



2005 Vol. 47 No. 3

COVER STORY

#### LOOK WHAT'S INSIDE:

AFTER DIVORCE

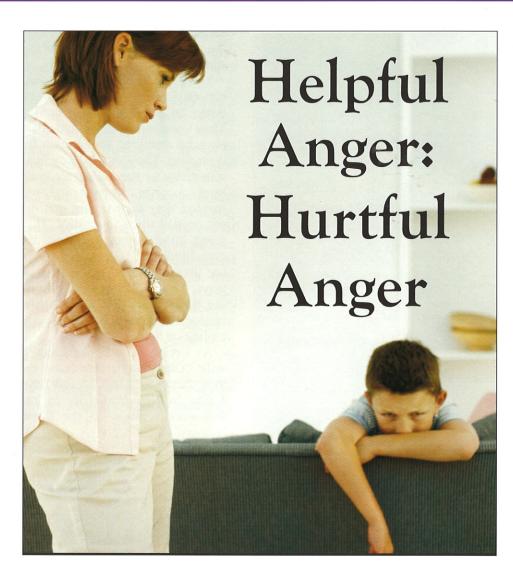
A TEACHER'S CONCERN

NCF IN ACTION

# What Is A Grandparent?

(Taken from papers written by a class of 8-year-olds)

- Gandparents are a lady and a man who have no little children of their own. They like other people's.
- A grandfather is a man grand-mother.
- Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard or run. It is good if they drive us to the store and have lots of quarters for us.
- When they take us for walks, they slow down past things like pretty leaves and caterpillars.
  - They don't say, "Hurry up."
- They wear glasses and funny underwear.
- They can take their teeth and gums out.
- When they read to us, they don't skip. They don't mind if we ask for the same story over again.
- Everybody should try to have a grandmother, especially if you don't have television, because they are the only grown-ups who like to spend time with us.
- They know we should have snack time before bedtime and they say prayers with us every time, and kiss us even when we've acted bad. ♣



by Bruce Narramore, Ph.D.

ave you ever thought what the world would be like if there was no anger? What if somebody under the influence of drugs ran a red light, killed an innocent child, and nobody was upset? What if a ruthless dictator slaughtered hundreds of thousands of people and nobody was indignant? What if a child was abused, and no one experienced righteous anger?

Anger can be a very helpful emo-

tion. It energizes us to act in order to correct wrongs and to right injustices. Jesus was angry with the Pharisees. But anger also breaks relationships, damages sensitive children and destroys marriages. We are told to "put away wrath, anger and clamor" (Ephesians 4:31). How can we reconcile these apparent contradictions? The answer is found in recognizing that there are two types of anger. Helpful anger and hurtful anger. Let's look at four differences.

Anger, continued on page 2

# RESTORATION AND RENEWAL RETREAT



A two week Restoration and Renewal Retreat for missionaries, pastors, and other cross-cultural Christian workers

> October 16-28, 2005 Chiang Mai, Thailand

Sponsored by the Narramore Christian Foundation

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### COVER STORY CONTINUED

Anger, continued from page 1

First, helpful anger motivates and enlivens us. By contrast, hurtful anger is either uncontrolled or freezes us into rigid patterns of thinking or behaving. When Jesus was angry it was nearly always with the religious leaders. His righteous anger motivated him to challenge their pious, insensitive legalism. It encouraged Him to try to change the status quo.

Years ago I read three books in preparation for a parenting seminar I was going to lead. I got angry at all three. They were authoritarian and advocated physical spanking as the main form of discipline. They showed practically no sensitivity to the children's needs for love, security, respect and nurture. Instead, they kept saying that the parent needed to be in control. They had some good points but they were so one-sided that I knew parents would use them in hurtful rather than helpful ways. The books were all about making the parents' life easier instead of raising children in the nurture and discipline of the Lord.

As I read those books I said to my wife, "Christian parents deserve something better than this." A few days later I flew to New York City to attend a two-week seminar on the Rorschach

ink blot test. I had every afternoon free so I decided to try to write a more sensitive book for parents. Every afternoon I holed up in my hotel and wrote and wrote. I didn't take long to eat. I didn't study the Rorschach. And I didn't watch any television. I was so motivated by my frustrations over those one-sided books that I put all of my time and energy into trying to do better. In two weeks I finished the entire first draft. That book, Help! I'm a Parent sold more than 150,000 copies. I honestly don't think that I would have written it unless I was angry. My anger energized me to take on that task. Righteous or constructive anger energizes us this way. It helps us do things that we often wouldn't do if we weren't feeling this strong emotion.

Hurtful or destructive anger is different. We lose our tempers and self-control or we are frozen into perpetual bitterness. But we don't do anything constructive. Some people have been angry for 20 years without reaching the point of forgiveness and moving on. Their anger destroys relationships instead of righting wrongs.

Here is a second difference. *Helpful* anger is directed toward evil. By contrast, hurtful anger, while sometimes directed toward evil, can also be directed toward anything or anyone

#### LAST LAUGH



"I didn't have much luck with "Will Work For Food" but now I'm netting 40k a year!"

### PSYCHOLOGY FOR LIVING

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that frustrates our desires, gets in our way, or keeps us from having things the way we want them.

Let's say that you are driving down the highway and are late to an appointment. You are in the fast lane and somebody has taken it on himself to drive precisely the speed limit right in front of you. You pull up behind him and feel righteously indignant because he won't get out of your way so that you can break the speed limit. That isn't righteous anger! It isn't directed toward evil. It is just directed to someone who won't let you have your way! That is sinful, hurtful anger.

Here is a third difference. Helpful anger co-exists with love and a concern for the other person's best. By contrast hurtful anger seeks revenge. The Bible says that God is not willing that any should perish. Even though we are sinful, Christ died for us because He loved us. God's anger always co-exists with a concern for the person's welfare. By contrast, hurtful anger wants to get even. It wants to make the other person suffer. But the Bible tells us "Vengeance is mine, I will repay,' says the Lord" (Romans 12:19).

Fourth, helpful anger provides a sense of mastery. If you've been

abused and mistreated as a child, you may well need to go through a period of anger to regain control of your life and overcome your victim mentality. Anger can energize you to do that. Anger helps us set boundaries and say, "No, I'm not going to do that."

By contrast hurtful anger is driven by a lack of mastery. Hurtful anger says, "I'm angry because I can't control you," "I want to try to force you to do what I want you to do." It reflects a lack of self-mastery and a lack of ability to control others. Hurtful anger also tends to violate other people's boundaries. We try to force somebody to be or do what they don't want to be or do.

In a nutshell, helpful anger is like God's anger. It isn't self-centered, hurtful or abusive. It grows out of His love and concern for the welfare of all. It motivates us to right actual wrongs. It isn't repressed or harbored as a hidden grudge. It isn't acted on impulsively. It doesn't destroy relationships. We act on it for someone's welfare, get over it, and move on.

Note: In the next issue Dr. Narramore will discuss ways of handling potentially hurtful anger.

# Why Do You Bother With Me?

by Betty L. Whitworth

The first day Danny swaggered into my language arts classroom I knew he was troubled. His lips curled down and his green eyes were mere slits when he looked at me. What others might have called rebellion, I called hurt and mistrust.

I greeted him and welcomed him to our school. He grunted something. I forced a smile as I watched him slouch in a desk at the back of the room. He kept his eyes focused on the floor as I taught the lesson.

The next day he did not bring his book to class and he had no homework. I asked if he did not understand the assignment. Again he grunted something. For many years I had dealt with troubled young people, but I wondered if I possessed the wisdom and patience to help Danny. Determination kicked in and I knew I was up for the challenge.

After one lecture, I sat beside Danny and went over the lesson point by point and watched as he wrote the answers. He said very

Why Bother, continued on back cover

#### LISTENING

### Compassion 101

by Glenda Barrett

We shivered in fear at North Georgia College as we performed our clinicals under the ever-watchful eyes of the nursing instructors. Stressed to our limits, we carried bulging book bags crammed with mounting assignments. It was not unusual to have hundreds of pages to read each night, and it felt overwhelming at times especially for those of us who had families at home to care for.

I thought this would be the usual day at school but soon learned it would not be.

During class lecture that day we had two teachers instead of one. The younger one sat in the back of the class and listened while the other one taught. About halfway through the class the one in the back stood up and said these words. "I promised myself, I'd never let another nursing class go by without saying what I have to say. I've not been able to be here for several weeks because I had to have surgery due to cancer. During my hospital stay, friends, family and co-workers did everything they could to make me feel better. They brought fresh cut flow-

ers, magazines, books and heaping plates of home cooked food. But I want you to listen closely because it won't be long until you will be nurses. As I lay in my bed in the wee hours of the morning alone and afraid, I would have given anything in this world if someone had walked into my room, asked me how I was feeling and let me really tell them."

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Glenda Barrett, an artist and freelance writer of poems and essays, lives with her husband in a small town called Hiawassee, Georgia.

# LIVING AGAIN AFTER

by Dick Innes

Like a biting arctic wind, Roger's note stung bitterly and cut deeply into Holly's heart. From outward appearances Roger and Holly's twenty-eight-year marriage seemed to be reasonably happy and secure. One afternoon, however, after a seemingly pleasant lunch together, Holly returned, home to find this note on her pillow:

"Dearest Holly, you have been a wonderful wife and mother. I could never have asked for anything more." After more flowery compliments, Roger continued, "But I'm in love with another woman. I've left home. You will hear from my lawyer very soon."

Holly was devastated. It took several days to get over the initial shock so that she could even cry. She pleaded with Roger to come home, but her pleas fell on deaf ears. She was left with divorce papers, shattered dreams and a broken heart. Sadly, Holly's experience is being repeated many times every day, most often by people who are more aware of the shaky state of their marriages. Every year in the United States there are two divorces for every four marriages.

Divorce is one of the most painful experiences any family can encounter. It's not only the death of a marriage, but also the death of dreams and hopes. It cuts at our deepest fears of being rejected and abandoned, and destroys years of invested love and caring. Divorce can be even more painful than the loss of love through physical death, which at least has finality to it and may often have been unpreventable. Where children are involved, divorce has even wider devastating effects.

Of one thing we can be sure, however. Even though God hates divorce (as well as everything else that is harmful to people), he loves divorced people and families and wants them to be healed and made whole. Recovery may not be easy but it beats staying in the valley of despair.

As one recently divorced mother told me, "I didn't even know where to begin. I had to rethink absolutely everything in

my life—my home, a job, my identity, my friends, my relationship with my children, and my relationship with God. I had to start all over."

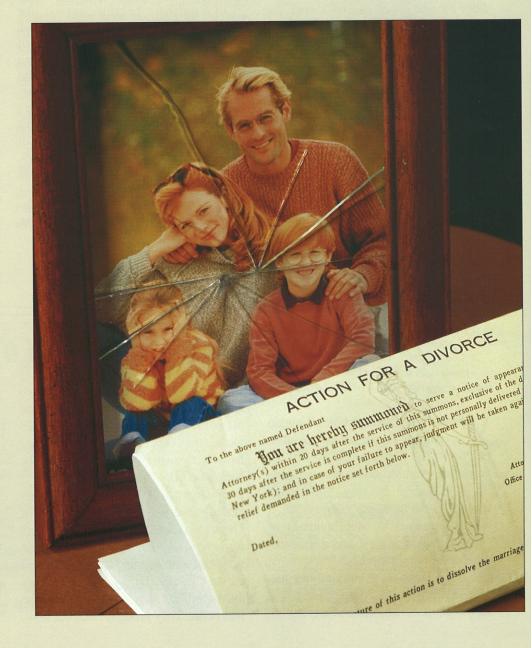
If you have experienced the tragedy of divorce, you can take several steps to start working through that difficult experience. And, in time, you may even find that God has used that trial to make you a healthier, happier person with an even deeper understanding of God's grace.

*First*, acknowledge your loss. After the initial shock it's tempting to go into denial by refusing to face the reality of

what has happened or by burying your feelings of hurt, anger and grief. The first step to recovery is to face the fact that your marriage has failed and be truly honest with how you feel about it.

Second, accept your pain as normal. Don't run from it. Pain is God's way of telling us something is broken and needs fixing. Whether a broken arm or a broken heart, the pain reminds us that we need to take proper care of ourselves.

**Third,** realize that this, too, will pass. If you have recently gone through divorce you may think that life is over



## DIVORCE ...

and that you will never love again. But if you commit yourself to getting through it, in time the pain will pass and you can become a healthier and more mature person—able to love and trust again, if that is God's will for you.

Fourth, don't waste your pain, invest it. Put your pain to work motivating you to grow and become a healthier person. Grow deeper in your relationship with God. He knows your suffering and wants to help you through it. Once you have progressed, you may even be able to support others who are going through similar experiences. Help them see that they, too, can survive and become happier, healthier persons. As God's Word says, "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God."1

Fifth, give yourself time to heal. It takes time to face your pain, adjust to single life, and come to understand what went wrong. A broken arm takes weeks to heal. Broken hearts take much longer—but not forever. It usually takes at least a year to make a lot of progress in working through the impact of divorce. However, if you haven't resolved your pain after two years, chances are that something is keeping you stuck. If this is the case, I suggest getting professional counsel to help you resolve your loss and work through the recovery process.

Sixth, do your grieving now. With all losses there are many emotions—hurt, depression, anger, guilt, and grief—all of which need to be understood, faced, and resolved so they won't become a permanent pattern. Find a safe person with whom you can share your thoughts and feelings. Don't put walls around your negative feelings because that will block out your positive feelings as well. A vital part of the healing process is to weep and even sob out your grief. As Jesus said, "Blessed are those who mourn, for they will be comforted."

Seventh, forgive to be free. It may

take a while, but you need to be growing toward forgiveness of your ex-mate. Failing to forgive keeps you bound to the past. As another has said, "Failing to forgive is like drinking poison and waiting for the other person to die." We can't

rush forgiveness and you will need to work through your hurt and anger before you can forgive. But ultimately you must forgive if you are going to recover fully. If you don't, you will take your negative emotions into all future close relationships.

Eighth, let go of the past. I've worked with people who were divorced as long as twenty years ago and were still hanging onto the fantasy that their ex-spouse would return—even though he or she had remar-

ried. You cannot move ahead with your future life until you let go of your past.

Ninth, guard against a rebound. Rushing into another romantic relationship too soon, can cause you to avoid dealing with your pain and the causes of your marriage breakup. If you marry too soon, you are almost destined to repeat your past mistakes. You need time to mourn your losses well and begin to grow in a positive direction before you start another intimate relationship.

Tenth, get into a support group. At times of loss we weren't meant to be alone. We need to be connected to safe, supportive, accepting, and non-judgmental people. We were hurt in hurtful relationships and are healed in wholesome, healthy relationships. The Bible says, "God sets the lonely in families." He does this through other people and sometimes the closest thing we can get to a healing family is a small support group.

*Eleventh*, realize that failure is never final and that the only real failure is the failure to learn and grow through our past difficulties.

Twelfth, let God teach you. Any failure, including divorce, can be "God's

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wakeup call" to show us that we need to make some major changes in our lives. Pray especially that God will show you the truth of what you contributed to your marriage breakup, why you were attracted to the person you married in the first place, and what you can do differently in future. What we don't resolve we are destined to repeat.

Finally, remember that no matter how difficult your situation God loves you and wants to

make you whole. As His Word says, "Whenever you face trials of many kinds ... you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything."

Be patient with yourself and know that with God's help, time, the support of safe friends, and working through the recovery process you can find healing from your hurt and a greater measure of spiritual, emotional and relational wholeness.

- <sup>1</sup> 2 Corinthians 1:3-4, NIV.
- <sup>2</sup> Matthew 5:4, NIV.
- <sup>3</sup> Psalm 68:6, *NIV*. <sup>4</sup> James 1:3-4, *NIV*.

Note: For more in-depth help see the author's book, *How to Mend A Broken Heart*, available from http://www.actscom.com/store.

Readers from around the world write NCF to let us know what they think about NCF's ministry.

"Your booklet, Avoidant Personality Styles, was very helpful and enlightening indeed. Through this booklet I discovered what's been keeping me back from people all these years—a deep longing to be with them, yet an extreme fear of constant rejection. I thought there was no way to explain my problem but your booklet gave me hope and strength."

- H.J., Michigan

"I work with students from an Asian culture who are often trying to do so much for God at one time. Your web article, 'Say No to Burnout,' is good to have something for these students to read to help maintain a balance in both their Christian and student life."

- I.G., New Zealand

"I found your website amazing with overwhelming quality Christian articles available for all to read. I am so glad to see pages like these not falling into making money, or another Christian cult or ideological Christian illusion ministry."

- H.L., Norway

### ASK DR. NARRAMORE

### What Should We Do When We

Q. I greatly overreacted to something my granddaughter did (she lives with me). It had to do with sneaking friends in overnight in my basement and I don't like the anger I felt. I raged. I was furious. I used bad language which is something I do not do. What should I do?

A. Thank you for your email regarding losing your temper with your granddaughter. Without knowing the situation personally, it is difficult for me to go into depth, but I will offer a



few thoughts and suggestions about situations like you mention.

First, it isn't unusual for we parents and grandparents to overreact and say things out of anger that we regret later. We are concerned about our children and when we see them doing things that are potentially dangerous, we can become both frightened and angry. Don't be too hard on yourself. You are not alone.

**Second,** the issue that triggered your anger (her sneaking friends in overnight in the basement) is a serious concern and I can understand that it would upset you.

If that kind of behavior continues, she can be in for serious trouble so your concern should not be minimized.

Third, in this kind of highly emotional situation we need to restrain our first angry impulse. The Bible says, "Man's discretion makes him slow to anger" (Proverbs 19:11a). We have all been foolish at times, but our goal is to learn to restrain our first impulse so that we do not say something that will undercut the good relationship we want to have with our children and grandchildren. Do whatever you need to do in order to restrain your first impulse. Count to 50. Go into another room until you cool off. Go for a walk. Anything to give yourself a little time. Another good way is to tell your granddaughter, "I am too angry (or upset) to talk now. We will have to discuss this after I cool off."

Fourth, when you do talk with your granddaughter, avoid attacking statements. Make your concerns clear to her and don't be afraid to say "I was (or am) angry. Or "When you do that I am frightened and angry." But don't attack her character, threaten, or verbally abuse her.

Fifth, once you settle down after losing your temper, apologize! Few things help rebuild a fractured relationship better than a sincere apology. Don't apologize for being concerned or upset but do apologize for losing your temper and

#### TRIBUTE GIFTS

Gifts In The Honor Of:	Presented by:	
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Donald Eicher	Lorraine Klann	
Donald & Mildred Eicher	Delores Griffin	
Lionel Beers	Marian L. Beers	

Would you like us to join you in honoring your loved one? You can send a Tribute Gift or Living Memorial Gift to the ministries of the Narramore Christian Foundation.

Please include the following: In Honor or Memory of, Amount, Given by; Name, Address.

Return to Narramore Christian Foundation P.O. Box 661900 Arcadia, CA 91066-1900.

### OUR CHILDREN

### Children Exposed to Violence

A survey of 28,000 Los Angeles middle school students at 73 different schools found that at each school between 70 per cent and 90 per cent of children have been exposed to violence in their community!

Children exposed to violence prior to 6th grade have markedly higher rates of absenteeism,

### **Overreact?**

saying something hurtful!

Sixth, ask her what she thinks will be needed to prevent her from doing anything like that again. Try to involve her in solving the problem. If she can't, then come up with your own solution—whether it is a temporary grounding, no TV, no visit to those friends, etc.

Finally, I would encourage you to be asking yourself why she felt like she needed to do this in the first place. In other words, why couldn't she feel good enough about her relationship with you to come to you and ask, and then live with your decision? Sometimes children who are misbehaving are acting out problems or frustration in their relationship with their parent or guardian.

Since she is living with you, I assume that her parents may be divorced or absent. If so, that may be part of what is troubling her. It can also be difficult for one guardian, especially a grandparent, to give a child all of the love, time, supervision and limits that he or she needs. If there are some deeper issues or problems like these, don't hesitate to seek out a good Christian counselor for her or for the entire family.

school suspensions and expulsions, and markedly lower academic performance, reported researchers at the National Child Traumatic Stress Network's annual meeting in Alexandria, Virginia, March 3, 2005.

More information on the National Child Traumatic Stress Network School Crisis and Intervention Unit is at www.nct snet.org/nccts/nav.do?pid=ctr\_schl.

# First 2005 MKs Complete Training

They came from all over the world-from Bahrain and Bolivia on one end of the alphabet to Senegal, Thailand and Ukraine on the other. Nineteen nations in all. They have left families and friends behind to return to the U.S. for college. Soon they will be moving into university dormitories, attending classes, meeting new peers and trying to adapt to a foreign culturethe United States America. They are the sons and daughters of missionaries serving the Lord around the world.

But before they take that huge step into college, they come to Southern California for the Narramore Christian Foundation's intensive two-

week seminar designed to help them successfully navigate this life-altering transition. Most are intellectually gifted cross-culturally sensitive. They speak two or more languages and can move through customs, immigration, and international situations that would perplex and even overwhelm many of us. But when they arrive in the U.S., the tables are Suddenly everything encounter is unfamiliar. Social expectations, dating patterns, youth culture, and topics of "small talk" are all different. If they haven't done so already, in time they will begin to experience grief over the loss of their friends, families, and the familiar language, sights, sounds, tastes and smells of their distant homelands.

Many will not feel that they belong here. Some will feel awkward or out of place. Some will resent the superficiality and materialism of our society. Some will easily make new acquaintances but have difficulty forming deep and lasting relationships. And others will feel quite anxious about facing so many unknowns away from the safety net of home.

Forty of these wonderful young men and women just completed their two-



MKs from around the world gather for conference.

week reentry program held on the Biola University campus in Southern California. In this brief time several made friendships that will last a lifetime. Nearly all of them found a place to belong. They realized that they can always fit comfortably with other thirdculture kids who grew up between worlds. Some gained clarity about their future college majors and career choices. And some began getting help in overcoming feelings of depression and low self-esteem, resolving difficult family conflicts, or coming to grips with some very traumatic experiences.

Now all of these students are much better prepared to move more confidently into the next phase of their life. Some have had radical life-changing experiences. Please pray for these sons and daughters of missionaries as they spread throughout the United States and take the next important steps in their rich but challenging lives. Pray also for their parents who remain in the foreign homeland sharing the good news of the gospel of Jesus Christ and are greatly concerned about their children.

little, but at least he didn't resist my help. I noticed that he was a good speller and his handwriting was neat and precise. Those two things added a pinch of hope to my effort.

I fully expected Danny to have the assignment the next day, but he didn't. My heart sank. I reminded myself that it would take time and patience.

After the lecture, I sat with Danny again and went over the assignment with him. He wrote the answers, folded the paper and stuck it in his shirt pocket.

"Danny, please remember to bring your assignment and book to class tomorrow."

"Yeah," he mumbled and slouched in the desk, his long legs extended into the aisle.

The next day he had no homework and no book. I could not stop the disappointment that squeezed my heart. How could I reach this young boy? I had to find a way.

Days and weeks went by with no progress. I hated writing zeroes in the grade book, but he left me no choice. In desperation I called his mother. She came in for a conference. I learned that Danny had just come to live with her; he had been living out of state with his father.

"His father couldn't handle him, so he sent Danny to me," she said. "I don't know what to do."

I suggested we write a contract, with Danny's input, and we all sign it like a legal document. Each of us had a responsibility in the contract: I was to continue giving him individual attention; he was to bring in at least 80% of his assignments, and his mother was to check his homework each evening. At the end of each

week his mother was to reward him in some way if he honored the contract: movies, pizza, or something else he enjoyed.

The first week didn't go as well as I expected, but I was able to write something other than zeroes in the grade book. That was progress!

Danny gradually made friends with a couple of other boys. The three of them often disrupted the class with their talk and frequent trips to the pencil sharpener. I separated them and moved Danny closer to the front.

Almost daily I called Danny into the hall and talked with him about his lack of effort, disrupting the class, or something. I always encouraged him to try and pointed out that he was bright and could do the work.

"The future will largely depend on what you do in school," I said. "The habits you form here will carry over into the work force. I'd like to see you succeed at whatever you attempt. I believe you can, but you must believe you can."

During one conversation in the hallway, he looked at me and asked, "Why do you bother with me?"

The words of Colossians 3:14 (NIV) came to mind: "And over all these virtues put on love, which binds them all together in perfect unity". Love was the key. I looked at Danny and replied, "Because you are worth my time!"

His face softened. I knew in that moment that I had made an impression on Danny. Because those words came from my

heart, they reached his heart.

I wish I could say that Danny suddenly turned over a new leaf and became a wonderful student, but it didn't happen overnight. Each week I saw baby-step progress. He was more attentive in class. Some assignments were not turned in, but that happened less and less. His test scores improved.

Another young man enrolled at our school at the beginning of spring semester. He was rude and angry. I tried to be kind but firm. It didn't work. One day he was back-talking. The whole class sat in stunned silence when I tried to remove the student from the classroom without success.

Danny rose from his seat and pointed a finger at the new student. "Sit down and stop giving her a hard time! She just wants to help you!" The authority in his voice surprised me. The new student sat and did not say another word during class.

Pride filled my heart. Genuine caring and concern had penetrated Danny's heart. A teacher's love and confidence had made a difference. In that moment I realized that it was really God's love through me that had touched the heart of this troubled teen.

Years later I saw Danny and he greeted me with a hug. He said, "I'm going to college to get a business degree. When I finish I'm coming to see you to show you my diploma. Without you I wouldn't be where I am today."

All the hours I had spent talking to Danny, praying for him, and trying to find ways to reach him had paid off. And all it took was love and perseverance.

### Helping the reluctant learner:

- Point out good qualities; don't dwell on the negative
- Show genuine concern and caring
- Be consistent
- Never give up trying to reach the youngster
- State your desire to help; ask how you can help
- Give the youngster your full attention when he agrees to talk
- Recognize his accomplishments
- Be firm but show respect
- Offer encouragement instead of shame
- Support his/her efforts

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