choices and options that you cannot make any decisions. As options increase, our ability to commit ourselves decreases.*

A Christian committed to truth in a modern technoculture will always face a tension between two extremes, two errors, two opposite temptations. How do you love the world as a missionary to it without being worldly? How do you renounce the world without losing touch with it? How can you be holy without living in a hole, and how can you live in the world without becoming worldly?

### Becoming Holy without Living in a Hole: (Christ Over All)

- **Temptation:** to split our lives into the private religious and the public real world
- **Greatest fear:** To bring the private Christian world into the public arena
- **Embarrassment:** One who brings the “secular” world into the private spiritual.

The first way Babylon can hurt you is to **isolate you**. Babylon doesn't mind that you love Christ. Babylon doesn't mind that you worship Jesus. As far as Babylon is concerned you can do anything you like - in the privacy of your own “Christian reservation.” The only thing Babylon truly and fully resents is for you to say that what is best for *you* in Christ the Lord is also best for *them*. Babylon can tolerate anything except intolerance to wrong. You may love Jesus, **but** do it on your own. You can obey any command of Christ **except** those that involve the world He says He owns. There is no crime in the future except to be a missionary. Yet Paul said:

“On the contrary, *we put up with anything rather than hinder the gospel of Christ*. Don't you know that those who work in the temple get their food from the temple, and those who serve at the altar share in what is offered on the altar?” (1 Cor. 9:12)

“Yet when I preach the gospel, I cannot boast, for *I am compelled to preach*. Woe to me if I do not preach the gospel! If I preach voluntarily, I have a reward; if not voluntarily, I am simply discharging the trust committed to me.” (1 Cor. 9:16)

- **Stand:** Be “*all things to all men*.” Openly serve Jesus & people in the public arena.

“Though I am free and belong to no man, *I make myself a slave to everyone, to win as many as possible*. To the Jews I became like a Jew, to win the Jews. To those under the law I became like one under the law (though I myself am not under the law), so as to win those under the law. To those not having the law I became like one not having the law (though I am not free from God's law but am under Christ's law), so

as to win those not having the law.” (1 Cor. 9:19) To the weak I became weak, to win the weak. *I have become all things to all men so that by all possible means I might save some.*” (1 Cor. 9:22) Determine Christ will rule in **every area** of your life.

### Living In The World Without Becoming Worldly (Christ Over Against All)

- **Temptation:** to continuously multiply our options to avoid the clear Divine choice.
- **Greatest fear:** Commitment with absolute contrast and consecration (The hard “No”.)
- **Embarrassment:** Someone single-minded without compromise. Non-pragmatic disciplines like prayer, meditation and fasting with no obvious immediate benefit.

The second way Babylon can hurt you is to **immerse you**. It gives you so many possibilities, options, alternatives! Os Guinness calls it “The Smorgasbord Factor”. In a smorgasbord you pay one price and eat all and anything you like. Faced with multiple alternatives, people in a smorgasbord do one of three things:

(a) Go straight to what you **always get** and just eat that. Fine, safe, O.K. - but *boring*.

(b) **Load up a plate with everything** in sight and just keep going until you run out of plates. This is the *bulimic* option. Do it all. Try everything. Go for the gusto. Party on down. It is also the formula for constipation: *Absorb all and eliminate nothing*.

(c) Endlessly circulate around the salad bar **unable to decide** on anything until you starve to death. The *anorexic* option. So many choices you can't actually commit yourself to one thing. So much on the menu you are unable to order anything.

So with our world. Face so many choices, so many options and what do you do? You may play it **safe** and stick with the known. You might opt out of choices altogether (**irresponsibility**). Or you may instead decide to hang loose and do nothing (**apathy**).

A rabbit trapped in the glare of headlights at night

isn't either daring or dumb - just dazed. Far too many scary inputs flood into its bunny brain for it to know what to do at all. Something like that happens when our multi-cultural, pluralistic, have-it-your-way society demands your attention. Some adults think you're careless or stupid. The fact is most times you're neither. You have **too many options**. The more the choices the less ability to choose anything. As *options increase, commitment decreases*.

So what do you do? Simple really. *Decrease your options*. You don't need everything. Many things are worthless to you. Some things are dangerous. Only a few things are crucial. Cut down your options. Take a load off. Reduce the stress. Get a life.

## MARGIN

Margin is the space between what you actually can do and what everyone wants you to do. For some it is dangerously thin. To get some margin back into your life do these:

(1) **Simplify**. What are you really called to do right now in life? What will it take? What will it need? Write a list of absolute bottom-liners - *if I don't learn or do this, it can't or won't be done*. Check your list out again. Cut out *anything* that isn't truly basic. "*All run in a race*," said Paul, "*but only one wins the prize. So run to win*."

(2) **Eliminate**. Cut out from your life anything you can live without right now. (Not forever. Some things you will find useful later. Maybe something cool you can try when you have time set aside for it. But right now you have something special to do.) What you need right now is not all the things you *might* do, but like Paul "*this one thing I do*". Think of your goal as a mountain climb. Don't leave anything behind you really need, but don't carry any dead weight either. "*Lay aside the weight*."

(3) **Reduce**. Possessions are to be used, not loved. Cut back on things to buy more time for the key stuff like relationships. Eat less. Buy less. Make do with what you have or need, not what you just like. Use equipment less to make it last longer. Share, loan or borrow. Forget the latest fashion. *Fast* - food, fun, fellowship, to make time for the critical. Use less. Care for longer. Use it up. Wear it out. Do without. Turn off the ads and tune out the lies. Make a list of all you think you need and then start crossing things off. It may first freak you out, but then may be fun.

(4) As to **reducing your options** Jesus makes it simple. "*Straight is the gate and narrow is the road that leads to life and few there be that find it*." "*If God be God serve Him*." "*He that is not for Me is against Me*." "*No other Name under heaven given amongst men by which we can be saved*."

## Christ over all. Christ over *against* all that does not bow to His Lordship.

Paul said: "I am not ashamed of the Gospel of Christ for it is the power of God to salvation. (Rom 1:3) John said: "*Do not love the world or anything in the world*. If anyone loves the world, the love of the Father is not in him." Determine like Daniel not to defile yourself with the kings fare. You don't need to expose yourself to all of Babylon in order to understand it, you just need to seek God to make your heart tender to understand what it is already saying and doing to your world.

- **Stand**: No compromise. Be more sensitive to the things you are already exposed to.

**Historically** the church often polarizes into either/or camps. We move towards giving ourselves wholly to the precious things of faith, but lose our ability to speak to the world. Or we give ourselves to ministry to the world around us and lose our ability to be different to it. The Pietists have a history of pulling out from the world for love of God. The Reformers were known for the exact opposite. If ever one should meet the other on a dark night with drawn Bibles, there will be Heaven to pay between them.

**A Bible analogy**: In Scripture two key offerings beside the sin offering reminded God's people of their debt to Him. One was the *burnt offering*. It was an offering of utter abandonment and devotion. It all went up in smoke to God. You kept nothing of it. The other was the *meat or meal* offering. It took care and preparation. It was offered each day. When you gave the Meal offering to the Lord, you got to eat part of it too. Like a table grace, it was to bring the sense of God's presence in the ordinary.

**Pietistic** - The Burnt Offering - Everything burns, everything goes up to God.

**Reform** - The Meal Offering - Daily hospitality in

sharing ordinary life with God.

What is the **balance** of these two kinds of service to God? *There is no "balance"*. They are two poles that pull you in two different directions. You can no more find a middle ground in both than you can find a middle pole in a magnet. We need both. Without the burnt offering we can become so comfortable with the world that we become just like it and no longer affect it. Without the meal offering we become so unlike the world we can no longer talk to it. God wants us **IN** the world, but not **OF** the world so we can **CHANGE** the world.

We could put it like this: First God gets us **out of the world**. Second He **gets the world out of us**. Third, He **sends us back into the world**.

Understand: Jesus wants you **IN THE WORLD**. He is coming back. When He does there will be no time to choose to serve Him. There will only be the plain record of when and if we served Him with all of our heart, our soul, our mind and our strength.

## BABYLON'S PILLARS OF POWER - GODS & GOLD

Babylon has **two pillars of power**, one seen and one unseen. In the spiritual world it relies on its **gods**; the spirit world, its psychic hot-lines of mediums, astrologers and magicians. (Dan. 2:2; Gen. 41:8) In the material world it turns to its **gold**; *greed*, or the love of money is the root of all evil. (1 Tim. 6:9,10)

A nation's government is its view of God applied to its goods. Every government takes religious ideas about right and wrong, good and evil and enacts and legislates those ideas. God begins with an individual and brings about change ground up. Change a heart, change a home; change a home, change a city; change a city, change a nation. The great idol set in contrast to devotion and service to God in the Bible is *Mammon*, the god of money. (Mat. 6:24) **Economics** is our stewardship of what God has given to us. Jesus parables deal much with economics. If you plan to rule the world under Christ, you must break with Babylon's powerful but poisonous pattern of finances.

## FINANCIAL POWER

*"Men and nations are not great by virtue of their wealth but by the wealth of their virtues."* (Ed Cole)

The world's goal of financial independence is really a desire for **freedom from concerns about paying for living expenses**. The quickest way to your own freedom is to **REDUCE OR ELIMINATE THE SPENDING** you are concerned about.

The problem is that you *want* certain things in your life. This is called lifestyle. For most people a war is going on within them. Their desire for freedom from financial concern fights against their desire for a "better" lifestyle. Until you settle this war of the soul in your own heart, you will never know peace in the daily handling of money. (James 4:1, 1 Peter 2:11 NASB)

The back of most US coin and currency is inscribed with these words: "In God We Trust". For the Christian, this can be a declaration of a scriptural peace agreement with God concerning money. **WE** trust **GOD**. **HE** takes care of our financial needs. (Mat 6:31-33) The man or woman who has truly learned to trust God over his or her income, spending, and sharing is full of power. *No decision in life should ever be made solely on the basis of money*. Here are some keys to Biblical financial freedom:

## INCOME

**Career: Don't work just for money.** In every situation, pray and look for a job or project you can love and really get in to. You'll find that if you do a **JOB YOU ENJOY**, you will get good at it. You will be more apt to learn, be productive and efficient, and make more income. (1 Pet. 4:10; Ecc. 5:18 NASB)

**Wages: Try to keep from being locked into a fixed salary.** While a regular paycheck is nice, it makes it hard for God to bless you financially. (Mal. 3:10-11, 2 Cor. 9:6)

**Tithe: Acknowledge God's divine help.** Scripture says it is God who gives you the power to get wealth. You should **HONOR HIM** by giving Him a **TENTH** of your income. Find a church that is doing the will of God and entrust God's portion to them. (Deut. 8:18, Prov. 3:9, Mal. 3:7-11)

## SPENDING

**Needs & Desires:** Paul told people he always tried to take care of his own needs. (Acts 20:34-35) He told his friends that it was right, cool and classy to, *"command the respect of the outside world, being dependent on nobody (self-supporting) and having*



*need of nothing.*” (1 Thess. 4:12, Amplified)

Plan to **SPEND LESS THAN YOUR INCOME**. When you spend more than your spendable income, you become a financial mission-*field* and not a missionary. You’re a *dependent* and not a PROVIDER, a *taker* not a GIVER, *needy* rather than self-supporting. To stay in need of nothing but the Lord you should treat your spending seriously. Consider **two main types of spending** over three different time frames:

**Essential Needs:** needs to sustain bodily life (Food, covering, transport)

**Worker’s Needs:** needs to produce products or services useful to others

**Current:** now and the next twelve months

**Past:** previous promises to spend

**Future:** beyond twelve months, then beyond productive years

Essential NEEDS are common to all mankind. (Mat 6:25; 1 Tim 6:8)

God provides for needs when He calls a person into a career. Your work should be a **CALLING** from God based on the talents, skills and mind He gave you. That’s the career you’ll enjoy. For every career, He knows what financial needs are unique to that work. You have a right to petition God for the things of the world needed for the work; things useful for serving others as one of His workers (1 John 5:14-15, John 16:23-24). (Anything from money for medical school training to an airline ticket.)

### **Prayerful planning should control your spending.**

Put a postcard on your mirror. Write on it these words: **YOU CAN ONLY SPEND IT ONCE**. There are always more things to buy than there is money to buy them. Once money comes in, it can only be spent once. Make sure you know what God wants done with the money He sends. God wants us to live within our income. If we spend too much on one thing we may short-change His intentions in His provision.

Think about the *cost per use* of what you think you need. Count the **REAL** cost. (Luke 14:8) If you buy a CD for \$20 and you only like one song on it, you paid full price for just one song. If you only listen to it

once, your cost per use is \$20. If you listen to it a hundred times, your cost per use is 20 cents. Since you can only spend money once, plan to **FULFILL YOUR NEEDS WITH LOW COST PER USE ITEMS**. The money He provides goes a lot further that way.

**Desires:** The world will always entice you to spend on pleasurable things of little or no essential or useful need. If you never discipline your money use, you will never have excess funds to share with others in need. Beyond real needs, you need to exercise **FINANCIAL SELF-CONTROL**. God has definite plans for any excess money that flows through your hands. Be careful you don’t use it all on yourself. (Jas. 4:3) Trust God to give you power to say “No” to the “I wants” of the rest of the world. (2 Tim 3:1-5, Titus 2:11-12 NIV; 1 John 2:15-17 NASB)

**Saving: (Current & future needs): DON’T SPEND ALL** of your income. You can reasonably anticipate many future needs; car replacements, sports gear, and repairs. One day you might even live to be old and less able to work productively! You will still have needs. Open a savings account and put some portion of every years’ income in it; it is God’s provision for future needs. (Prov. 6:6-8 NIV, Prov. 21:20; Prov. 13:11)

**Debt: (Past needs)** Christians have no option but to **pay what they have promised**. You must **KEEP YOUR WORD**. (Matt. 5:37) To spend more than your income you have to draw either from savings or borrow. You **PRESUME** when you spend more than you earn that tomorrow you will earn more than you spend. *Bad move*. You don’t know what will happen tomorrow. Only God knows that. (Jas. 4:13-16) You can’t spend more than you earn without evil unless you or someone else has previously saved. If you are in debt, purpose to pay it all back in installments as you can.

**If you borrow to buy**, it always **COSTS YOU MORE** than if you pay cash. The additional cost is interest. Borrowing also **BINDS** you. When you borrow, the lender is either your partner or your master. (Prov. 22:7) A lender generally is a silent partner in your financial life until you fall behind in your promise to pay. Then he becomes your demanding master. You go into a world of hurt. You can’t sleep or eat. You become afraid of the phone; it may be your “master” wanting his money! You may catch yourself doing the credit-card shuffle; compounding the growth of your debt with high (18-21%) interest. The person who is in debt tends to get deeper in debt.



If each time you pull out a credit card you realize you are saying “*I promise to pay, I promise to pay!*” you might rethink the purchase! If you don’t have cash now to buy, what makes you think you are going to have cash *then* to pay the bill? It is also silly to buy stuff that will be used and gone before the credit card bill even shows up. Department stores that accept credit cards are not dumb. They know the average person using plastic instead of cash will purchase as much as a *third more* out of impulse. Your rule of thumb: if you carry plastic for convenience, **DON’T BUY ON IMPULSE**. You want to *spend less than your income*, not go deeper in debt.

### SHARING

**Openhanded:** The person who truly trusts God will not be overly concerned about his or her future financial needs. When you see a friend who has financial needs, do what you can to help them. Never be finished with helping others financially. Always think big when it comes to creating income in excess of your needs which can be given away. (1 Cor. 7:29-32 NIV, 2 Cor. 8:12-15 NASB)

**The Rich:** It is very easy for someone with wealth to move their trust over to their money instead of leaving it in God. But money can be stolen or taken by government or seem to evaporate in the inflating prices of groceries. Don’t trust in it.

If the Lord blesses you with much money, much more will be required of you. Be generous, ready always to share. Your commission is to subdue the earth and build Christian nations through discipling and evangelizing; this also takes money. Part of the purpose of Christian business is to finance this activity. This doesn’t mean to throw your common sense out the window. Check out the cause; if is worthwhile, give to it. (1 Tim 6:17-19)

*“He is no fool who gives what he cannot keep to gain that which he cannot lose”* (Jim Eliot)

(**Source:** Steven Swords, CPA & Financial Management Investment Advisor Abel Financial PO Box 867 Lindale TX 75771.)



## Appendix A: How To Become A Child Of God

- *If you have never really met Jesus, you can, right now.*

You may not have much in common with Christians you've met or read about. You may be from a different nation, with different abilities, a different income, a different educational or religious background. You may be saying "What's all this got to do with me?" Or, "That's fine for them, but my situation, my problems are hopeless." Well, here's good news! *The answer they found is the same answer you can find for yourself.* Victory over any adversity may be found by living for Jesus Christ. Whatever you are going through, there is hope in Jesus.

**God is real. Jesus is alive!** He loves you and is concerned for your well-being. He is the absolute Reality on which all truth is ultimately grounded. His message for you and your world is contained in the collection of 66 books called the Bible. Its transcendent teachings have stood the test of time, the scrutiny of scholars and the furnace of practical experience. They speak not only about history but how to live today in every level and facet of life.

The Bible's theme is God's plan of freedom from sin and death, a message that has delivered millions in every nation from self-destructive habits and given them a life both abundant and eternal. By first entering into and then developing a personal relationship with this living God, you will find everything you need for life on earth and for all eternity. Your life will have a sense of purpose marked by confidence and peace of mind. You will understand the true meaning of life. And God Himself will be your loving Father and your great Friend to give you power and to guide your steps.

- **From the Bible we learn these facts:**

(1) God created humanity and nature for a wonderful purpose, but a stupid act of rebellion and self-centeredness by the first man and woman caused our race to lose our original relationship with Him and fall into a state of sin. Our sad legacy is now a nature wholly self-centered and impure in thought, word and deed. Our best efforts are selfish; apart from God we cannot even agree on what "good" is.

(2) God's laws revealed in the Bible are not inventions, but *descriptions of reality*. They truthfully tell us how things actually are in the moral world. We do not actually "break" God's laws; they break us. We are punished **by** our sin as much as we are punished **for** our sin. All true law has a penalty as important as the law it is designed to protect. The penalty for sin, the violation of God's moral law is *endless death* and *eternal separation from God*; if we live like hell here, our death will only confirm to us the reality of Hell forever. Whether we consider our violations large or small, the sentence must be the same; the "wages of sin is death; the soul that sins shall die."

(3) On our own we can do nothing to cancel or escape this sentence. We deserve to be judged. Nothing we can say or do can possibly justify the life we have lived and the things we have done to hurt ourselves, others and most of all, God.

(4) But God has no personal problems in seeking to forgive and restore us. God has never stopped loving rebellious man nor seeking to pardon us. At great cost to Himself, God found a way to provide a way back to His heart and our true home.

(5) In Jesus Christ God became a man and lived among us. He put on display God's love, wisdom, power and compassion. Born like no man before Him, He lived a sinless life without historical equal, spoke in wisdom like no man ever spoke, and demonstrated beyond contention Divine power and love in His miracles of healing, provision and deliverance. He even raised three people from the dead. Then to the astonishment of the world He did it decisively Himself!

(6) What seemed at first tragedy turned out to be Divine strategy. To liberate us from our death sentence and reconcile us to Himself, Jesus laid down his sinless life as a substitute for the penalty you and I so thoroughly deserve. He gave Himself as the ultimate sacrifice for our sin and made our forgiveness and pardon possible. Now if you will trust Him as your substitute, you can go free. The God-Man on the middle cross has taken your

place!

(7) After three days in the tomb Jesus *rose from the dead* by the power of His Father. He was seen then by hundreds of witnesses, has been met since then by millions all over the world and lives today as the Ultimate Victor over sin, death and the grave. Because of what Jesus did, anyone who believes Jesus Christ is God's Son, and trusts in His complete work on the cross for pardon and cleansing will be forgiven of sin and be restored to friendship with God. By His Holy Spirit God Himself will enter your life and break the enslaving power of sin once and for all.

(8) You will not only be given the gift of His eternal life to live forever with him, but life here and now will be forever different. But to experience this you must make a deliberate and conscious decision to surrender your life to Christ as your Lord and Savior.

(9) This experience is called the "New Birth." God tells us in the Bible that the only way a person can become a true Christian is to be "born again." The essential conditions for receiving this new life in Jesus are:

### Conditions Of Real Conversion To Christ:

(a) **Honesty:** All your life you have been living a lie. When you come to God, you must face for the first time the truth about your wrong. To do this you must be **utterly real**. God will not do business with people who do not mean business with Him. "He that covers his sins shall not prosper; but whoever confesses and forsakes them shall have mercy." (Prov.28:13)

(b) **Repentance:** "I confess that I am a sinner and I cannot save myself from sin." True repentance means turning completely from your selfishness, with the determination to sin no more. Ask the Holy Spirit to help you **see**, **hate** and **forsake** your sin. True repentance means **giving up all rights to your life**; you must **die** to all your own plans, dreams and ambitions and put yourself into God's loving hands for whatever He wants of your life.

True repentance also means the willingness as far as humanly possible to **make right all known wrong**. Whatever the Holy Spirit speaks to you about, whether it is forgiveness of those who have hurt you, confession of wrong to another, restoring or repaying someone, the Lord Jesus will give you the courage and words to make it right.

(c) **Faith:** "I believe that God is real, and that Jesus Christ is His son. I freely confess He died on the cross for the penalty I deserve. I believe that I can receive both His forgiveness and a new life through the power of His Spirit living within me." This act of faith is neither an idea nor a feeling but **an intelligent and deliberate act of the will**. Give Him your doubts, your weakness and your loneliness. Your heart will never have peace, your doubts will never clear up, you will never die to the world until you trust, surrender, **believe** from your heart!

*Why wait any longer?* Jesus Christ is knocking at the door of your heart, waiting to come in. You can pray a simple, life-changing prayer right now.

In your own words **confess** to Him that you are a sinner and you hate your sin. **Ask** him to forgive you and cleanse your soul from all that is not right. **Surrender** your life wholly to His mercy and power, and ask Him to take over the total control of your life, now and forever. **Thank** Him for His forgiveness and ask Him to show you how to live for Him.

The Bible says "if you *confess with your mouth the Lord Jesus* and shall *believe in your heart* that God has raised Him from the dead, **you shall be saved**. For with the **heart** man believes to righteousness; and with the **mouth** confession is made to salvation ... the same Lord over all is rich to all that call on Him. For whosoever shall call on the Name of the Lord shall be saved." (Romans 10:9-13)

What he has done for countless other young men and women around the world - He can and will do for you. Just ask.

## ***Appendix B: Master Book List Of Great Biographies***

### TWENTY TO CHANGE THE WORLD

Faith	The Cross & The Switchblade	David Wilkerson/Pyramid
Revival	Autobiography	Charles G. Finney/Bethany
John Wesley	Strangely Warmed	Gary Lean/Tyndale
Salvation	Born Again	Charles Coulsen/Fleming Revell
Evangelism	The General Next To God	Richard Collier/Fontana
Triumph	Joni	Joni Eareckson/World-Wide Pub.
Missionary	Through Gates Of Splendor	Elizabeth Elliot/Spire
Faith	God's Smuggler	Brother Andrew/Fleming Revell
Prayer	Amazing Incidents	C.G. Bevington
Faith	Happiest People On Earth	Demos Shakarian/Spire
Reality	A Man Called Peter	Catherine Marshall/Fleming Revell
Reality	A Taste Of New Wine	Keith Miller
Love	Catherine Booth	Catherine Bramwell Booth
Reality	Ben Israel	Arthur Katz/Logos
Power	Portrait Of a Prophet	C.W. Hall/Salvation Army
Healing	Daughter Of Destiny	Jamie Buckingham/Logos
Salvation	Run Baby Run	Nicky Cruz/Logos
Hope & Love	A Severe Mercy	Sheldon Vanauken/Bantam
Dedication	Vanya	Myrna Grant/Creation House
Missions	The Peace Child	Don Richardson/Gospel Light

## ***Appendix C: Master Book List Of Apologetics Readings***

### TWENTY TO CHANGE THE WORLD

General	Apologetics	Norman Geisler
Gen. Outline Theology	The Heart Of Truth	Charles G. Finney/Bethany
Apologetics/Secular Man	Mere Christianity	C.S. Lewis/Macmillan
Theology	Systematic Theology	Charles G. Finney/Bethany
Bible Criticism	More Evidence That Demands A Verdict	Josh McDowall/Campus Crusade
Anthropology	Noah's Three Sons	Arthur C. Custance/Zondervan
Philosophy	He Is There & He Is Not Silent	Francis Schaeffer/IVFP
Kingdom of God	The Unshakeable Kingdom/Unchanging Christ	E. Stanley Jones/Abingdon
Divinity of Christ	More Than A Carpenter	Josh McDowall/Campus Crusade
Moral Government	The God They Never Knew	George Otis Jr./Omega Publications
Freedom of Choice	God's Strategy In Human History	Forster & Marsden/Send The Light
Resurrection	Who Moved The Stone?	Frank Morrison/Moody
Gen. Overview	Christianity On Trial (3 Vol. Set)	Gen. Ed/Lion Publishing
Freedom of God	The Suffering of God	Terence Freitham/Fortress
World-Views	Other Worlds	David/IV Press
Bible Theology	Sharing Your Faith	Gordon C. Olson/Revival Theology Promotion, PO Box 9183, North St. Paul, MN 55109
Jesus & The Bible	Evidence That Demands A Verdict	Josh McDowall/Campus Crusade
Cults	The Kingdom Of The Cults	Walter Martin/Bethany House
Soteriology	Today's Gospel - Authentic Or Synthetic?	Walter Chantry/Banner Of Truth
Atonement	Understanding The Atonement	John Driver/Herald Press



## ***Appendix D: Master Book List Of Christian Thought***

### **TWENTY TO CHANGE THE WORLD**

(1) Secret of God's Creation	The Trinity In The Universe	Nathan Wood/ Kregel.
(2) Principles of Revival	Lectures On Revivals Of Religion	Charles G. Finney/ Bethany
(3) Why Christianity is True	Mere Christianity	C.S. Lewis/MacMillan
(4) God, Man, & Salvation	Systematic Theology	Charles G. Finney/Bethany
(5) Bio. of Booth & Salvation. Army Pub.	The General Next To God	Richard Collier/Salvation Army
(6) Mankind Made by God	Noah's Three Sons	Arthur C. Custance/Zondervan
(7) Philosophy & Bible God	He Is There & He Is Not Silent	Francis Schaeffer/IVFP
(8) Kingdom of God	The Unshakable Kingdom	E. Stanley Jones/Abingdon
(9) Knowing God & His nature Publications.	Knowledge Of The Holy	A.W. Tozer/Christian
(10) Hindrances to Revival	Why Revival Tarries	Len Ravenhill/Bethany.
(11) Living Sermons	John Doe, Disciple/Mr. Jones Meet The Master	Peter Marshall
(12) Materialism in Church	The Golden Cow	John White/IVFP
(13) Greatness of God	Creation In Christ	George MacDonald/Harold Shaw
(14) Call to Repentance	Reality	Arthur Katz/Logos
(15) Practical Christianity	Disciple	Juan Carlos Ortiz/Creation House
(16) Sacrifice & Challenge	True Discipleship	William MacDonald/Walterick
(17) Prayer Principles	Power Through Prayer	E.M. Bounds/Baker/Zondervan
(18) Greatness of God Pub.	Our Own God	George D. Watson/Send The Light
(19) How Jesus Witnessed	The Master Plan Of Evangelism	Robert E. Coleman/Spire/Revell
(20) Why God does what He does	The Philosophy Of The Plan of Salvation	J.B. Walker/Bethany House

## ***Appendix E: Master Book List Of Works On Prayer***

### **TWENTY TO CHANGE THE WORLD**

(1) Authority in Prayer	Destined For The Throne	Paul E. Billheimer/C.L.C.
(2) Authority	Prayer Is Invading The Impossible	Jack Hayford/Logos
(3) Authority	Prayer The Mightiest Force in The World	Frank Laubach/Revell
(4) Analysis (Devotional)	The Hidden Life of Prayer	D. M. Mc'Intyre/Bethany
(5) Analysis (Biblical)	All The Prayers of the Bible	Herbert Lockyer/Zondervan
(6) Practices	Handle With Prayer	Charles F. Stanley/Victor
(7) Practices	The Best of E.M. Bounds	E. M. Bounds/Baker
(8) Principles	How To Pray	R. A. Torrey/ Moody Press
(9) Principles	Principles of Prayer	C. G. Finney/Bethany
(10) Examples In Prayer Books	The Prayers Of Peter Marshall	Catherine Marshall/Chosen
(11) Conversational Prayer	Prayer - Conversing With God	Rosalind Rinker/Zondervan
(12) Learning Prayer	With Christ In The School of Prayer	Andrew Murray/Revell
(13) Biography	Rees Howells - Intercessor	Norman Grubb/C.L.C.
(14) Biography	Praying Hyde	Francis A. McGaw/Bethany
(15) Biography Room	Remarkable Incidents	G.C. Bevington/Newby Book
(16) Intercession (General)	Revival Praying	Leonard Ravenhill/ Bethany

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(17) Intercession (General)	Power Through Prayer	E.M. Bounds/Baker/Zondervan
(18) Intercession (Missions)	Operation World	P. J. Johnstone /STL
(19) Examples of Prayer	A Treasury of Prayer	Leonard Ravenhill/Bethany
(20) Examples in History	Praying To Change The World Series	Gordon Lindsay/CFN



## Appendix F: Body & Strength Training Guidelines

1. WARM-UP and STRETCH before you lift.
2. Practice good mechanics. Don't sacrifice technique for too much weight.
3. Lift the weight SMOOTHLY with strict control.
4. Do not jerk or bounce the weight. Don't squirm or angle to gain a leverage advantage.
5. ISOLATE the muscle groups or body parts involved in the exercise. All other body parts are to remain static and work as stabilizers.
6. Utilize a full range of motion on every exercise. Pre-stretch the muscle at the beginning of the exercise and finish with a complete contraction or until there is no range of movement left.
7. Choose the weight carefully. It is better to start too light rather than too heavy.
8. Do ALL OF THE SETS in each exercise before moving to the next exercise.
9. Always THINK SAFETY. Use spotters when performing heavy lifts. Check the condition of the equipment you will be using. Wear a weight belt, especially for overhead lifts.
10. You can never have too much common sense. Trust your own judgment and body awareness. Don't try to lift through pain. Know the difference between muscle fatigue and actual pain. Don't predispose yourself to injury by not paying attention to what your body is telling you.

### TERMS IN RESISTANCE TRAINING : Repetitions, Sets

A **repetition** is a single completed movement of an exercise from starting position, through the entire movement, then back to the starting position. If a person lifts 300 lb. in the bench press twice, he or she is doing two repetitions with 300 lb.. (Often abbreviated as "reps".)

A **set** is a specific number of reps performed consecutively without resting. A bodybuilder who lifts 250 lb. in the bench press for eight reps, takes a short rest, and then does another eight reps has done two sets of eight reps. (Workout representation: 2 x 8).

**Repetition Maximum** is the maximum weight (or resistance) you can lift for a specific number of repetitions to exhaustion. In a 6 RM test, a lifter is able to lift 6 reps with a specific resistance. Strength coaches can determine a 1 RM to design a percentage of load for a specific exercise.

Say an athlete has a personal best (1 RM) of 400 lb. His workout demand is an exercise intensity level of 80% for a predetermined number of repetitions. The athlete will use 320 lb. for the exercise (80% of 400 lb.=320 lb.). Increasing the **intensity** of an exercise by increasing the *velocity of movement* is important when a major goal is to increase the power output of a muscle and not just its ability to lift maximal loads.

Research shows most people can complete eight repetitions with 85% of their maximum resistance and 12 repetitions with 75% of their maximum resistance. Thus 75-85% of your maximum resistance provides optimum training intensity for muscle hypertrophy. This is the reason why 8-12 reps are popular in body-building exercises.

You determine by trial the exact amount of weight that fills that requirement. In the past, people determined resistance from the maximum amount of weight you could use for one repetition. However that method presents a high risk of injury. Research proves that training at *60% of 1 RM for 10 reps* is enough to build muscle strength. If your concern is strength fitness, 10-15 reps with an intensity of 60-70% of 1 RM will give all you need.

**Strength training** is at the opposite end of the continuum from **endurance training**. You develop endurance by performing *low-intensity* exercise for a relatively *long* time, whereas strength is developed by performing *high-intensity* exercise for a relatively *short* time. In athletic strength training the intensity is high and is normally in the range of 4-6 RM and at times as low as 2 RM. **RM Load: Repetition Maximum** is a range from strength to endurance. Use it as a guide to determine which primary muscle feature you want to develop.

### STRENGTH ENDURANCE

0 ————— 8 combo. ————— 16

When you use 6 RM or less as a set, you primarily develop STRENGTH. When you use 8-12 RM you define MUSCLE.

**Routines:** A routine is a *combination of exercises* to work a specific muscle group. An example of a routine for working the pectorals would consist of several sets of exercises that incorporate bench presses, dips and cross-

over cable movements.

**Positive and Negative:** In strength training, when the lifter lowers the bar, he or she is performing negative work, whereas raising the bar is positive work. When you lower a specific weight, you allow muscle to lengthen along with the resistance. This is called eccentric action (not eccentric contraction) or negative resistance. An example of this form of exercise is when you lower the bar weight to your pectorals during a bench press exercise. We don't recommend lifters do negative bench press exercises. Heavy negative training, increases your muscle's ability to handle eccentric work, but limits growth in your ability to handle positive loads. Doing a lot of negative training is also associated with delayed muscle soreness which increases recuperation time between each workout. Weight lifters must use positive and negative work in all exercises.

**Maximal Muscular Contraction:** Voluntary maximal muscular contractions seems the most effective way to increase muscular strength. The last repetition in a set to failure is a voluntary maximal muscular contraction even though the force produced is not the maximal force possible during the set. Many resistance training systems use sets to failure and/or RMs to assure the performance of voluntary maximal contractions and subsequently, the associated training effects. The need to perform maximal contractions is often referred to as overloading the muscle. In other words, the muscle must contract against a resistance it normally does not encounter. This process stimulates physiological changes which cause an increase in muscle strength and size.

**Muscle Action:** The activity of muscle: In a **concentric action** the ends of the muscle are drawn closer together. In an **isometric action**, the ends of the muscle are prevented from drawing closer together, with no change in length. In an **eccentric action**, a force external to the muscle overcomes the muscle force and the ends of the muscle are drawn further apart. The **strength** of a muscle or muscle group is the maximal force generated at a specific or determined speed.

**Muscle Tone:** refers to the firmness of the muscle. **Hypertrophy:** an increase in the size of a muscle, organ, or other body part caused by enlargement of the cells that make it up.

## THE 6 IMPORTANT "Rs"

### 1. Range of Motion:

The complete movement capability of a joint. You must perform each and every exercise through a complete range of motion (except the squat). For example, if you work on the triceps push-down machine, ensure your triceps initial starting point is at neck level and extend until your elbows are straight. Range of motion is important when we talk about the second R.

### 2. Resistance

Pick a resistance level so you can perform an exercise through its full range of motion without excessive "cheating," or using body swing, (momentum). Yet that chosen resistance must also tax the muscles for the desired number of repetitions, the third R.

### 3. Repetitions

When choosing the number of repetitions (how many times the exercise can be done), you must first decide what results you want from the program. Generally, *lower repetitions* (up to 12 reps) produce **muscle strength**. *High repetitions* (15 to 30 reps) produce muscle **endurance**. The bodybuilder (training for increased muscle mass) does many sets of many repetitions to exhaustion. Yet they will not have the same absolute strength as the athlete who trains for strength rather than for muscle definition or build.

### 4. Rest

Your body needs about three minutes rest between each set of repetitions before it is ready to work near full capacity again. Say you do several repetitions of the curl for one set of curls. Begin your second set of repetitions after about three minutes of rest. The first set will have depleted the cells' store of phosphocreatine (PC), the body's high energy reservoir. PC cannot be fully replenished in less than about three minutes. **CIRCUIT TRAINING**, a different approach to using resistance, taxes the cardiovascular system by continuous muscle contractions. The rest period is shorter and resistance is considerably less than mentioned above.

### 5. Recovery

Allow adequate time between one workout and the next to help your body recover. As a general rule, don't exercise the same muscle group two days in a row, nor more than three times a week. If you do your body will fatigue to a stale, overstrained state. If you don't give your body a rest, it will take one on its own; *you will get injured*. In sports medicine circles, this is commonly called overuse syndrome.



## 6. Routine

For successful resistance training, a lifter must develop some type of routine. Routines will vary due to such things as time, availability of equipment and skill level of the lifter. Evaluate yourself and your environment to determine what routine will be best.

### PERSONAL PROGRAM DESIGN: RESISTANCE TRAINING VARIABLES

#### A. Selection, Choice & Order of Exercises

1. **Selection** of Exercise: To reduce the risk of injuries and produce balanced muscle development, you must strengthen the major muscle groups. 12 key groups are your quadriceps, hamstrings, calves, pectorals, trapezius, lats, erector spinae, deltoids, triceps, biceps, abdominals and gluteus. Work also on your obliques and adductors/abductors. If you train some muscles and exclude others you may get poorer overall results and perhaps eventually muscle injuries.
2. **Choice** of Exercise: When designing a resistance program, think about your “choice of exercise.” Exercises can be either **body part** or **structural**. In a body part exercises you usually *isolate a muscle*. In structural exercise you use many muscles to *produce a movement*. Remember that every time you change the order of an exercise you functionally change that exercise. You can also change that exercise as you cycle through the year.
3. **Order** of Exercises: The order of the exercise will affect the severity of the workout. The order will develop the basic framework for the workout. Basic questions to ask:
  - I. Does your workout progress from upper to lower body or vice-versa?
  - II. Does your workout progress from body part (small muscle group) to structural (large muscle group) or just the opposite?

The classical exercise order is from UPPER BODY to LOWER, and LARGE muscle group to SMALL. Order your exercise based on your athletic training level. If you are a beginner, start with a less severe workout order; use an upper to lower body progression.

Here is a typical program showing order variations (small muscle groups before large):

#### Program A:

single leg extension 10 10  
hamstring curl 10 10  
squats 8 6 4 6 8

Typical upper to lower body progression:

#### Program B:

bench press 10 10 10  
military press 10 10 10  
leg press 10 10 10  
standing calf raise 10 10 10

#### B. Intensity:

Training intensity is set primarily by the amount of resistance (load). In strength training based on 1RM loads are light (70-79% effort), medium (80-89%) or heavy (90-100%). Intensity is also affected by the number of sets and reps, the rest interval, exercise speed and the duration of the work-out.

Training Variables	Basic Strength Fitness	Athletic Strength Training	Body-Building Definition	Combo Training
Exercises Per Muscle Group	1 to 2 exercises	1 to 2 exercises	3 to 5 exercises	2 to 3 exercises
Repetitions Per Set (Intensity)	10 to 15 reps. (60-70% of 1 RM)	4 to 6 RM (sometimes 2-3)	8 to 12 RM	4 to 10 RM
Number Of Sets per Exercise	2 sets	3-6 RM	3-5 sets	3-4 sets
Total Sets Per Body Part	2 or more sets for larger parts	4-8 sets	9 to 20 sets	6 to 20 sets
Recovery Time between Sets	Up to 1 minute	2.5 to 3 mins	1 to 1.5 mins	1.5 to 2 mins
Frequency of Training per wk.	2 to 3 days	3 to 4 days	up to 6 days	4 days
Training Volume (Reps x Sets)	low	medium	high	high
Length of Workout	30 to 45 mins	3/4 to 1 hr.	1-2 hours (depending on total no. parts)	1 to 1.5 hours

(Source: *Champions For Christ*: A ministry to collegiate and pro athletes; 4505 Spicewood Springs Rd. Suite 307 Austin TX 78731 (512) 338-0433

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## ***Appendix G: The Student's Bill Of Rights On Campus***

***(I) THE RIGHT to Meet with Other Religious Students.***

The Equal Access Act allows students the freedom to meet on campus for the purpose of discussing religious issues.

***(II) THE RIGHT to Identify Your Religious Beliefs through Signs and Symbols.***

Students are free to express their religious beliefs through signs and symbols.

***(III) THE RIGHT to talk about Your Religious Beliefs on Campus.***

Freedom of speech is a fundamental right mandated in the Constitution and does not exclude the school yard.

***(IV) THE RIGHT to Distribute Religious Literature on Campus.***

Distributing literature on campus may not be restricted simply because it is religious.

***(V) THE RIGHT to Pray on Campus.***

Students may pray alone or with others so long as it does not disrupt school activities or is not forced on others.

***(VI) THE RIGHT to Carry or Study Your Bible on Campus.***

The Supreme Court has said that only State-**directed** Bible reading is unconstitutional.

***(VII) THE RIGHT to do Research Papers, Speeches and Creative Projects with Religious Themes.***

The First Amendment does not forbid any mention of religion in public schools.

***(VIII) THE RIGHT to Be Exempt.***

Students may be exempt from activities and class content that contradict their religious beliefs.

***(IX) THE RIGHT to Celebrate or Study for Religious Holidays on Campus.***

Music, art, literature, and drama that have religious themes are permitted as part of the curriculum for school activities if presented in an objective manner as a traditional part of the cultural and religious heritage of the particular holiday.

***(X) THE RIGHT to Meet with School Officials.***

The first amendment to the Constitution forbids Congress to make any law that. would restrict the right of the people to petition the Government (school officials).

*Reprinted from Students Legal Rights on a Public School Campus: Roever Communications, PO Box 136130 Ft. Worth TX 76136*



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***Appendix H: Ten Leading Causes of Death for Age 15-34***

<b>MALES</b>	<b>FEMALES</b>
Accidents	Accidents
Homicide	Cancer
Suicide	Homicide
HIV infection	Suicide
Cancer	Heart diseases
Heart diseases	HIV infection
Cirrhosis of liver	Cerebrovascular disease
Pneumonia/Influenza	Pneumonia/Influenza
Cerebrovascular disease	Birth defects
Birth defects	Diabetes

\* 1989 data from the Division of Vital Statistics, 1993





## **Appendix I: Parasite Killing Program**

*Hulda Regehr Clark Ph.D. N.D.*

Three herbs used together clear over 100 parasites and their eggs from the body, without nausea, headaches or pain. They are *Black Walnut Hull* tincture (the green hull before it blackens contains the parasiticide); *Wormwood* (*Artemisia absinthium* can be grown from seed, dry leaves at their silver/grey-green prime) and *Clove* (fresh-ground from whole kitchen cloves). You need one 30-cc bottle of pale green Walnut Hull tincture, two 80-capsule bottles of Wormwood Combination capsules or 1/2 cup of the leaves and one-hundred double-O size gel caps of freshly ground cloves. Two other items help clear toxic ammonia that is a waste product of parasites from your system; one 500 mg. cap of *ornithine*(night) and *arginine* (morning).

### **(1) Black Walnut Tincture:**

DAY 1 : Take one drop four times the first day in water, milk or juice before meals on an empty stomach. Timing not key. Four hours apart if you start in the morning, an hour apart at 6:00pm.

Day 2 - *Two* drops four times.

Day 3 - *Three* drops four times

Day 4 - *Four* drops four times.

Continue increasing until you are taking 20 drops 4x a day. After this continue these 20 drops *once* a day for three months. If interrupted don't begin again, just continue, but don't get interrupted before day 6. *Flukes are dead by day 5.*

### **(2) Wormwood Combination Capsules:**

Day 1: Take 1 capsule with water before supper.

Day 2 - Take 2 capsules before supper

Day 3 - Take 3 capsules before supper.

Day 4 - Continue increasing until day 14. Take all 14 capsules in a single dose, a few at a time until all gone.

Then do two more days of 14 capsules. After this 14 caps *twice a week* from now on as a maintenance program.

You can stay on each dose after day six for two days before increasing to the next level if you have a sensitive stomach..

### **(3) Cloves:** Fill size 00 caps with ground cloves.

Day 1 - 1 Capsule 3x a day before meals.

Day 2 - Two caps 3x a day a day.

Days 3 -10 Take 3 caps 3x a day. After day 10, take 3 caps once a day for 3 months. Then 3 capsules twice a week as a maintenance program.

These doses kill intestinal flukes in **five days**; the rest of the program kills most other parasites, too. It peaks at three weeks followed by a fairly high dose for another two months to rid you of the rest except tapeworm heads and cysts. Kill these with a level teaspoon of cloves (in honey) once a day in a single dose for 7 days plus the herbal combination "Rascal" for 20 days.

### **Sources:**

#### **Black Walnut Tincture:**

*Say Yes To Life*

PO Box 510

Gainesville, MO 65655

(417) 679-4145

#### *Self-Health Resource Center*

757 Emory St. #508

Imperial Beach CA 91932

(619) 429-4408

#### **Cloves:** (Ask for fresh)

*San Francisco Herb & Nat. Food Co.*

1010 46th St.

Emeryville, CA 94608.  
1-800 601-0700

**Wormwood Combination:**

*Kroeger Herb Products* (Wholesale)  
805 Walnut St.  
Boulder CO 80302  
1-800 225-8787

*Hannah's Herb Shop* (Retail)  
5684 Valmont Rd.  
Boulder CO 80301  
1-800 206-6722.

**Rascal:**

*Kroeger Herb Products* (Wholesale)  
*Hannah's Herb Shop* (Retail)

From, *The Cure For All Cancers*, 1993  
ProMotion Publishing  
10387 Friars Rd.  
Suite 231  
San Diego CA 92120  
1-800 231-1776.

## **Appendix J: Functions Of Organic Colloidal Minerals**

Summary From "Rare Earths" Joel Wallach B.S.  
DVM, ND 1991 Nobel Prize Nominee Medicine

### **Aluminum**

Small amounts are essential *Toxic levels* - Alzheimers:  
(Needs Selenium & Vitamin E.)

### **Antimony**

Effective against blood flukes

### **Arsenic**

*Toxic Levels* - craziness/death

Small amount with choline prevents repetitive motion  
degeneration like TMJ and carpal tunnel.

Reduces active joint inflammation

### **Boron**

Aids efficient calcium and magnesium use

Essential for bone metabolism

Proper endocrine function

Reduces calcium loss from bones (Osteoporosis)

### **Bismuth**

Ulcers result from lack of bismuth & a bacteria,  
*Helicobacter pylori*

### **Calcium**

There is *more calcium in the body than any other mineral*. 20% of an adults bone calcium is reabsorbed  
and replaced every year. High protein diet increases  
demands for calcium

Maintain stronger bones and healthier teeth

Keep your heart beating regularly

Alleviate insomnia

Help metabolize your bodies iron

Aid your nervous system

*Deficiency:* Osteoporosis (& Dowagers Hump,  
spontaneous fractures, kyphosis)

Receding gums (Osteoporosis of facial bones & jaw  
bones)

Osteomalacia (failure to mineralize the protein bond  
matrix)

Arthritis

Hypertension/High Blood Pressure

Insomnia

Kidney Stones

Bone Spurs

Calcium deposits

Cramps & twitches

PMS

Some low back pains (sciatica, muscle spasms, disc  
problems)

Bell's Palsy

Osteofibrosis (enlargement of bones with scar tissue)

Panic attacks

### **Cesium**

Cancer aid Cesium enters cancer cell and produce  
alkaline condition

### **Chromium**

Low blood sugar (Vanadium & copper also)

Pre-diabetes (Vanadium also)

Diabetes (Vanadium also)

Hyperactivity

Learning disabilities

ADD/ADHD

Hyper-irritability

Depression

Manic Depression

Dr. Jekyll/Mr. Hyde rages

Impaired growth

Peripheral neuropathy

Negative nitrogen balance (body lean mass/protein  
loss)

Elevated blood triglycerides & blood cholesterol

Coronary blood vessel disease

Aortic cholesterol plaque

Infertility & decreased sperm count

Shortened life span

### **Cobalt**

Essential part of Vitamin B12 (Growth & nerve  
system function)

Anorexia

Anemia

### **Copper Deficiency:**

White or Gray hair

Dry brittle hair

Ptosis (sagging tissue - eye lids, skin, breasts,  
stomach)

Hernias

Varicose veins

Aneurysms (artery wall bulges)

Anemia (common in Vegetarians & high milk users)

Hypo- or Hyper thyroid

Arthritis (especially where growth plate are involved)

Ruptured vertebral disc problems  
 Liver cirrhosis (Number 9 killer in U.S.)  
 Violent behavior, blind rage, explosive outbursts  
 Learning disabilities  
 Cerebral palsy & hypoplasia (failure to form) of the cerebellum  
 High blood cholesterol  
 Reduced glucose tolerance (low blood sugar)

### **Europium**

Doubles the life span of laboratory animals

### **Fluorine**

*Toxic Level* 1990 Natl. Toxicology Program dental fluoride linked with Cancer  
 In plant based colloidal form will aid bone strength and no toxicity

**Gallium** Reduces brain cancers

### **Germanium**

Highly efficient electrical impulse initiator  
 Aids in oxygen utilization  
 Enhances immune system function (killer cells, interferon, macrophages, and T-suppressor cells)  
*Deficiency-* Arthritis  
 Osteoporosis  
 Low energy  
 Cancer

### **Gold**

Reduces active joint inflammation *Toxic Levels* - Dermatitis; GI trouble; Liver & Kidney damage

### **Iron**

Essential for life. *Calcium & Iron major dietary deficiency:* of American women.  
 Aid growth, prevent fatigue, promote resistance to disease, cure and prevent iron-deficiency anemia bring back good skin tone.  
 Hemoglobin (Oxygen carrier in red blood cells.  
 Pica (mineral deficiency)  
 Listlessness & fatigue  
 Heart palpitations  
 Memory Deficits  
 Anemia

### **Iodine**

Needed for thyroid function (Thyroxin is thyroid hormone) Copper needed to utilize iodine  
 Stimulates energy. Most people over 40 considered deficient in iodine

Help dieting by burning excess fat  
 Improve mental alertness  
 Promote healthy hair, nails, skin and teeth  
*Deficiency:* Goiter, anemia, listlessness, lack of energy, slow pulse, low blood pressure, weight gain

### ***Under-active Thyroid***

Fatigue  
 Cold intolerance  
 Muscle aches and pains  
 Heavy periods or less than 28 day cycles  
 Low sex drive  
 Brittle nails  
 Weight gains  
 Hair loss  
 Muscle cramps  
 Depression  
 Constipation  
 Elevated blood cholesterol  
 Puffy face  
 Dry skin & hair  
 Inability to concentrate  
 Poor memory  
 Goiter (throat swelling)

### ***Over-Active Thyroid***

Insomnia  
 Heat Intolerance ~ excessive sweating  
 Light periods or longer than 28 day cycles  
 Hand tremors  
 Rapid pulse  
 Weight loss  
 Increased Appetite  
 Muscle weakness  
 Frequent bowel movements  
 Irritability & nervousness  
 Goiter (throat swelling)

### **Lanthanum**

Deficiency: may be involved in chronic fatigue diseases

### **Lead**

Vomiting Weight loss, Muscular weakness  
 Headaches, Insomnia, Anorexia, Death

### **Lithium**

Deficiency:  
 Depression ~ Manic Depression  
 Lithium deficiency aggravated by high sugar consumption  
 Reproductive failure



Infertility  
Reduced growth rate  
Shortened life span  
ADD  
Rages & fits

### **Magnesium**

Anti-Stress mineral  
Alcoholics usually deficient  
Essential for effective nerve & muscle function  
Important for converting blood sugar into energy  
Aids in fighting depression  
Keep teeth healthier  
Bring relief from indigestion  
Promote healthier cardiovascular system  
Help prevent heart attacks  
Help prevent Calcium deposits, kidney and gallstones  
Asthma  
Anexoria  
Menstrual migraines  
Growth failures  
Neuromuscular problems  
Tetany-Convulsions  
Depression  
Muscular weakness  
Tremors  
Vertigo  
Calcification of small arteries  
Malignant calcification of soft tissues

### **Manganese**

Deficiency::Congenital ataxia  
Congenital deafness  
Asthma  
Chondromalacia  
Chondrodystrophy  
Poor cartilage formation problems  
Repetitive motion syndromes (like TMJ, Carpal Tunnel Syndrome)  
Convulsions  
Infertility (failure to ovulate or testicle atrophy)  
Still births or spontaneous miscarriages  
Loss of sex drive  
Retarded growth rates Shortened long bones

### **Molybdenum**

Essential as metaloenzyme of several enzyme systems

### **Mercury**

*Toxic* - ALS (Lou Gehrigs Disease MS (Multiple Sclerosis) Vertigo, Depression, Moodiness)

Selenium protects body against high mercury levels

### **Neodymium**

Enhanced cell growth  
Doubles life span of laboratory animals

### **Nickel**

Poor Growth - Delayed puberty  
Anemia  
Depressed oxidative ability of the liver  
High newborn mortality  
Rough/dry hair coat in animals  
Dermatitis  
Poor zinc absorption

### **Potassium**

Works with sodium to regulate the bodies water balance and normalize heart rhythm  
Hypoglycemia (low blood sugar) causes potassium loss as does a long fast or severe diarrhea.  
Both mental and physical stress can lead to deficiency  
Muscular weakness  
Mental Apathy  
Aid in clear thinking by sending oxygen to the brain  
Help dispose of body wastes  
Assist in reducing blood pressure  
Aid in allergy treatment

### **Praseodymium**

Enhances normal cell growth  
Doubles life span in laboratory animals

### **Samarium**

Enhances normal cell proliferation  
Doubles the life span of laboratory animals

### **Selenium**

Effective anti-oxidant  
Deficiency: :  
Anemia (red blood cell fragility)  
Age spots or liver spots  
Fatigue  
HIV (AIDS)  
Myalgia  
Scoliosis  
Muscular Dystrophy  
Cystic Fibrosis  
Cardiomyopathy  
Multiple Sclerosis  
Heart palpitations & Irregular heartbeat  
Liver Cirrhosis  
Pancreatitis & Pancreatic Atrophy

ALS (Lou Gehrig's Disease)  
 Parkinson' Disease (associated lead poisoning)  
 Alzheimer's Disease (associated high vegetable oil consumption)  
 Infertility  
 Low birth weight  
 High infant mortality  
 Sudden Infant Death Syndrome (SIDS)  
 Cancer (Associated with high vegetable oil intake)  
 Sickel Cell Anemia

### **Silica**

Increases collagen in growing bones by 100%  
 Dry brittle hair  
 Brittle fingernails  
 Poor Skin Quality  
 Poor Calcium utilization and arterial wall strength problems

### **Strontium**

Strontium replaces calcium in many organisms including man  
 Essential trace element - Not Strontium-90 man-made radioactive waste product

### **Sulphur**

Used in several amino acids within the body  
 Involved in functions of Haemoglobin, Insulin Hormone,  
 Adrenal Hormones, Enzymes, and Antibodies  
 Deficiency: Degeneration of cartilage, ligaments and tendons  
 Lupus  
 Sickle cell anemia  
 Several collagen diseases

### **Silver**

Systemic Disinfectant & immune support  
 Subdues inflammation & promotes healing  
 Anti-Bacterial  
 Anti-fungal  
 Kills over 650 disease-causing organisms

### **Thulium**

Enhances growth of normal cells  
 Doubles the life span of lab animals

### **Vanadium**

Aids in glucose (blood sugar) oxidation and transport  
 Enhances insulin effectiveness (aids with blood sugar problems)  
 Decreases cholesterol production

Increases effectiveness of heart muscle contraction  
 Anti-cancer properties  
 Deficiency:  
 Slow growth  
 Increased infant mortality  
 Infertility  
 Elevated cholesterol and triglycerides  
 Hypoglycemia  
 Hyperinulinemia  
 Diabetes  
 Cardiovascular Disease  
 Obesity

### **Yttrium**

Enhances normal cell growth  
 Doubles the life span of lab. animals

**Zinc Deficiency** associated with congenital birth defects:

Down's syndrome  
 Cleft lip & cleft palate  
 Brain defects  
 Small or absent eyes  
 Spina bifida  
 Clubbed limbs  
 Webbed toes or fingers  
 Hiatal hernia  
 Umbilical hernia  
 Heart defects  
 Lung defects

### **Pica**

Loss of sense of smell  
 Loss of sense of taste  
 Infertility  
 Slow wound healing  
 Weakened immune function  
 Poor growth (short stature)  
 High infant mortality  
 Small and/or poor ovary and testes function  
 Remain in pre-puberty state  
 Anemia  
 Alopecia (hair loss)  
 "Frizzy" hair  
 Diarrhea  
 Depression  
 Paranoia .  
 Anorexia  
 Bulimia  
 Enlarged prostate  
 Bad body odors ("smelly tennis shoes" syndrome)

**Notes on Colloidal Minerals**

Colloidal minerals are made from diatomaceous earths containing prehistoric plant matter. Absorption rates increase dramatically in colloidal form: Regular earth vitamins have only 4-6% absorption. *Chelated* forms increase absorption to some 40%, but a colloid particle is around 1000x smaller than a blood cell and the absorption rate of a colloid mineral is *greater than 96%*.

**Innovative Natural Products:**

Escondido, California 1-800 893-7467

Material excerpted from the tape, "Dead Doctors Don't Lie," and accompanying literature.

***Colloidal Silver:** Used for centuries as one of the most powerful natural antibiotics, now available in .001 micron size at 500 ppm concentrations. It kills over 650 different known forms of infection, including viruses, bacteria, fungus and parasites. It can be used against HIV, cancer, TB, colds, can be taken orally or topically. It both prevents and destroys infection, and is a highly useful general-spectrum non-toxic immune defense.*



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**Bill Pratney** is U.S. born. A champion tennis player, athlete and bass guitarist he has an evangelists calling to minister to the edge sub-cultures of the Western world, and a prophetic heart to see young Christians come up to their full potential in Christ. Bill has a widely varied training background from home self-study to many different kinds of schools both private and public. He has experienced growing up and learning to make friends in many nations. Bill lives in Lindale Texas and writes as a teenager actively involved in contemporary youth culture.

**Winkie Pratney** is a New Zealander who has spent over three decades helping young people all over the world to know Christ and training them to help make Him known to others. With his wife Faeona and son Bill, his vision is to see a new generation touch God and through Him change their world. He lives now mostly on American Airlines, traveling some 150,00 miles a year and speaking to up to half-a-million young people a year about Jesus and their world. He wrote his first book, *Doorways To Discipleship*, when he was 17; *The Daniel Files*, co-written with his 17-year old son, is his thirteenth book and their gift to Generation 13.

