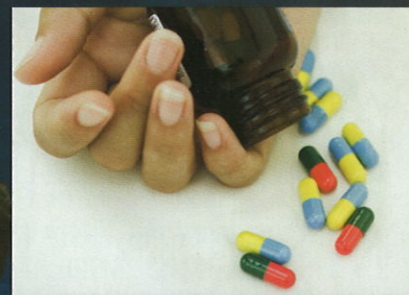


PSYCHOLOGY FOR
LIVING
FALL 2006

Also In This Issue:



- **Preventing Teenage Suicide**
- **Single & Satisfied**
- **Your Inexhaustible Gold Mine**

**The Problem
of Falling Rocks**

An Incredible Mother-In-Law

by Dr. Bruce Narramore

May 28, 2006, my wife Kathy's mother, Mrs. Mildred Dean Rice, went home to be with her Lord at the age of 93. Mildred was an incredible person and fantastic mother-in-law who lived an unusual life. She was a missionary, author, educator, teacher, mother, grandmother, great grandmother, and a friend to Christian leaders, lay people, missionaries and nationals around the world. When her mission agency recently asked their missionary women who had been the most influential person in their life, Mildred was far and away the person most often credited with impacting their lives. You probably don't know it, but she may have even influenced the way that you pray! (See pg 15).

Mildred Dean was born in Winnipeg, Canada, in 1912 and moved with her parents to Los Angeles when she was eight years of age. Immediately after graduating from high school in 1930, she went to work as secretary to Mrs. Charles E. Cowman, the president of the Oriental Missionary Society (now OMS International) and the author of one of the most widely read Christian devotional books of all time, *Streams in the Desert*. Mildred typed the entire manuscript for Mrs. Cowman's next devotional, *Springs in the Valley*.

After finishing college she and Kathy's dad, Rolland Rice, were married and went to China as a young missionary couple in 1936.

They spent all of their working years in full-time ministry in China, Japan, and Taiwan except for a five-year period in the U.S. during World War II.

Mildred loved people and poured her life into them. She easily related to people of all ages and even in her 80s and 90s she was encouraging and discipling people in their 20s, 30s and 40s! In China and Taiwan, Mildred was known as "the hostess with the mostess," entertaining nearly all of the Christian leaders of her generation that came to Asia to minister. Bob Pierce (founder of World Vision International), Dawson Trotman (founder of the Navigators), Stacey Woods (Director of InterVarsity Christian Fellowship in Canada and the U.S.), Dr. E. Stanley Jones (missionary statesman to India), and Gladys Aylward, whose incredible journey leading a group of 100 Chinese orphans over the mountains and around enemy soldiers to freedom during WW II was chronicled in the movie *The Inn of the Sixth Happiness*, all stayed in the Rice home and were cared for and entertained by Mildred.

One of my wife's favorite memories as a child was watching "Dr. Bob" Pierce getting her cat to chase a string in circles on the floor of their home in Beijing! If table talk became argumentative, Mildred would delightfully but clearly say, "OK, now let's talk about xyz" and promptly change the subject. If there was a conflict between missionaries on the field Mildred would approach them and encourage them to work it out. She knew the Lord intimately and knew that His children ought to get along. She was a peacemaker and an insightful lay counselor long before we had modern-day Christian

Rice, continued on page 21 ▶

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The Problem of Falling Rocks

by Peter Marshall

Driving along the highways that run through the mountains, you may have noticed the frequency of signs that read: "Beware of falling rocks." Now this is a hazard of driving along these highways that no precautions can avoid. It makes no difference whether you are a good driver or a bad driver, the hazard is there and there is nothing you can do about it.

It is typical of those troubles in

life that no caution can avoid, and that have nothing to do with one's conduct, be it good or bad. The insurance people call them "Acts of God." When they come they come and that's that. This is not fatalism, but a recognition that God has set up in this world, which He has made, certain natural laws that govern inanimate things.

The question I ask you to consider is what should be our attitude toward these troubles that we can do nothing to prevent? The most-common attitude is one of worry,

for this is the most familiar and widespread of the transgressions that mark our inconsistency as Christians.

I suppose the cartoon character, "The Timid Soul," meeting one of these signs along the highway, would peer anxiously above his shoulders, and seeing the overhanging boulders would turn his car around and drive back. But suppose he decided to drive on and risk it. He might drive very carefully and worry all the time, lest one of these huge rocks break loose and come crashing down upon him and his new car. But what good would his worrying do him? It wouldn't hold the rock up there. The worrying of the driver has no effect upon the rock, but it has a tremendous effect on the driver.

People have never fully realized just how destructive a thing worry is. It truly plays havoc with one's life. It ruins digestion. It causes stomach ulcers. It interferes with sound sleep and forces us to face another day unrested and irritable. It shortens our tempers and makes us snap at the members of our family.

Jesus had a lot to say about this very thing. In the sixth chapter of Matthew's Gospel you will find quite a full quotation on this theme in the Sermon on the Mount. Jesus said: "Take no thought for the morrow" — that is, no anxious, troubled thought. "Which of you, by taking thought, can add one cubit unto his stature?" (KJV) You can't suddenly make yourself a foot taller than you are. That is one of the things of life you have to accept. Fretting about your lack of inches will not increase them.

Can you, by worrying, keep something unpleasant from happening? Do you soften the blow, ease the burden, or lessen the pain? Of course not, but you stand a good chance of reducing your ability to take it.

I want to make a distinction ►

between thoughtful consideration on the one hand, and the useless fretting on the other that destroys peace of mind. It is this latter useless fretting that I have in mind.

The futility of it was illustrated perfectly in the case of our little boy. The year he was in kindergarten he enjoyed it very much, for it was nearly all play. Then when he moved into the first grade, he was shocked to discover that he had to learn things. In short, he had to think and had less time to play.

He was very unhappy about it, and as he wrestled with the problem of learning the letters of the alphabet, how to read them, and how to write them, his mind was troubled.

Many a time, in the midst of his play, his lower lip would tremble, and he would burst into tears, crying as if his heart would break. Having been told that he had twelve years of study before him, and then possibly four years of college after that, he was most miserable. He would confess between his sobs that he was worrying about going to college, and what he would do when he got there.

Now that seems to us ridiculous – but not any more so than some of the things we grown-ups worry about. Of course, if you are not a Christian you have plenty to worry about. But if you are a Christian, if you are a child of God then your worrying is not only futile, it is sinful. For worry, to the Christian, is really a sin.

With regard to the rocks that may fall upon us, the only happy way to deal with them is the way of faith – faith in the purposes of God, faith in the presence of God, faith in the promises of God, and faith in the power of God to deliver us in any trouble.

A good deal of the strain and tension of life is due to our unwillingness to accept situations that are beyond our control. Christians must be realists as well as idealists, and Christ was both. When we resist things we cannot change, then we have strain inside – inner tension – and that is what causes the trouble.

There are so many things in life

beyond our control that he is wise who recognizes the fact and who says: “God willing, I will do this or that . . .” This is not mock piety, but clear recognition of life’s contingencies, and our helplessness in certain situations.

Suppose you were bereaved suddenly, and so many expressions of love and gratitude were left unsaid. Suppose you were left alone, and then you thought of so much that love could have said, and gratitude could have done. Just suppose that happened to you!

Now, when trouble like this comes, when the rocks do fall, it will not help to reject faith altogether, and fling away in revolt from all that you once believed. For in God’s name where will you go? To what else will you cling? What would you substitute for Christian faith? Just because you may not understand what has happened to you or why it should have come is no reason why you should throw it all away.

If Christ is right, then there is a loving purpose in it all . . . even though our tear-filled eyes cannot see it. If Christ has not lied to us, then there is a reason behind even the darkest providence. There must be a reason, for God rules; and the reason must be good, for God is good. It must be the under side of love, for God is a God of love. When you are in the sunshine you may believe it. But when you are in the shadow you must believe it, for you have nothing else.

The promises of the Scriptures are not mere pious hopes or sanctified guesses. They are more than sentimental words to be printed on decorated cards. They are eternal verities. They are true. There is no perhaps about them.

How does the prophet know that God will neither leave us nor forsake us? How does the psalmist know that the broken-hearted and the afflicted will be comforted? Because they themselves had dark days and lonely nights. That’s why! Because they themselves have gone through it.

It is in times of calamity . . . in days and nights of sorrow and trouble that

the presence, the sufficiency, and the sympathy of God grow very sure and very wonderful. Then we find out that the grace of God is sufficient for all our needs, for every problem and for every difficulty, for every broken heart, and for every human sorrow.

It is in times of bereavement that one begins to understand the meaning of immortality. You *think* today, as the sun streams in golden shafts through the window and birds sing of spring, you think that you believe it.

But wait until you stand at the edge of an open grave . . . *then* you will *know* what it means to believe it. You will not then be interested in chattering about immortality . . . or gossiping about the theories of the hereafter . . . you will know . . . deep down in your own heart, you will know.

Those we love are with the Lord, we believe, and the Lord has promised to be with us, never to leave us, nor forsake us: “Behold I am with you always.” (Matt 28:20 NASB) Well, if they are with Him and He is with us . . . they cannot be far away. It is not true to sing – or even think – of Heaven as being far away. It is no distant land, no alien shore, but near us – very close.

It gets nearer as we grow older. As more and more of our friends and loved ones go home, our thoughts and expectations turn ahead to the time when we shall all meet again in the new life . . . in the other room never again to part.

But meanwhile, between now and the time when the bell shall toll for us, we still have a pilgrim way to travel. It may be smooth or rough, we cannot tell. Troubles may come – troubles will come.

How shall we deal with them when they do come? The Christian treatment of trouble is splendidly illustrated by the oyster, into whose shell one day there comes a tiny grain of sand. This tiny piece of quartz has entered into the shell of the oyster and there like an alien thing, an intruder, a cruel unfeeling catastrophe imposes pain, distress and presents a very real problem. What shall the oyster do?

Falling Rocks, continued on page 20 ►

Scottie's Revelation

by Betty L. Whitworth

I noticed Scottie, a young neighbor, making friends with some boys with a questionable reputation. The leader, Jonas, had been investigated for a number of burglaries in the community, but charges were never brought. The boys seemed to look up to Jonas as their leader and that concerned me.

Scottie's family had been long-time friends so I felt concern about the sudden change in his choice of friends. I felt compelled to help Scottie realize he needed to choose new friends, but I had to be careful. Simply talking to him would only make him resent me. If I talked to his parents he would think I was meddling. I needed to find a way to show Scottie the truth so he would think the revelation was his own.

One warm February afternoon Scottie was helping me stack wood. A flock of geese congregated near our property chattering like bickering children. They were flying in circles rather than the normal "V" formation.

"Look at that," I commented. "Those geese are confused. The leader is trying to get them organized, but some of them refuse to cooperate."

They continued chattering and darting around in different directions. After a few minutes some of the geese finally left the flock and flew away in a random formation.

"A rebel goose has assumed leadership and a few geese are following him!" I commented. "I don't think I've ever seen that happen before."

Scottie made no comment, but he watched the remaining geese carefully.

In a little while the remaining geese lined up in the "V" formation, winged across the sunny sky, and settled in a harvested cornfield near our house. Perhaps the geese could dine on a few grains of corn left behind by the combine, and they could drink from the

cattle pond near the field.

"Look at that!" I said. "The leader has taken the flock to that cornfield where they can find food and water."

"Why didn't those other geese stay with the flock?" Scottie asked.

"I don't know. They probably didn't realize the importance of a good leader."

Scottie went home early with the promise of returning the next day to help me finish stacking the wood.

The next morning the Kentucky hills were covered with snow. I stepped outside and heard the chattering of the geese in the cornfield. The leader must have known the snow was coming, I thought, and made preparations. The leader had led the flock to safety where they could wait out the winter storm.

Scottie arrived after lunch. "What about this snow, Mrs. Whitworth? Do you think the geese over there in the field knew the snow was coming?"

"Yes, I do. Their leader was wise. He led them to safety where they will have food and water until the storm passes. The leader made preparations for this sudden snow."

"How do they pick their leader?"

"I don't know, but in this case they picked a good one, didn't they?"

"Yes." He sat on a tree stump in my back yard. "People have leaders too, don't they?"

"Certainly! We are all either a leader or a follower."

"I guess I'm a follower."

"Well, there's nothing wrong with



being a follower if you have a good leader."

"But what if you don't have a good leader? It's not easy to change groups. Sometimes other groups won't accept you. It's no fun being alone."

"You're right. It is no fun being alone, but the wrong friends can lead us into trouble. The Bible says we are to withdraw from every brother that walketh disorderly. What do you think that means?"

"It means we should be careful who we hang around with and who we follow."

"That's right! You're a wise boy, Scottie."

"Well, I was just thinking about those geese. Some of them followed a good leader, but some didn't."

"Yes, that's right," I replied. No other explanation was necessary; Scottie understood.

Not long after that I noticed Scottie playing pitch and catch with some other boys in the neighborhood. I smiled, for I knew the lesson of the geese had helped Scottie realize he needed to choose different friends and a trustworthy leader.

A Hang Up On the Second Ring



I know “authentic” when I see it, and my new wedding ring isn’t authentic. Fortunately, my God is: “But the Lord is the true God; he is the living God, the eternal King...every goldsmith is shamed by his idols. His images are a fraud; they have no breath in them...He who is the Portion of Jacob is not like these, for He is the maker of all things...the Lord Almighty is his name.”

Jeremiah 10:10, 14-16

by Clifford E. Denay, Jr.

Heights just aren’t my thing, except the heavenly ones. I respect gravity. So I was carefully climbing down the ladder after a long day of painting. The house looked great. I was exhausted. I stepped slowly, deliberately. Still, three rungs from the bottom, I slipped. Instinctively, I grabbed at the ladder with my free hand. Yes! I hung suspended like a marionette on a string, dancing on air. But, wait. Suddenly, I felt like lightning had struck my wedding ring. What in the world? I screamed. Then, I fell. I was sure my finger had been ripped from my hand.

Dear God, no!

I was afraid to look. Dazed, I finally glanced down and was amazed to see both my ring and bloody finger still attached. Somehow, the ring had caught on a ladder rung as I fell. That’s how I managed my Peter Pan act. It had cut deeply before being ripped apart, dropping me in a heap. Through the crimson I could see the jagged edges where the rest of the gold had been. I was lucky. Had the metal “hung tough,” my finger would have been history.

After my finger healed I wanted Russell Secrest to repair my ring. Russell designed the matching wedding bands for my wife Jane and me. I’d worn his creation for close to a quarter century. I’d loved the thin gold band. It had grown

oblong, smoothed by years of marital trial and error. It was a good friend and a reminder of God’s faithful accompaniment throughout my marriage. I often coaxed it around my finger with my right hand, feeling its proper alignment by shape alone. Years ago at my request, Russell had engraved three hearts in each ring. “I want one heart each for my fiancée Jane, myself and God,” I said. I wanted both God and Jane at my side from the beginning.

Russell worked his magic. Each ring was a work of art.

But Russell had moved away, retired. So Walter Baker and I stared at the broken golden band lying on the red velvet cloth. Walter had been one of Russell’s apprentices.

“Cliff, I can repair it and hope it doesn’t break again. It’s quite thin. Or I can melt it down and make a new one. I’ll do a good job for you. It’ll match perfectly. It’s your call.”

What was I thinking?

The new ring Walter crafted is solid, an excellent reproduction. But Walter was wrong. It’s not a perfect match and that’s the problem. It’s not the original. The new ring hasn’t lived my history. It hasn’t been with me through the laughter and tears, the victories and defeats, the births and deaths. It hasn’t shared my doubts and fears. The ring hasn’t been blessed by

time.

I made a mistake. I want my old ring back, but it’s too late. I know “authentic” when I see it and my new wedding ring isn’t authentic. Fortunately, my God is: “But the Lord is the true God; he is the living God, the eternal King...every goldsmith is shamed by his idols. His images are a fraud; they have no breath in them...He who is the Portion of Jacob is not like these, for He is the maker of all things...the Lord Almighty is his name” (Jeremiah 10:10, 14-16 NASB).

There’s a lesson in this for me: stick with the Authentic One, even when it means mending a broken relationship with Him from time to time. His patience never grows thin. His love never fails. It’s never too late. His arms are always open to catch me whenever I fall. He’ll repair my broken heart every time. All He asks of me in return is to follow Him. His request “rings true for me!”



Clifford E. Denay, Jr. holds an M.A. in counseling and a specialist in education degree. He is an adjunct professor of psychology and a licensed professional counselor at North Central Michigan College. He is a contributing writer in the book *Stories of Inspiration: Lessons and Laughter in Student Affairs*. He and his wife Jane have two grown children.

Understanding and Prevention

by Bruce Narramore, Ph.D. and Vern C. Lewis, Ph.D.

In our previous issue Drs. Narramore and Lewis discussed the causes of teenage suicide. Teenagers who take their own lives have lost hope. They despair of ever succeeding, being loved, coping with the challenges of adulthood, satisfying their intolerable perfectionistic demands or even being honest about the extent of their self-hatred and hopeless feelings. This month Drs. Narramore and Lewis share how we can prevent the tragedy of teenage suicides. - The Editors

What can parents do to rear children who won't be vulnerable to depression and suicide – depression's ultimate "solution"? And what can parents, friends and teachers do if they suspect a teenager is contemplating ending his or her life?

Let's start with a general, but absolutely crucial principle. *Everything you do to meet your teenagers' needs, communicate your love, and help them gain confidence to face adult life will minimize the possibility of serious depression or suicidal feelings.* Happy adolescents don't entertain thoughts of ending their lives. When you help teenagers gradually grow out of their childhood dependence on you, build new friendships, and learn to cope with difficult challenges, you help them become stronger and less susceptible to depression and suicidal thoughts. And when you help teenagers become aware of their God-given gifts and learn to feel good about themselves you prepare them to cope with hardships without caving in.

Here are some specific things you can do to implement this general rule.

First, be sure you find ways of expressing your love so that your children can feel it and believe it. Most parents of suicidal victims love their children, but love is not enough. We must be sure we communicate our love in ways that sink deeply into the fabric of their being. This means being

involved in their lives, seeing things from their perspectives, putting ourselves in their shoes, and being a good listener and a strong supporter.

Second, listen carefully for your adolescents' hidden feelings. Don't assume that because a teenager is achieving well or behaving well that everything is fine. Be alert to hidden feelings of hurt, failure, isolation or rejection. Learn to pick up on subtle clues that they aren't feeling well. Pushiness and prying won't help, but sensitive listening will. Draw your teenagers out. If you show a sincere interest in understanding their lives and joys and struggles and spending uninterrupted time together, most teenagers will eventually open up and let you know how they are feeling.

Third, beware of excess pressure. In Japan, much of a teenager's future hinges on passing a demanding college entrance exam. Japan does not have the option of two-year community colleges where students can improve their high school performance and eventually get into a four-year college. They only have one chance, the college admissions test. If they fail, they will not be able to enter any profession requiring a university degree. This places stu-

dents under such great pressure that it is not uncommon for Japanese teenagers who fail this exam to commit suicide. They feel like failures who are doomed to always underperform.

What a tragedy. Teenagers are not ready for such intense pressure. Don't fall into this trap. Help your teenagers set realistic goals. Allow time for fun and friends and recreation. Teenagers who feel good about themselves and others will succeed even if they don't get a great academic start. But no matter how well your children do in school, they can be burdened for life by nagging doubts about themselves if they haven't learned to relax, develop meaningful friendships, enjoy life, and set realistic, attainable goals.

Fourth, be open about your own weaknesses and strug-



Living Teenage Suicide (part 2)

gles. Teenagers' feelings of failure are magnified when they compare themselves to successful adults. If you act as though you have no problems — and never did as an adolescent — you make teenagers feel even worse. Don't hesitate to share some of the awkwardness or problems you experienced as a teenager. We told our children that we got our share of C's in high school and weren't the greatest students in college. We also told them about some of our spiritual and psychological struggles before our lives started coming together and some of the feelings of inadequacy we still felt as adults. These talks let our children know it is normal to have some anxieties, problems and concerns.

Fifth, encourage your children to express their emotions — including their negative ones. We all like to hear our children's happy feelings, but sometimes we frankly don't want to hear their discouragement, anger or confusion. No parent wants to hear that his or her child is deeply depressed or even feels like dying. But the best antidote you have for helping a distressed teenager is getting him to talk about his upsetting feelings.

Since depression is partly the result of repressed anger, one of the best preventive measures you can take is to encourage your children to be honest about any angry feelings they have, including toward you. Rather than squelching anger with rebukes like, "Don't talk to me like that!" listen to the hurt behind your adolescents' anger. Statements like, "That really made you mad, didn't it?" or "I'm sorry I hurt you. Can you tell me what I said that was so upsetting?" show that you are more interested in understanding your teenagers than in defending yourself. It reassures teenagers that their angry feelings are normal and needn't be destructive. The same is true of anxious, excited, and depressive feelings. Teenagers need to have all of their feelings heard and understood.

Sixth, help your teenagers develop a vital relationship with the Lord. Teenagers who know that God loves them and has a plan for their lives are better able to cope with the identity struggles of adolescence. Faith gives teenagers a terrific resource for finding security, belongingness and purpose in life. It provides a framework for understanding this sometimes-confusing world and it keeps them in touch with their loving Creator. A biblical understanding of forgiveness helps teenagers find a solution to guilt, a nearly

universal adolescent struggle, and a good church youth group can provide a loving community where your sons and daughters can share their joys and sorrows.

Christian teenagers, of course, are not immune to problems like depression and suicide. Normal adolescent struggles and family problems can blur anyone's view of God and make it difficult to feel His love. But a vital faith in God can be a powerful resource for maturing adolescents.

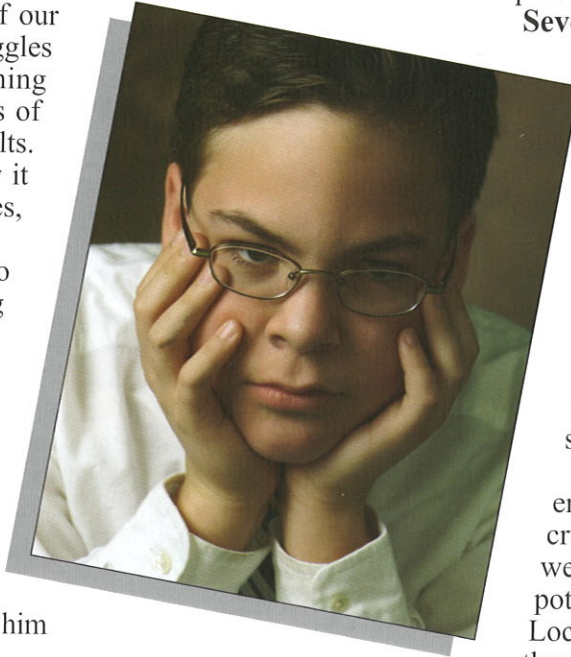
Seventh, be aware of warning signals. Running away, drug and alcohol abuse, signs of depression, talking about death or suicide, withdrawing from family and friends, chronic low self-esteem, taking unusual risks and giving away prized possessions can all be reasons for concern. So can major changes in a teenager's personality or school performance. Don't overlook or minimize these problems. They are not just a stage your adolescent is going through. They can reflect serious inner struggles.

If you are concerned that your teenager may be feeling suicidal take these two crucial steps. (1) Remove any lethal weapons or medications or any other potential means for committing suicide. Lock them away so your teen cannot get to them. This won't solve the underlying problem but it can minimize the likelihood of an impulsive decision to end one's life.

(2) Seek professional help. Find a good therapist who specializes in working with troubled teens. And if your teen is depressed, see a psychiatrist for possible medications. Although your teen may protest, this is no time to be slow or passive. Simply tell him, "I know you don't want to do this (or think this is necessary) but we are concerned and we want to help you with whatever it is that seems to be troubling you so much."

For many, adolescence is the single most difficult and confusing period of life. Leaving the relative safety of childhood, coping with peer pressure and the many challenges of adolescence and anticipating the realities of adult responsibility can be enough to overwhelm anyone, let alone a struggling teen. But if we offer consistent, loving support and find ways of helping them make the transition to adulthood with confidence that they will be loved and successful, we can greatly minimize the possibility that our teens will lose hope and give in to the ultimate despair. ☞

Adapted from the book, *Parenting Teens* by Dr. Bruce Narramore and Dr. Vern C. Lewis





illness Facing Mental ness

by **Kathleen Trissel**

I was deep in the pit of despair, lying on a hospital gurney, feeling so alone, and wondering, “Where are you, God, in all this?” Do you love me less? Will you stick by me? Have I gone too far? A multitude of questions without answers flooded my mind. I knew I wouldn’t be going home, but would be spending time on the psychiatric ward of the hospital, where I had been many times before. But this time I would be going to the medical ICU unit first. In the midst of mental anguish, I had taken a handful of pills. I felt so ashamed, so distant from God, so sorrowful and alone in my pain. Lying in bed, I wept tears that would not stop their flow. I reached for

one Kleenex after another until the box was empty, and still more tears. I waited for a room to become available on the psychiatric ward, but time seemed to stand still. The longer I waited the more I cried. I wanted to be anywhere except where I was.

Once more I was dealing with a mental illness that made it impossible for me to continue to work. I seem to have been born with a constitutional vulnerability to mental illness and some of my childhood experiences further programmed me for struggles I have faced throughout my life. Though I have had intermittent periods in which I was able to work, I was once again faced with the urging of my treatment providers to go back on disability.

The Struggles

Not only did I have the illness to deal with, but I also found myself struggling with the reality that I had tied my sense of purpose in life with what I could do. If I wasn’t working, then I felt I had to go to school. I wavered back and forth between looking for jobs and looking at educational programs to attend, to the point where it was an obsession. I thought I had to maintain some kind of “successful” performance to have the approval of God.

Grappling with my limitations had been another area of struggle. I paid a high price for ignoring them. The result was less contact with reality and increased anxiety, which left me unable to function. Frequent

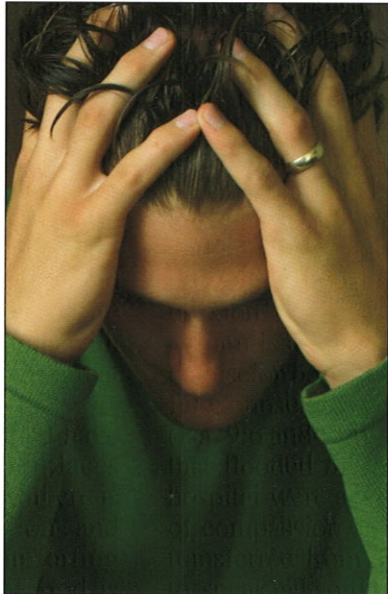
hospitalizations were the norm.

A third area in which I struggled was facing the reality of my weakness and mental fragility. It didn't take much stress to cause symptoms to surface; as I began to feel mental pressure my ability to think clearly also deteriorated. I was told by both of my treatment providers, neither of which knew the other had spoken, that I am mentally fragile. I didn't want to see myself as weak or fragile.

The Healing and Learning Process

In the midst of and in spite of the illness, God has healed so much in my life. I am learning that I don't have to perform in a certain way to be a recipient of God's approval and in this there is great freedom. I began to see that God was more interested in my "being" than in my "doing." It is a hard lesson to learn, and a difficult place in which to grow. It carried its own pain and sense of insecurity, in addition to the torment I felt with having a suspicious and paranoid mind. I would have to learn to stand on the truth that I am accepted in Christ because of what He did, not anything I could ever do.

I am also learning to better respect my limitations which has been very hard. It is so easy to compare what others seem able to do, and feel severely limited and inferior. Scripture even warns that it is not wise to make comparisons with others (2 Cor. 10:12). If I compare myself with others whom I judge to be a success, and measure my success by them, then I am discounting the person God created me to be. When I allow Him to be the source of my acceptance and approval, it removes the pressure to compare myself with the performance and limitations of others. What a relief!



There is even a hidden blessing in facing my limitations: I have grown more alert to warning signs that indicate symptoms of the illness. I am therefore better able to take action to thwart further decompensation, such as contacting the doctor and removing external pressures.

Facing my weakness and mental fragility required that I humble myself, but it also meant I could be a recipient of God's strength. Scripture relates that out of weakness strength can be received (2 Cor. 12:10). In my weakness I am learning that God calls the weak to shame the strong (1 Cor. 1:27), so when the weak are strong He is the only one to receive the glory. I am growing in the ability to rejoice and be glad in my weakness. It makes me more dependent on the Lord (2 Cor. 11:30).

Rebuilding of My Life

The rebuilding of my life has begun on these truths: God's approval of me is not based on my performance; I have limitations I need to respect; and it is okay to admit my weakness and mental fragility. While I am still unable to work, the Lord has enabled me to build a life that includes meaningful activity and friends who desire to spend time with me. That's a great blessing!

Though I have frequented places of unreality, there is less isolation and the comforting presence of God is in the realm of reality. Reality is certainly not without pain, but even in the pain there is hope. Living in unreality brings no hope.


I still struggle with the obsessions and compulsions of my mind and not infrequently with paranoia. But I rejoice when I hear Steven Curtis Chapman sing about Jesus being our Magnificent Obsession. I pray always

that Jesus will be my magnificent obsession.

There are also times I struggle with not feeling close to God, but He remains faithful. I am comforted by the truth that there is no place I can go that I will not be in His presence. Psalm 139:7-10 says it so beautifully, "Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast" (NIV). In spite of my illness I am comforted by His Word, His grace, His compassion, and the knowledge that I belong to Him.

The result of my suffering has been an increase of compassion in my heart for others, becoming less hard on myself, and hopefully the maturing of character. Romans 5:3-4 states: "We know that suffering produces perseverance; perseverance, character; and character, hope" (NIV).

There is no suffering in my life that is without purpose, even though I may not understand it at the time, or perhaps until eternity. Is it not through suffering that we can more deeply know the suffering Christ? (Phil. 3:10). John, the beloved, was the disciple closest to Jesus in relationship and he also was the one disciple closest to the suffering of Jesus at the crucifixion.

I am learning that I need not be the counselor because He is the "Wonderful Counselor" who will not leave me (Isa. 9:6 and Heb. 13:5). The questions that flooded my mind that day in the hospital were answered in His display of compassion and comfort. As I was transferred from medical ICU, unable to speak a word but only shed tears, the hospital aide spoke, "You'll be alright." 

Kathleen Trissel is a Licensed Professional Clinical Counselor in the state of Ohio, with a M.A. in Counseling and Human Development from Walsh University in Canton, OH. She has worked in crisis intervention periodically with the psychiatric population and is currently on disability.

Single and Satisfied

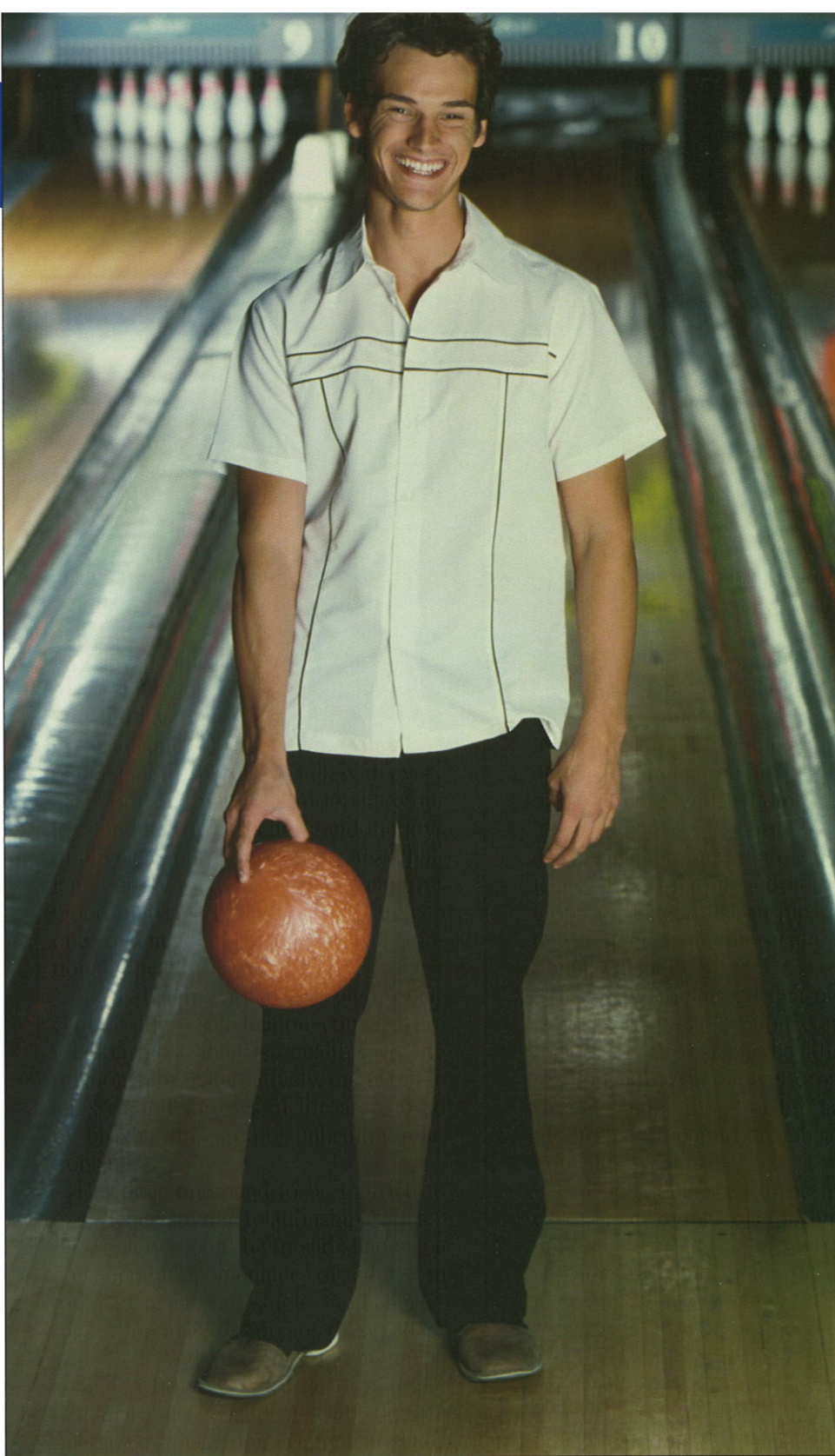
by Dick Innes

Relationships! While we have been created for them, they can be a bane or a blessing, a joy or a sorrow. They can promote deep satisfaction or drive one into the pit of despair.

Many people, though not all, would agree that being in a loving marital relationship has many benefits. It provides love, meaningful companionship, an understanding partner to talk with every day, someone with whom to share our joys and sorrows, security and the joys of physical intimacy. Partners also challenge and enrich us and help us grow. Good marriage relationships help keep one contented, and physically and emotionally healthy.

It has been claimed that eighty percent of life's satisfaction comes from relationships; that is, healthy, loving relationships. Alternatively, many of the stresses and sorrows of life are caused by broken, impaired or unhealthy relationships.

But does one need to be married to experience loving relationships? If so, our society would be in sad shape as a considerable percentage of adults in today's society are single—either having never married, or are divorced or widowed. And, of course, the high percentage of divorces testifies to the fact that marriage, in and of itself, doesn't guarantee satisfaction. Many Christians also dedicate their lives to serving God in ways that may limit or exclude the possibility of marriage. So the answer to our question is "No, one doesn't have to be married to find fulfillment and happiness." In fact, our happiness comes initially from within and from our relationship with the Lord. Unless



we have learned how to live fulfilled, contented and happy lives as singles, we are not likely to find fulfilling relationships or make healthy marriage partners should we decide to marry. Happy, well-adjusted people tend to have happy, well-adjusted relationships.

Looking to someone else to meet our unmet needs and fill voids caused by unresolved personal issues is a recipe for relational disaster. This is why it is imperative to resolve our own personal problems if we are to find loving, lasting and healthy relationships.

If you have either chosen a single life or been thrust into it by circumstances beyond your control, the question is, as singles, “How do you find fulfillment and satisfaction” in light of the fact that God created you for relationships? *The bottom line is that marriage isn't the only source of meaningful relationships.*

Keep in mind that we have a need for several areas of intercourse besides sexual intercourse. In fact Webster's Dictionary's first definitions of intercourse are “connections or dealings between persons or groups” and/or “exchange, especially thoughts or feelings: communion.” We need not be married or engaged in sexual intercourse to have: 1) Intellectual intercourse—the sharing of thoughts and ideas; 2) Social intercourse—being with and sharing social times with friends of both sexes; 3) Emotional intercourse—an honest sharing of feelings with trusted friends; and 4) Spiritual intercourse—relating to and staying in fellowship with God and others who have similar goals and interests. When we get our intellectual, social, emotional and spiritual needs met sufficiently, it greatly compensates for the absence of sexual intercourse.

Next, make a commitment to continue growing emotionally and spiritually. Be a perpetual learner. Read widely, attend classes, seminars and retreats.

Third, know what your gifts and talents are and develop those. Discover your God-given life purpose ... and find a work (be it paid or volunteer) where you can use your abilities and into which you can put your best efforts. This is vital for personal satisfaction and fulfillment. Keep in mind the admonition of John Ruskin who said, “The highest reward for your toil is not what you get for it, but what you become by it.” And, as Abraham Maslow said, “If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life.” If you need to return to school to take special training,

do it.

Fourth, and equally important, take care of your physical well-being. Without being obsessive, stick to a healthy diet and get sufficient rest, relaxation and exercise. It helps everything in life go better.

Fifth, remember that character counts. Newspapers are replete with stories of business personnel, politicians, and others who abandoned moral and ethical standards for the sake of personal gain of one kind or another. As Teddy Roosevelt put it, “To educate a person in the mind but not the morals is to educate a menace to society.”

Remember, too, the following nine pillars of character. The first six are from Michael Josephson of Character Counts to which I have added a seventh, eighth and ninth. They are as follows: trustworthiness, respect, responsibility, fairness, caring, citizenship, integrity, personal honesty, and humility. Adhering to these principles provides a gratifying sense, not of being superior to others, but of self-respect. It also enriches our lives and relationships.

Sixth, master the art of effective communication. Learn how to get in touch with your emotions. Be transparent and honest about how you feel. Never lash out and hurt others but always, as God's Word says, “Speak the truth in love.”¹ Use “I” messages such as, “I feel hurt, angry or whatever.” Never play the blame-game by making statements like, “*You* make me mad or *you* really hurt my feelings.” Nobody can make you angry, upset or hurt you without your permission. Actually, the more immature and super-sensitive we are the easier our feelings will get hurt and the more we will overreact.

What others do may be a serious problem, but that is their responsibility. How we respond is always our responsibility. One of the major causes for impaired relationships is the tendency to blame others for our reactions and for causing our personal problems. At best,

others trigger our unresolved issues, but they don't create them.

Seventh, deepen your relationship with your Father, your heavenly Father that is! God is not far off and distant.² He lives within each of His children and He wants to communicate with you each day.³ Take time to listen to Him through reading scripture.⁴ Talk to Him all day about small and large decisions and experiences.⁵ Thank Him for all He does for you and let your love and gratitude and sense of His presence sink deep into your soul.⁶ He is your father, you are His child. You are not alone. You are deeply loved by the Creator of the universe.

Jesus didn't marry, but he was completely fulfilled in life. He had close human friends including John, his “beloved” disciple; and he was in constant contact with His heavenly father. We can do the same.

Finally, serve others. Speaking personally, in my single years three of the most constructive and fulfilling things I did were to keep actively involved in my own emotional and spiritual growth, serve in the singles ministry in my local church, and regularly teach and lead seminars to both singles and marrieds in the areas of recovery, relationships and communications.

Someone has wisely said that the person who is all wrapped up in him or herself makes a mighty small package. Don't allow this to be said of you. If you consistently practice these eight principles, I am confident that you, too, will find considerable peace, contentment, fulfillment and satisfaction in your singleness.

¹ Ephesians 4:15

² Acts 17:27

³ 1 Thessalonians 5:17

⁴ Psalm 119:11

⁵ Philippians 4:6

⁶ 1 Thessalonians 5:18

EDITOR'S INTRODUCTION

These two articles are from the diary of Mildred Dean Rice, the mother of Dr. Bruce Narramore's wife Kathy. Mrs. Rice recently passed away at the age of 93.

"In Time of War" recounts Mrs. Rice's evacuation from China as a missionary following the Japanese invasion of China in 1937. Many missionaries of her generation and ours have had to face similar forced evacuations and separations from loved ones due to war.

"Discovering Conversational Prayer" tells how Mrs. Rice and her dear friend, Rosalind Rinker, first "discovered" conversational prayer as they served together as missionaries in China. Ms. Rinker's book, *Prayer: Conversing with God*, has sold nearly one million copies and brought new vitality and meaning to the prayer life of untold millions of Christians around the world.

In Time of War

by Mildred Rice

The Second World War began in China July 7, 1937. Throughout that missionary term we were under war conditions as third nationals (that is someone not in the war yet) but the climate was getting more unpleasant every day. The United States Embassy sent us five warnings telling us to get out before war began or we might be put in concentration camps, but the consensus of the mission was that there had been rumors of wars before and nothing much happened, plus they were not willing to leave their corporate assets and so the policy was to ignore the warnings.

However, my husband, Rolland felt

for sure that war was coming and that we ought to get out. Rolland had an inner premonition and five times he booked passage for three-year-old Kathleen and me and five times I cancelled. The reasons I cancelled were, first, I knew the mission didn't approve, and second, I didn't want to leave Rolland if a war was coming. But Rolland kept saying it was my responsibility to take Kathleen out of danger. So finally when I saw Rolland was about to have a nervous breakdown if I didn't go, I agreed.

We left Peking in May 1941, and Rolland came with us to Japan to put us on a Japanese ship out of Kobe for America. This was risky for had war with the U. S. been declared on our way over, we would have been returned to a prison camp in Japan. This did happen on the next voyage of that ship, the Asama Maru, and in the end it was sunk in one of the crossings. Many missionaries, including Eric Liddell of *Chariots of Fire* fame, did not leave China in time and ended up spending years in prison camps.

One of the lowest points in my whole life was when I stood on the deck of that ship in Japan with Kathleen in my arms and waved goodbye to Rolland on the shore, knowing that a war would separate us – perhaps forever! It was awful. Suddenly the Lord seemed to swoop under me and say "Thou shalt mount up with wings as eagles – thou shalt run and not be weary, thou shalt walk and not faint!" That kept me going until Rolland was out of sight and then I cried and cried. Rolland later told me that he never felt so lonely in his life as at that moment on the dock when Kathleen and I sailed away!

Our live-in amah (house helper and Kathy's babysitter since the day she was born) cried so hard when Kathleen left she had to get glasses! She also told me I could never get to America with



Mildred Rice 1912-2006

that child, and I thought that was the funniest statement I had ever heard – couldn't get to America with my own child – but 24 hours out to sea, I decided she was right!

In the first place Kathleen knew Chinese, not English. If you wanted her to listen, you had to speak to her in Chinese. The amah let her get

away with practically everything, so when I tried to crack down, I really had something on my hands.

The time on the ship was something I won't ever forget. The railings were so wide that any three-year-old could have slipped through and fallen into the ocean below, so I literally walked the Pacific with Kathleen. She wouldn't take a nap no matter what. There were seven in our cabin, so there was no privacy there, either. I remember I sang and sang the 91st Psalm in Chinese walking those decks and I think that preserved my sanity.

When Kathleen came on shore in America she couldn't speak English much. She didn't know what an ice cream cone was or how to lick it. She didn't know how to chew gum and swallowed all they gave her. And she was generally a little harum-scarum with the abrupt change of her environment. My dad and stepmother threw up their hands – especially my dad and said, "What wild Chinese child have you brought us!"

Four months later Rolland became gravely ill and the mission gave him permission to return to the U. S. He toured Pearl Harbor in September, just three months before Japan bombed it and brought the U. S. into the war in Asia and the Pacific. Rolland arrived safely in the U. S. and I was never so glad to see him in my whole life. We spent the next five war years in the U.S. where Ed was born and then took the first converted troop ship back to China to resume our ministry there. (→)

Discovering Conversational Prayer: A New Way of Talking With God

by Mildred Rice

Rosalind Rinker had been in office work with our mission in Shanghai but then she became very ill. In the hospital she promised the Lord that if she lived, she would go into full-time Chinese evangelistic work. Characteristically with Rosalind, she went into it full steam ahead, sold all her good foreign things—clothes and all—and went completely Chinese. She moved into a Chinese house on the compound, wore Chinese clothes all the time, ate Chinese food, and often was in evangelistic work with our Chinese team for six weeks at a time when she didn't speak a word of English.

Often we had a prayer time together by her brick bed, a bed in which balls made of a combination of mud and coal could be put in the middle in the winter and heated, keeping you half-way warm. One day as we were praying by this bed I prayed for Yu-Fu's sister-in-law for whom we had been praying. Rosalind promptly broke into the middle of my prayer, interrupted, and said, "We thank Thee, Lord, that You have already answered prayer. Yu-Fu has already been able to forgive her sister-in-law and everything is all straightened up."

I was astonished that Rosalind interrupted me and said, "You interrupted my prayer." We were quiet for a moment and then we laughed and realized that we had come onto a natural way of praying. Rosalind said "I believe the Lord has taught us something. Instead of making a prayer speech (a long monologue) let's talk things over with God, back and forth, including Him in it, as we do when we have a conversation." I agreed and said, "Yes, and we could bring up one person or situation at a time and both



Mildred Rice and Rosalind Rinker (right) in Peiking, 1940.

of us pray back and forth about it, until we feel we have touched God."

That was the beginning of what we now know as Conversational Prayer. Whenever Rosalind and I prayed together in China, we always were quiet at first to recognize the presence of Jesus. Then we would begin to pray back and forth by subjects as you would do in a conversation. We taught this to our missionaries on our station and found it a new and refreshing way to pray that seemed to make

heaven open and blessings come pouring down! Rosalind's book: *Conversing With God* has now gone all over the world and has been translated into many languages and is still going strong.

I especially remember one retreat I was in with Rosalind at Forest Home Conference Center in Southern California many years ago with 400 women. At the close of the service she asked them to stand where they were and pray conversationally. It was

"Whenever Rosalind and I prayed together in China, we always were quiet at first to recognize the presence of Jesus."

amazing what happened that day in the space of about 15 minutes. Rosalind went back to Chicago but I stayed in California in deputational work, and for the next months everywhere I went people would come up to me and say, "Remember how we prayed at Forest Home – well the Lord has marvelously answered!" Some of the prayers were for big things like families about to break up, disease, and all kinds of things, but nothing was too hard for the Lord.

The OMS has now taken up Conversational Prayer in all our World Intercessory and Regional programs, and we have what we call "Prayer and Share" days that all involve Conversational Prayer. The Lord wonderfully meets many through this new and vital way of praying.



Your

Inexhaustible

by **Clyde M. Narramore, Ed.D.**

When I think of God's Word, the Bible, I think of it as an inexhaustible gold mine.

The Scriptures are filled with many rich treasures that deal with your and my daily living and like a gold mine that knows no limits, the more you find, the more there is. The further you go into this gold mine, the more great treasures you will discover.

Not only is it filled with precious guidance for daily living, it also offers eternal life in Heaven with God Himself.

Consider, for example, the gold mine found in the second verse of Psalm 18.

"The Lord is my rock and my fortress and my deliverer;

My God, my strength in whom I will trust;

My shield and the horn of my salvation, my high tower." (KJV)

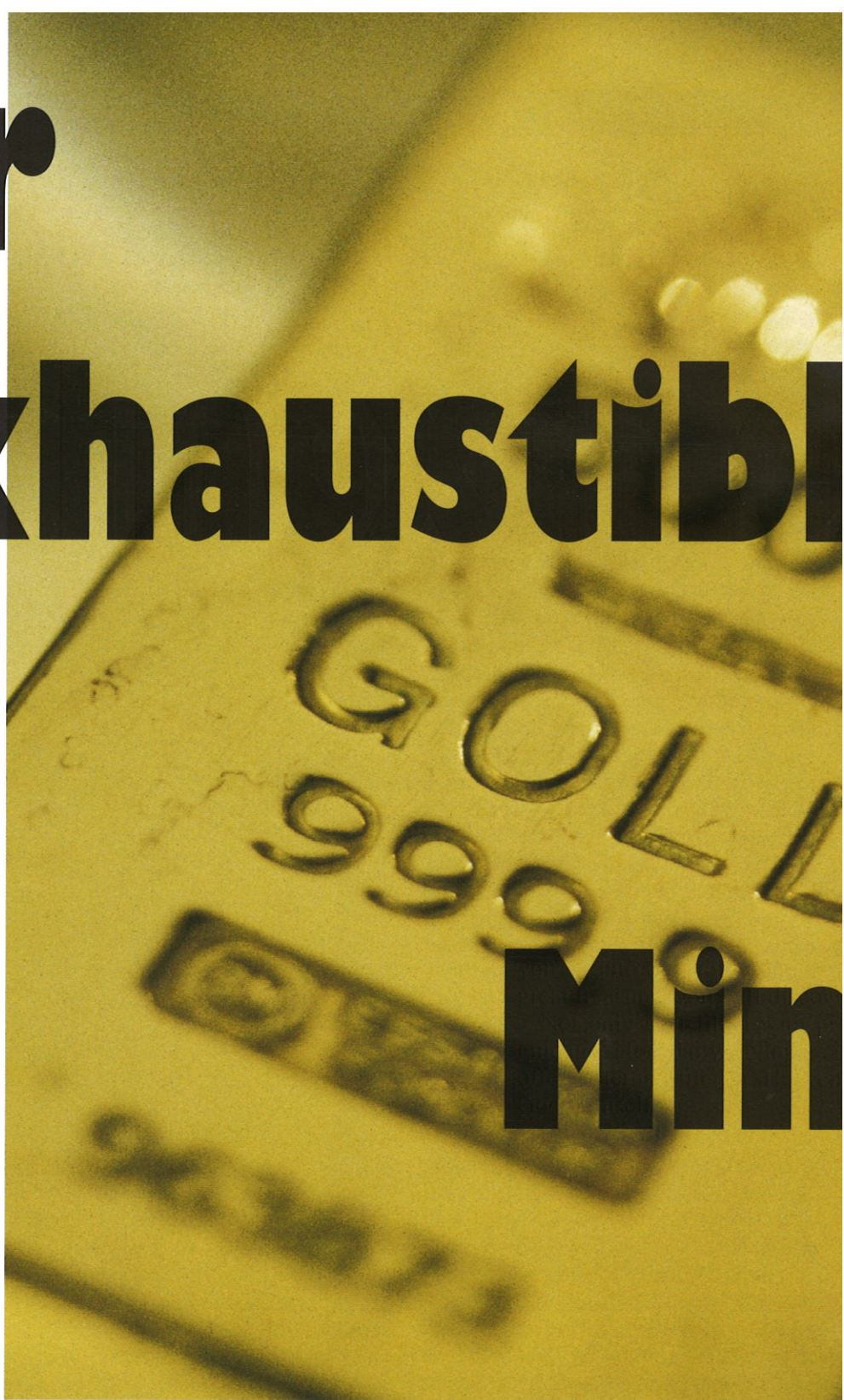
God is our Rock

There are many famous rocks, for example the Rock of Gibraltar. Organizations that want to impress you with their steadfastness often use this rock as their symbol. It's wonderful that Christians have a rock-solid foundation. This is especially true today when cults and isms are ram-


pant and when we are told on every hand that there is no such thing as objective truth—just our individual opinions. Radio and television are spewing out godless models and messages telling us how to live our lives according to one "guru" after another. In the middle of this confusion

God's word tells us to "be steadfast, immovable, always abounding in the work of the Lord" (1 Cor. 15:58 NASB).

If you are a born-again Christian, you have a sure footing in Christ and His Word. He is our rock. We are not tossed about by false teachings or fickle fads. As we devote ourselves



Min



Not long ago some precious friends of mine underwent a terrible experience. Naturally there were tears and grief, but they had walked with Christ for years and they knew they could depend on Him. They were comforted by the knowledge that God was with them in their grief and that He was not angry or impatient. Christian friends came alongside and supported them as well. In time they were able to use their painful experience to minister to others. Christ and His body, the church, was their solid rock who enabled them to go through the ordeal with victory.

Jesus is our Fortress

A fortress brings to mind conflict and war, and a place of safety. That is frequently what the Christian life is like. Our enemy is Satan. God's word says, "Your adversary, the devil, prowls about like a roaring lion, seeking someone to devour" (I Peter 5:8 NASB). But like David, who was concealed by God from Saul in the mountain fastness of Judea, we too are gathered near and held close in times of peril. Everyone who attempts to live Godly lives will suffer some persecution and hardship. Many influences will try to steal our joy and cause us to seriously stumble. But when we are spiritually equipped by knowing His Word and trusting in Him we have power to overcome Satan, our enemy. Since Christ is our fortress, we can go through life with assurance.

He is our Deliverer

With the Holy Spirit indwelling us, He will deliver us from harm and many destructive situations. When we are afflicted and needy the Lord knows and provides a means of coping or escaping. Knowing and living by God's revelation to us through the Bible also delivers us from many potentially destructive experiences. We avoid relationships and activities that would tend to destroy or undermine our lives. Indeed, God is our deliverer!

In the fourth chapter of II Timothy, Paul tells of his experiences as he moved from place to place serving the Lord. He even tells that he was

delivered out of the mouth of the lion! Then in II Timothy 4:18 he says: "The Lord will deliver me from every evil deed, and will bring me safely to His heavenly kingdom; to Him be the glory forever and ever. Amen." (NASB) This doesn't mean we won't have trials and even great suffering. But God can deliver us in the middle of terrible experiences. He often takes things that Satan meant for evil and turns them into good as with Joseph who was sold into slavery by his brothers but ultimately ended up saving their lives!

I'm sure you can look back at your life and recount times when you were delivered, possibly from bad judgment, dangerous investments, unwise moves, the sins of others or yourself, or just the pain inherent in our fallen world. God doesn't let us escape the consequences and pain of our sin, but He does deliver us from evil and help us grow through it if we let Him.

He is our God

The Bible says that "there is one God and one mediator between God and men; the man Christ Jesus" (I Tim. 2:5 NIV). Those of us who know Christ personally realize that God's Holy Spirit indwells us. What a wonderful thought! He is so near and always available.

To have God is to have everything eternal. Ten thousand books would not be adequate to fully describe God and what He is to us—now and for eternity. In fact, "For in Him we live and move and have our being" (Acts 17:28 NIV). He is all good things in one. We can be confident He provides us boundless and eternal goodness.

I like the scripture that says, "My help is from the Lord who made heaven and earth." Think of it. God is the one who made billions of stars, earth, HEAVEN AND ALL THAT THERE IS! What a helper!

I am overwhelmed by the fact that God is so great that we cannot fathom His greatness. Yet He is so near and personal that He cares for us, knows our smallest needs, and is concerned about our daily walk with Him. To Him you and I are very special. Psychologists and others in the ►

daily to reading God's Word and praying, we can make Christ our dependable, immovable rock! He is our sure, immutable, eternal confidence and support. We can count on Him to make sense of our world no matter how troubled we are or how much pain we feel.

field of counseling and mental health know that there are basic emotional needs that must be met if we are to function well in life. These needs, such as belonging and love, are partially met on a human level, but they can only be met completely as we turn to the Lord who created us and makes us His own children. What a provision! And what a God!

He is our Strength

As we go through life most of us grow increasingly aware of our weaknesses and how much we need God's strength to live successfully and accomplish things that really matter. The apostle Paul describes this in the ninth verse of II Corinthians, chapter 12. "My grace is sufficient for you, for my strength is made perfect in weakness." (KJV) Paul doesn't mean that we are incompetent and unable to do anything at all. Instead, he means that as we serve God we become aware that He calls us to do far more than we could do in our own strength. And when we are weak, His grace restores our confidence in His strength.

When my wife, Ruth, and I founded the Narramore Christian Foundation, now an international counseling ministry, we learned a lot about our needs and weaknesses. We hardly had a penny, and little experience for the calling. But we trusted God to enable us to do what He wanted us to do. And that He did! Without being able to solicit funds on radio, God graciously entrusted us with the development of a national radio broadcast, counseling centers in three states, a national headquarters, seminars, the publication of volumes of literature, opportunities to speak in significant places, training programs for missionaries and MKs and a graduate school that has now graduated more than 900 fine Christian psychologists! Praise God for His almighty strength that enables us to do the impossible.

He is our Shield

Today as we follow the war in Iraq we hear a great deal about protective

gear. We want to be sure that our fighting forces have what it takes to shield them from injury and death. In our personal lives He is our shield that wards off the blows from those who hurt us with insensitive or hostile words and actions. He makes us steadfast in the trenches of our lives.

So it is in the dynamic Christian life. We want to be certain that we have the shield of God. Secular darts will often come our way. But we have God's shield. The psalmist expresses it so beautifully in Psalm 84:11: "For the Lord God is a sun and shield; The Lord gives grace and glory; No good thing does He withhold from those who walk uprightly." (NASB)

We may not even know what we should be protected from. But He does. I like what God says in Deuteronomy 33:12 "...The beloved of the Lord shall dwell in safety by Him, who shelters him all the day long; and he shall dwell between His shoulders." (KJV) Between God's shoulders. What a shield!

Christ is our Salvation

When I was a boy growing up on a ranch in Arizona I heard about people being saved. We learned this at church, and I heard people talking about it around the community. The people in our tiny community who claimed salvation and who attended church were noticeably different from those who seemed to never give God a thought. This interested me because I knew I needed something, and I wanted to be sure of going to Heaven when I died.

In Sunday school classes we memorized Scripture and since our teacher gave little prizes to the ones who learned the most verses I committed many portions of Scripture to memory. Because the Word of God is "quick and powerful," these verses took hold in my heart in spite of my mixed motives for learning them! One day when I was about eleven I knelt down and asked Christ to save me. I believed Romans 10:13. "For whosoever shall call upon the name of the Lord shall be saved." (KJV)

Immediately I sensed that God's

Holy Spirit had entered my life, that I was a new creature in Him. From that day until now, He has meant everything to me.

Millions can attest to the fact that they have salvation through Christ. Volumes could not tell all the wonderful things that come to a person after he is saved and walks daily with His Maker. Salvation is the greatest need in all the world and we should eagerly share it with others.

Christ is our High Tower

Several years ago Ruth and I conducted a tour to Communist Russia. We entered on a bus by way of Finland. As we neared the entrance we traveled on a narrow road through a forest. When we arrived at the check point, we saw a high fence on both sides. A huge iron gate had to be opened to let us pass through. As we drove up to the gate, a number of police swarmed around our bus. In the middle of the road was a high tower. Up there two or three officers looked out of their window, keeping account of everything going on. Occasionally they would communicate with the guards below by the gate. Finally they let us through and we headed for Moscow.

A high tower like these officers had is a place of real advantage. It provides better vision. You can distinguish your enemies from your friends. Height provides a measure of safety and enables you to see more accurately just what is happening in life.

You and I as believers in Christ have a high tower. We don't have to live at the bottom of life. The Bible helps us see both the big picture and many smaller details. It tells us what to expect in life, how to understand our times, and what to expect in the future. We need not be overly distressed by current events and conditions because we have a high tower from which to view them.


A gold mine? Yes, the Bible is and like Psalm 18:2 says, there are countless inexhaustible gold mines ready for our exploration, blessing and practical daily wisdom for life. ➡

The Prevalence of Psychiatric Disorders In the United States

A recent survey of more than 9,000 adults in the United States found that nearly 46% had at least one psychiatric disorder at some time in their lives.

Anxiety, mood disorders and alcohol abuse were the three main categories of psychiatric disorders with 17 percent of the population suffering from a major depression at some point. More than half of the people with psychiatric disorders were getting no treatment.

On the average, anxiety disorders first appeared at age 11, substance abuse at age 20, and depression at age 30.

Researchers defined a "severe" psychiatric disorder as one that involved a suicide attempt, psychosis, severe drug dependence, serious violence, substantial disability or limitation, or being unable to function normally in family life, at work, and in personal relationships for a month or more. Using this definition, 22 percent of those suffering from psychiatric disorders were severe, and 6 percent of the population had a severe psychiatric disorder in the previous year. 


Kessler, R.C., et al. "Lifetime Prevalence and Age-of-Onset Distributions of DSM-IV Disorders in the National Comorbidity Survey Replication, *Archives of General Psychiatry*. June 2005: Vol. 61, No. 6, pp.595-602.

Help for Air Travel Anxiety

Since 9/11 air travel has become an increasingly stressful means of transportation. Frustration, long lines, and angry, complaining passengers seem to be the order of the day. Who hasn't longed for the days when arriving an hour before departure made for a rather serene and relaxing journey? Now, with terrorism threatening our ability to even carry on liquids of all sorts, we may lose forever our freedom to take carry-on luggage! And we can't really hope for it to return to the carefree manner in which air travel used to be enjoyed.

One airport in the world has begun to give attention to this pervasive burden air travelers endure. Jorge Newbery Airport in Buenos Aires, Argentina, has become the


first airport in the world to create a permanent, licensed psychiatric clinic dedicated to treating the stress and anxiety of flying. The clinic is located in the main terminal and staffed by a psychiatrist, an educational psychologist and a retired commercial airline pilot. Though without a couch, finally a place to vent your worries, learn the basics of aerodynamics or get a prescription for anti-anxiety pills!

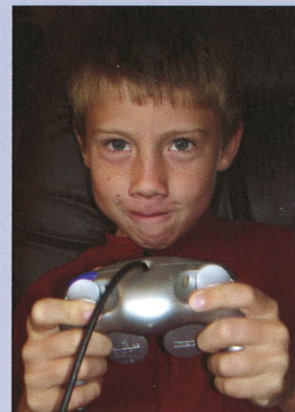
So the next time you contemplate traveling abroad, give a thought to our neighbors to the south. They might have a solution for just what ails you. 

This article is adapted from <http://msnbc.msn.com> September 4, 2006.

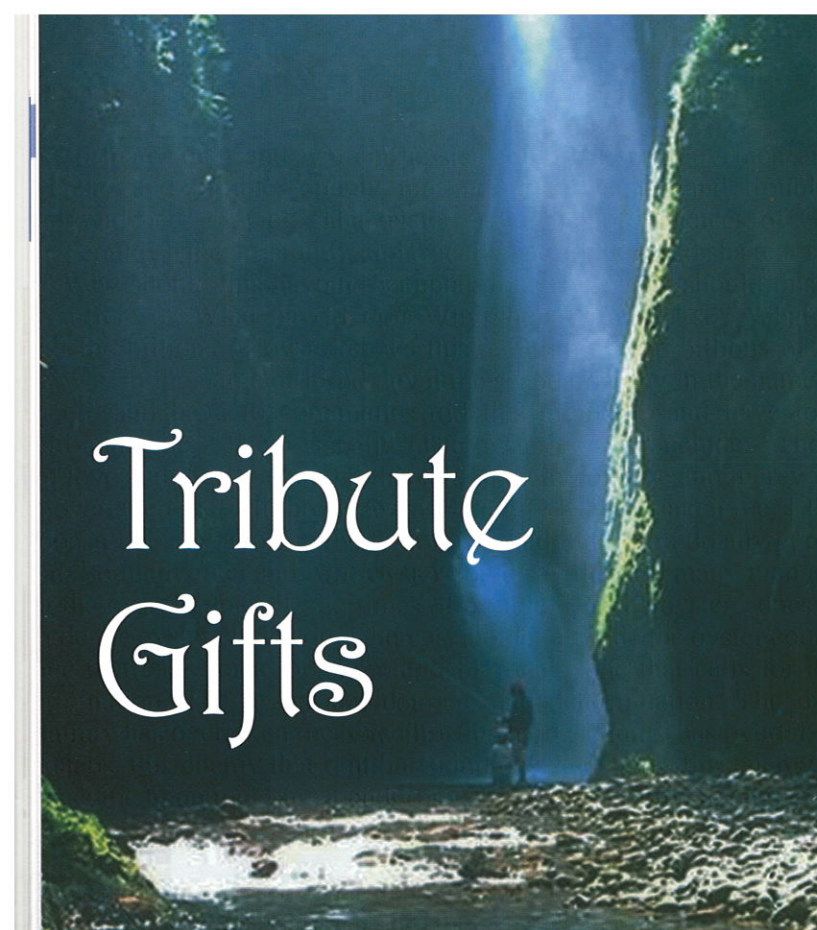
Video and Computer Game Usage Exceed Time Watching Television

A telephone survey of 1,454 parents of children averaging five and one half years of age found some interesting results. Children now spend more time daily watching videos (1 hour and 6 minutes) and playing computer games (32 minutes) than watching television (1 hour and 27 minutes). Twenty six percent of the parents reported that there was a television in their child's bedroom and 30 percent reported that their child had eaten either breakfast or dinner in front of a television in the past week.

Children whose parents had higher levels of education reported spending less time watching television and videos, but not less time playing computer games. Children of parents with higher levels of education were also less likely to have a television in their bedrooms and the parents were more concerned about the amount of television the children watched. 



Ebel, B.E., Rivara, F.P., and Zimmerman, F.J. Television, video and computer game usage in children under 11 years of age. *Journal of Pediatrics*, 145:652-656.



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Falling Rocks, continued from page 11

The oyster could, as so many men and women have done in times of adversity and trouble, openly rebel against the sovereign providences of God. The oyster, metaphorically speaking, could shake a fist in God's face and complain bitterly: "Why should this have to happen to me? Why should I suffer so? What have I done to deserve this?" "With all the billions of oyster shells up and down the seaboard, why in the name of higher mathematics did this grain of sand have to come into my shell?" The oyster could conclude: "There is no justice. All this talk of a God of love and mercy is not true. Now, since this calamity has overtaken me, I'll throw away all the faith I ever had. It doesn't do any good anyway." Yes, the oyster could say that. So many men and women have in times of trouble. But the oyster doesn't.


There is another attitude the oyster could adopt – a very commendable one – one that calls for a lot of fortitude and courage and determination. The oyster could say: "Now that this hard calamity has overtaken me, this thing that hurts and cuts and stabs, this enemy that bruises and bleeds, now that this has come upon me, I must endure to the end." "I must show them all that I can take it, and I won't give in. I will hold on if it kills me. I must remember that the darkest hour is just before the dawn."

Now, there is something noble in that, something praiseworthy in that attitude. But the oyster does not do that, because the oyster is at one and the same time a realist as well as an idealist. There is no point in trying to deny the reality that tortures every nerve, so the oyster doesn't try. In spite of all the denial, nothing can change the fact that the grain of sand is there.

No, the oyster recognizes the presence of the grim intruder, and right away begins to do something. Slowly and patiently, with infinite care, the oyster builds upon the grain of sand – layer upon layer of a plastic, milky substance that covers each sharp corner and coats every cutting edge . . . and gradually . . . slowly . . . by and by a pearl is made . . . a thing of wondrous beauty wrapped around trouble.

The oyster has learned – by the will of God – to turn grains of sand into pearls, cruel misfortunes into blessings . . . pain and distress into beauty. And that is the lesson that we are to learn along this pilgrim way. The grace of God, which is sufficient, will enable us to make of our troubles the pearls they can become.

One enters into the presence of the Lord through gates bedecked with pearls, and every pearl represents a trouble, a pain, a heartache, a misfortune, which, by the grace of God, has been changed into a beautiful, lovely thing.

No wonder they speak of pearly gates! 

Adapted from Marshall, Peter, "The Problem of Falling Rocks." Fleming H. Revell, a division of Baker Publishing Group, 1969. Dr. Peter Marshall served as Chaplain of the U. S. Senate from 1947-1949.

psychologists.

Mildred was also a wonderful public speaker and teacher, serving on the staff of a Bible Institute in China as its Dean of Women. She was always upbeat and had incredible energy and a pioneering spirit. When in her 70s, after losing her husband to a heart attack, she traveled around the world by herself, speaking more than 90 times in 30 days! She could keep an audience “in stitches” with her humorous way of communicating while driving home deep spiritual truths. So effective she was that she was invited to speak at the Bible study of Madame Chiang Kai-shek, wife of the leader of China from 1928 until the Communist takeover in 1949 and then President of the Republic of China in exile in Taiwan.

Mildred lived in the days when friends kept in touch by letters and missionaries traveled to their assignments by lengthy boat voyages. She kept up faithful communication with friends around the world and was the kind of person that made everyone feel like they were her best friend. When you were with Mildred, you had her complete attention. She had so many friends that it took her a good six weeks to celebrate her birthdays! Everyone wanted to take her out to lunch, but her calendar filled so quickly that she would book every lunch for about three weeks before and after her actual birthday! The family often joked that we had to call weeks ahead for an “appointment”, but the fact is that she always found time for us.

Mildred poured her life into her grandchildren and great grandchildren. She kept their favorite treats around her small apartment near our home and had regular “dates” with each of our children as they were growing up. She was a nurturing, caring, encouraging woman. As her son-in-law, I too was especially blessed. We never had a harsh word. She was my greatest encourager and prayed consistently for Kathy and me and our children. No mother-in-

law jokes fit Mildred. I wanted her to move in with our family during her later years but she would have no part of it. She wanted her own space to entertain her friends, watch her favorite TV programs, and keep in touch with her friends by phone and letter. She wouldn't say it, but I think she wanted us to have our own space too!

Mildred knew hardship. She nearly died in a hospital in China when Kathy was born by Caesarean section. She and three-year-old Kathy had to leave her husband in China after the outbreak of WW II and the invasion of China by Japan. Eight years later they had to flee the advancing Communist army. She and Rolland lost a beautiful one-year-old baby boy to sudden infant death syndrome. She had a total of nine major surgeries including three for cancer. But she had an indomitable spirit and deep faith in God. Her favorite motto, which she always kept on the wall of her apartment, was NOT SOMEHOW, BUT TRIUMPHANTLY. It was a moving experience to lay Mildred to rest next to her beloved husband Rolland who had his own unusual story, and was known by many as “The Mis-

sionary With a Flaming Heart.”

Rolland and Mildred left our entire family a wonderful legacy and we thank God for their deep influence on our lives and for the influence that has now extended to their six grandchildren and six great grandchildren. Before Mildred passed away we asked her to write up some of her life experiences so that we could have them for the family. As I read those remembrances I realized several of them may be of interest to people beyond our family so we are including two of them in this issue of Psychology for Living. The first gives a personal account of wartime experiences shared by many missionaries of her day. It describes Mildred's journey by ship from China to the United States with three-year-old Kathy at the beginning of WW II. The second tells how Mildred and her dear friend and fellow missionary, Rosalind Rinker, began Conversational Prayer in China more than 65 years ago. I hope that you will enjoy and be blessed by this look into the experience of a special person who has blessed untold people around the world, including my own family.



Last Laugh



“YOUR MOTHER AND I FOUND OUT YOU'VE BEEN BLOGGING
WE DON'T KNOW WHAT THAT MEANS, BUT WE'D LIKE YOU TO STOP”

Cornerstone Counseling Center Update

by Bruce Narramore

This month marks the second full year of ministry of the Cornerstone Counseling Center for missionaries, the only multi-disciplinary professional Christian counseling center of its type in Southeast Asia. In the two short years since NCF worked with our Staff Associate, Dr. Tim Friesen, to help found this life-changing center of healing and renewal, hundreds of missionaries and missionary family members have already been touched by its helpful Christian counseling.

Missionaries and their families have traveled to Thailand to come to Cornerstone for help with a broad range of personal and family problems. Some have come for relief from depression. Others have come seeking help for their children who were struggling academically, socially or emotionally. Others have come suffering from burnout, trauma or marriage and family problems. They have come from India, Pakistan, China, Vietnam, Myanmar, Chiang Mai, Taiwan, Singapore and other countries throughout that region of the world. Cornerstone staff have also traveled to Pakistan, China, India and other countries to provide crisis intervention and other counseling and consulting services.

On a recent trip to Chiang Mai to help with some Cornerstone business, I was amazed at how many people already know of the center and its ministry. When visiting a local university, one of the staff spontaneously told me how helpful Cornerstone had been to several of




Members of Cornerstone Counseling Center's Planning Committee taking a break during recent long range planning meetings. From left to right: Dr. Tim and Tammy Friesen, Dr. Bruce and Kathy Narramore, Becky and John Leverington.

their Christian colleagues. While sitting in the airport waiting to catch my return flight home from Chiang Mai, I struck up a conversation with three couples who turned out to be missionaries. One of them immediately told me what a blessing Cornerstone has been to some of their people. And in the airport in Bangkok, another person I spoke with knew of Cornerstone and wanted to know how to contact the Center. In one week I ran into a whole series of people who knew people whose lives have already been touched by Cornerstone's staff of Christian counselors.

Shortly after I arrived back in the U.S. my assistant, Mary, shared part of an email from a missionary

friend of hers. She wrote, "Our mission has used Cornerstone extensively. We are very grateful for the wonderful service it supplies and at such a great location. It has been a blessing to a number of our folks and it is so nice to have it there so they don't have to come here to the States for everything."

NCF and the staff of Cornerstone Counseling Center are deeply grateful to the many NCF supporters who helped make this unique counseling ministry available to missionaries from throughout Southeast Asia. We would also appreciate your prayers as we consider expanding our services even more in the months to come. 

I am the father of one of the MKs who took your reentry program this summer. Before the time slips away into the business of other things I wanted to pass on a very big thank you. We talked to our son after the seminar was over and he gave us such a glowing report of how great everything was and what a huge help it will be to him as he moves on to college.

Not being able to be there at this moment, it is very comforting and a blessing for us as parents to know that he has had this kind of attention and care. Thanks so much. We are very impressed and will recommend it to others we know.

— *A Missionary Father*

MKS reentry



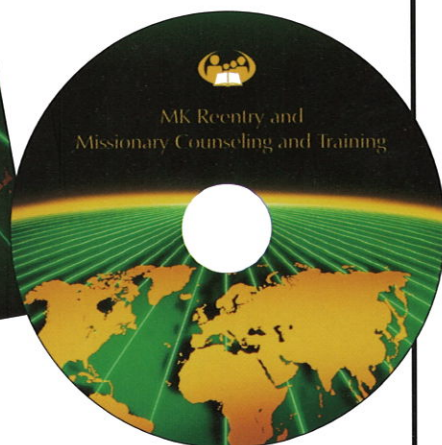
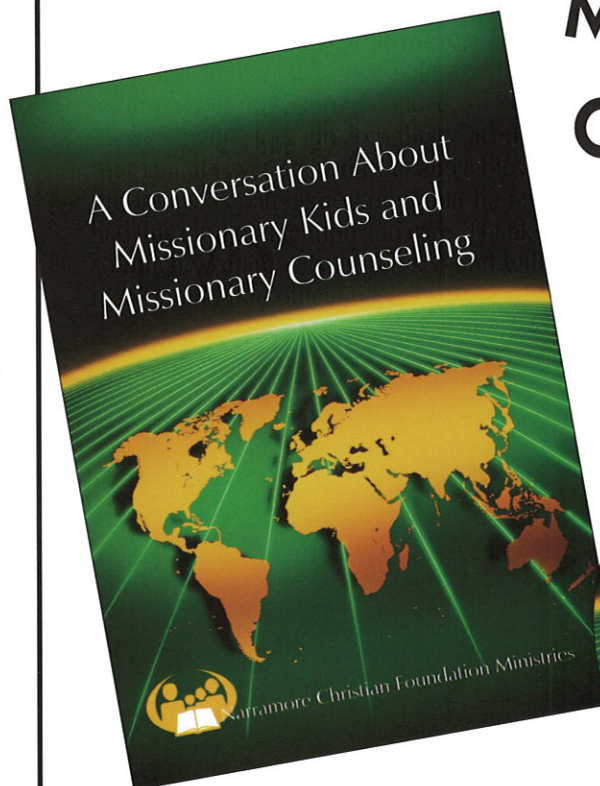
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First Session
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NCF Releases MK Reentry and Missionary Counseling DVD



NCF has recently completed a moving 30 minute DVD inviting viewers into a conversation about the transitions and struggles missionary kids face as they leave their families and friends and return to the United States for college. The DVD also introduces viewers to ways that NCF is helping missionaries cope with the stresses and strains of missionary life.

If you would like a free copy of this DVD (which can be played on either your computer or a DVD player) phone our office at: 626 821 8400 extension 1.



Serving God's Servants

Dr. Clyde and Ruth Narramore have served missionaries and pastors around the world for more than 50 years. To honor and extend the Narramore's faithful, visionary ministry the Directors of the Narramore Christian Foundation announce the creation of the

Narramore Endowment Fund for Pastors & Missionaries.
You Can Help Establish This Lasting Endowment.

Please join us in funding this vital endowment and honoring the Narramore's through a current gift of cash, stock, real estate or through your will, trust, or charitable gift annuity. Our initial goal for this ministry fund is \$1,000,000.

YES, I want to help perpetuate this ministry to God's choice families in ministry for years to come and honor Dr. and Mrs. Clyde Narramore for their faithful ministry.

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