

PSYCHOLOGY FOR
LIVING

JANUARY-FEBRUARY 1997

**THE EIGHTH
COMMANDMENT**

**LIVING AND
LAUGHING
TOGETHER**



**LOOKING
AT THE
BIGGER
PICTURE**

**GAMBLING:
A BAD BET
FOR ANYONE**

by Clyde M. Narramore

WHY GOD BLESSES AMERICA

GOD'S WORD gives us this promise: "If my people who are called by my name, will humble themselves and pray, and seek My face, and turn from their wicked ways, then I will hear from heaven and will forgive their sin and will heal their land" (II Chronicles 7:14). Do you wonder why God continues to bless our nation in spite of its sin and secularism? Here are reasons which we sometimes overlook!

1. Our Christian heritage. When the Pilgrims and Puritans arrived in America, they were seeking a land where they could worship God and raise strong Christian families. This spiritual dedication impacted nearly every aspect of their life in their "new world." As we approach the year 2000, we can still sense the influence of our early forefathers. Few countries have had founding fathers who loved and served the Lord Jesus Christ.

2. Freedoms in the USA. Long before immigrants decide to come to this country, they have heard about the freedoms in America. Truly, it is a land where we have the freedom to believe as we wish, and to witness to others about Christ.

3. Spiritual awakenings. A history of the U.S. would be incomplete without noting the spiritual awakenings by such evangelists as Jonathan Edwards, Dwight L. Moody, Billy Sunday, Billy Graham and others. Hundreds of evangelistic campaigns and revival meetings are still being sponsored in local churches and various other places across our great land.

4. Evangelical churches. Nearly every community has at least one evangelical church, and many times there are scores. There the Word is preached, people are being saved, and are encouraged to walk with the Lord. God honors this!

5. Sunday schools and Bible classes. Unless you have traveled to other countries, you may not realize the significance of the thousands of Sunday Schools and Bible classes that exist all over our nation. Each Sunday morning, millions of men, women, and children attend Sunday School and Bible classes to learn more about God's Word and the



dynamic Christian life.

6. Para-church organizations. Para-church establishments that proclaim the Word of God can be numbered by the thousands. These Christ-honoring organizations may focus on law, education, psychology, medicine, human care, and many other areas of life.

7. Christian publishing companies. Most Christian publishing companies are located in the U.S. where Bibles, Bible study books, and books on the Christian life are printed and distributed. God honors this dispersion of His Word!

8. Christian radio. In America hundreds of Christian radio stations are beaming the gospel message to homes, offices, hospitals, and other places. There is hardly anywhere in the United States where you can't tune in on your radio and hear the gospel. Christian radio fills the airwaves across America and is helping to purify society.

9. Christian television. Closely associated with Christian radio is Christian television. Today, these privately owned Christian television stations reach into many millions of homes and are spreading the gospel around the world.

10. Christian influence in government. Through the years I have had the privilege of speaking to government agencies in Washington, D.C. Each time I am impressed by the number of strate-

gically placed Christians who exert a godly influence on public policy.

11. Christian impact in the military. The United States military is one of the largest and most significant organizations in the world. Instances of Christian influence in the military is in stark contrast to most other countries.

12. Christian elementary and high schools. Many Americans send their children to Christian elementary and high schools. In this way, young people have an opportunity to study in a godly atmosphere and thus gain a more balanced approach to all learning.

13. Christian colleges and graduate schools. It didn't take the early settlers long before they began to establish universities and other schools of higher learning. Their purpose was to honor Christ while giving young people a thorough education. Later when the spiritual impact of these institutions had waned, Christians established many other evangelical colleges and graduate schools that are true to the Word of God.

14. Evangelical seminaries. America is marked by many evangelical seminaries. Here young people receive training for Christian service as missionaries, pastors, youth directors, church musicians, and other Christian leaders.

15. Mission organizations. Of the many thousands of missionaries who are serving in foreign lands, the overwhelming majority are from America. Undoubtedly, this is another reason for God's blessing upon this country.

16. Philanthropic efforts by churches and other Christians. The Scriptures emphasize the importance of helping the poor. No nation in the world follows this command as much as our beloved country.

In summary, even though many in America have forgotten our Christian heritage, God still has people here who are doing His work. And this is why God still blesses America!

Clyde M. Narramore

PSYCHOLOGY FOR LIVING

January-February 1997 Vol. XXXIX No. 1

DEPARTMENTS

- 2 A Personal Word
- 4 From The Editor's Desk
- 4 What People Are Saying
- 15 Making A Difference
- 16 Health Watch
- 16 Living Memorials
- 17 Answers To Your Questions
- 18 Insights And Sharing
- 19 Our World Today

FEATURES



STAFF

Founder and President:
Dr. Clyde M. Narramore

Editor:

Ruth E. Narramore

**Editorial Assistant
and Staff Writer:**

Eva Hallam Solberg

Art Director:

Donald Ensign

Photographer:

Benjamin Burnweit

Published bimonthly by the Narramore Christian Foundation, 250 W. Colorado Blvd., Suite 200, Arcadia, California 91007. All material in this issue is subject to United States and international copyright laws. **Permission to reproduce** may be obtained only by writing the editor. **Change of Address:** When ordering a change, please send your OLD address along with the NEW, enclosing the label, if possible.



How to get PSYCHOLOGY FOR LIVING on a regular basis: This helpful publication is not sold by subscription but is sent to supporters of the NCF ministries. A tax-deductible donation will bring each issue of LIVING magazine to your home along with other beneficial literature on everyday problems (minimum \$18 for one year, \$32 for two years). Write to NCF, P. O. Box 661900, Arcadia, CA 91066-1900, or phone (818) 821-8400.

5 LOVING AND LAUGHING TOGETHER

by GORDON MACDONALD

We had to learn how to discover fun all over again.

7 TO BE OR NOT TO BE—USABLE!

by ELSIE K. YOUNG

When the Bread of Life is neglected...we can lose our sweetness and usefulness.

8 LOOKING AT THE BIGGER PICTURE

by ARTHUR W. HARTZELL

Suffering is inevitable in this fallen world, but God wants to use it for our "good."

10 GAMBLING: A BAD BET FOR ANYONE

by NINA GEORGE HACKER

What once was considered a dangerous vice is now seen as recreation, fun, and "family entertainment." So how did vice become "nice"?

12 ADULT CHILDREN FROM DYSFUNCTIONAL FAMILIES

by CALVIN W. PRATHER

The adult child of a dysfunctional family must develop the attitude, "I can change."

14 THE EIGHTH COMMANDMENT

by ROBERT E. PICIRILLI

God's standard is to quit being a taker and become a giver.

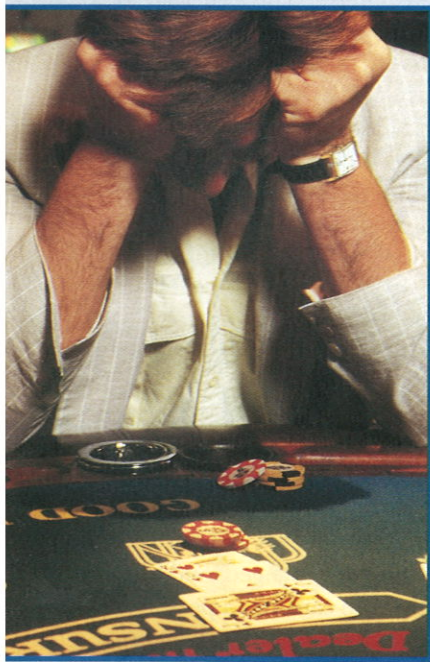


Photo and Illustration Credits:
Cover photo, pp. 5, 8, 10 by Comstock, Inc.; p. 7 by Ben Burnweit.

TO THINK ABOUT

by Ruth E. Narramore



is ashamed of the glorious gospel of Christ!

The Apostle Paul wrote a letter to the Romans in which he declared, "I am not ashamed of the gospel of Christ..." (1:16). For Paul to

have made such a statement is of singular significance since the method of execution used for Jesus was typically reserved for seasoned criminals. It carried with it the stigma of disgrace.

But Paul didn't stop there. He went on to tell *why* he was "not ashamed." The reason was that "the Gospel of Christ"—the very thing for which Jesus was crucified—"is the POWER of God to salvation for everyone who believes," (Romans 1:16).

The word gospel means "good news." And the Gospel of Christ is indeed *Good News* for absolutely anyone who will receive it. Best of all,

it is backed by the supernatural power of our omnipotent Creator. It's guaranteed by God! Why would anyone be ashamed of a marvelous message like that?

It is true that the world doesn't understand. The unregenerate are much more in tune with Satan and his evil schemes. So while God offers His power to all who accept the Gospel of Christ, Satan tells unbelievers that it is a lot of foolishness. Thus, the bearers of Christ's Good News are mocked and derided. But that doesn't change the fact that lost sinners need to come in contact with the POWER of God through faith in Christ.

When you are tempted to be ashamed, set your thoughts on what the Good News is all about. Focus on Christ and what He has done for you. This will keep you from dwelling on your own inadequacy, and your embarrassment will disappear. You'll then be eager to share the powerful Good News of Christ with the unsaved people around you. □

"Was that your husband I saw in the Barbary Coast Hotel this morning giving out tracts and leaving them around in various places?"

When the young lady approached me and asked this question, we were in the lobby of a church in Las Vegas, Nevada, where in a few minutes my husband would begin conducting an all-day seminar. While leaving the hotel that morning, a friend and I were a few steps ahead of my husband, and I hadn't noticed his tract-planting activity.

"Was that your husband?" my interrogator demanded.

"I don't know," I answered, "but that's the hotel where we are staying, and it sure sounds like something he would do. It probably was he."

"Oh my!" she gasped. "How does he ever get that much nerve? Aren't you embarrassed that he would do such a thing? I sure would be."

"Embarrassed?" I asked. "Of course not! I'm delighted that he did it."

"Oh," she wheezed, "I would never have that much

nerve!"

"Look," I told her, "here in Las Vegas gambling is all around us. It's on every side. Everywhere you look there are gambling machines—even in the restaurants and rest rooms. These gamblers are searching for something—but they won't find it—not even with an occasional win. Gambling can never satisfy the heart. What those people need is Jesus. And those tracts will show them how to find Him. Isn't it only right when we have the answer to people's needs that we share it with them?"

She looked a little stunned. Then I asked her, "What kind of work are you in?"

"Oh, I'm a church secretary," she said flatly.

As I mulled over this incident, I thought, *Poor lady! She may do a great job of typing church bulletins, but she*

and by now my age is eighty-seven. So I think I'd better not plan on such a long trip!

Your *Psychology For Living* magazine, has been my guide for many years. I never destroy a copy. When I finish reading an issue, I give it to friends. One of my friends learned how to lead another person to Christ through reading your excellent magazine.

Amy W. Repsher
Binghampton, New York

"HEALING FOR THE HOMOSEXUAL"

Thank you so much for the nuggets of wisdom I always

find in your *Living* magazine.

In your July/August issue, there was an article on "Healing For The Homosexual." It was perfect to share with my seventeen-year-old who struggles with some of these issues. She has a secular teacher who promotes the "gay" lifestyle and insists it is genetic. My fifteen-year-old has a gay math teacher and is tempted to make fun of him. We read the article, looked up the scriptures to see what God says, and discussed love for the sinner while being intolerant of sin. It was great for them to

read about gays and lesbians who have changed, and learn that the cause is "a personality disturbance" rather than biologically-linked. It has been difficult for them to understand why, if homosexuality is genetic, a God of justice and love would cause people to be born that way. Now they realize it is not genetics, but a result of "the fall."

Thanks again for your publication. I often share it with our kids on issues during our family devotional time.

Anita Culp
Harrisburg, Pennsylvania

WHAT PEOPLE ARE SAYING

CARING AND COST-EFFECTIVE

Congratulations on your move and the launching of additional ministries!

Thank you for the caring, cost-effective, wonderful ways in which you do the Lord's work. We pray His continued blessings on your ministry for Him.

Stephen and Sandra Smith
Charlotte, North Carolina

MY GUIDE FOR MANY YEARS

I have thought many times of going out West to see you. But the years have flown by,



LOVING AND LAUGHING TOGETHER

We had to learn how to discover fun all over again.

by Gordon MacDonald

TWENTY-FIVE YEARS into our marriage I learned an important lesson. Gail and I had begun to lose sight of what it meant to have fun together. We loved each other; we were often seen at work together; we shared satisfaction in the structure and solidity of our home.

Our children were teenagers, and that meant that life was full of activity. We stood on the sidelines of every game, appeared at every event that

seemed important to them. Our table was often visited by their friends, and vigorous conversations of considerable value were the order of the day.

Then one day the children left us. They left! As they should have done. But when they left, they took a considerable part of our hearts with them. And they took a large parcel of the fun. We awoke one day to the strange conclusion that we had fallen prey to a subtle miscalculation: the fun in our

lives together had been too wrapped about the children. It was not their fault; it was a rather understandable mistake. We had to learn how to discover fun all over again.

There is a serious danger in the lives of married people who have set themselves to high purposes and goals. The development of careers, the desire to serve one's generation, the serious pursuit of a disciplined Christian life—all are noble, lofty goals. But care must be taken to avoid the circumstance in which life is sucked out of our central relationships. We become absent to each other as we move from one challenge and one obligation to another. Listen to our conversation: it centers on fatigue, why the calendar is too full, why we're going to have to put off something we looked forward to for another month, why we have so few friends, why it's been a long time since we had a good laugh.

I know those feelings and thoughts; we've discussed them more than once in our home.

As I look back on those bleak days, I hold myself far more accountable than anyone else in our family. I was at mid-life, caught in a turbulence of drives. I wanted to be effective at what I do best, wanted to be the consummate father, wanted to be useful to other people. And I assumed, all the time, that Gail would wait a little while longer until there was time to do the things we really wanted to do together.

I found my private thought life often caught up in fantasies of escape: fleeing to Europe for a long walk in the Alps, a sailing trip from Maine to Florida, six months in the forest in New Hampshire without a phone, some place where there were lots of laughs and few needs. I should have listened to those fantasies; they were trying to send me a very important message. But I was too involved to hear, and besides, I walked in a tradition of spirituality that encouraged the squelching of such thinking.

The day came when Gail and I had to stop and reassess the craziness. Life came to a screeching halt, and we had to ask, *What have we done to ourselves?* It may have been a harsh question for two people who felt they'd worked hard to keep their lives in order, but it was a valuable one. And we came up with some answers we really didn't like. One of the results was this decision: regardless of what anyone said, we would learn to have fun (in abundance) all over again.

And we have!

Zwolle, Holland. We are in Europe where I am to speak at a Bible conference. In accepting the invitation, we've stipulated that on the day of our wedding anniversary, we have to get away for the day and night. Our hosts have agreed.

So here we are in a lovely Dutch town north of Amsterdam. It's afternoon, and we come across a restaurant with three men in chef's garb sitting out in the sun. I approach them.

"Gentlemen, do any of you speak English?"

"Ja," one of them answers. "We all do."

"I have a problem and need some help. You see, it's our wedding anniversary today, and I want to take my wife here to the best restaurant in all of Zwolle where we can get the very best meal. I'm wondering if this might be the place."

The three men look at each other uneasily. Finally one speaks, "Ja, you have come to the best place."

"Now we need to be serious about this. We've flown three thousand miles from America because we heard that some of

the best food in Holland is served in this town and that it's the best place in the world for a man to take his wife if he really loves her. So you've got to promise me that I'm making a good decision here."

By this time Gail has turned her back on the conversation because she's laughing so hard.

But the three men are very serious about this concern of mine. And they vigorously assure me that I have come to the right place.

"Well, can you show me where my wife and I might sit

if we came here tonight?" All three stand up from the resting place, one of them unlocks the door of the restaurant, and soon we are all carefully studying the empty restaurant, discussing which of all the tables is the best for a romantic evening. For several minutes, the men debate this in Dutch before settling on a recommendation.

"Now what would a man order for his wife if he wanted to make sure she was getting the very best meal?" Gail cannot believe what's happening.

The three men pore over the menu, and the conversation in Dutch heats up a bit as they decide what would be the ideal combination of foods for the occasion. And then one of them offers an English description of a multicourse meal they have invented on the spot. They eagerly await my approval. I approve and move on.

"And the dessert?" The same process follows.

"Now I assume that when I bring my wife here tonight, we will have soft music, and you will all be here to give her an enthusiastic greeting." By this time the momentum of the conversation has become so agreeable and they are so anxious to please me that they are ready to say yes to anything.

When we arrived at the restaurant that evening, the entire staff was at the door to escort us to our table. Other diners already at their tables, noting the treatment we were receiving, suspected we were royalty. And we had fun! We really had fun!

I've decided that a wife really knows that her husband is devoted to her when he gives her the message in no uncertain way: *I can't think of anyone else I'd rather have fun with than you.* □

Rev. Gordon MacDonald lives in Lexington, Massachusetts. He is a popular author and a much-in-demand speaker. The above article is excerpted from Gordon MacDonald's recent book, WHEN MEN THINK PRIVATE THOUGHTS (Nelson). Used by permission.

She's just the sweetest person. I love spending time with her. She's kind, loving, patient, and ready to be of assistance whenever she can.

Good characteristics! What makes the difference between someone like this and the one who is unyielding, critical, has a negative attitude, and is not much fun to be around?

May I share an illustration with you that might shed some light on the answer?

One night recently I was preparing to do some baking—like cookies for a neighbor. The first thing I took from the cupboard was the brown sugar. The last time I used it, I had carefully put it in a glass jar for “soft” keeping. To my amazement, it was as hard as a rock! It didn't seem as though I had taken proper care of it, although I thought I had.

What should I do now? I had no more sugar, and a neighbor that I might have borrowed from was not at home. Then I thought, *Oh yes, in days gone by I had found a solution for just such a problem as this.*

I reached for a loaf of bread, tore off part of a slice and put it in the jar and screwed on the lid. *How long would I have to wait for the softening process? How much time would it take?*

I wouldn't be doing any baking tonight, so I put everything away, planning to begin again at another time.

The next morning I unscrewed the lid, and with a spoon tried it again. To my surprise the contents were soft, yielding, and ready to be used. *What could make such a difference?* You guessed it—the application of the bread!

Some might say, “I don't believe it! What does bread and brown sugar have in common? Really not much, except one was dried out, absent of that which made it usable. The other had that which it imparted to the sugar, thus bringing back its original texture and usefulness. But the two had to be put together.

I baked cookies that morning!

Later that day, my mind went back to the sweet, loving friend that I like so much. *What makes her different from some others I know—some who are critical, easily angered, hard, and self-centered? What might make the difference between these two types of people?* Maybe, just maybe, the answer follows the same principle as the brown sugar and the bread.

Jesus said, “I am the Bread of Life” (John 6:35). He is not only the source of Eternal Life, but is also the fulfillment of every need we have in this life. He is our Guide, Comforter, our Strength, and our Savior. Our expectation is from Him.

When our days become trying and stressful, do we become

(Continued on p.14)



TO BE OR NOT TO BE—USABLE!

When the Bread of Life is neglected...we can lose our sweetness and usefulness.

by Elsie K. Young

SWEET, SOFT, YIELDING, LIKABLE, hard, helpful, bread, usable, time!

What an unusual assortment of words and implications! Could they possibly have anything in common?

Yes. In fact, they do.

Let's begin with sweet, likable, helpful, and usable. I have a dear friend who fits every one of those categories. Undoubtedly you know people like that, too. You've probably said to yourself,



LOOKING AT THE BIGGER PICTURE

Suffering is inevitable in this fallen world, but God wants to use it for our "good."

by Arthur W. Hartzell

WHEN YOU GO THROUGH difficult times, how do you react? If you are like most of us, you don't like them. *Why do such things have to happen to me?* you probably ask. We can see no good in them, and our feelings correspond to our thoughts. These feelings are usually negative: frustration, anger, depression, or anxiety.

But when we see the bigger picture and can understand a reason for our difficulties, we are better able to tolerate

them. Possibly, if we can step back far enough, we'll even be able to have positive feelings about a bad situation.

The Fallen World, The Natural Man, The Enemy

Suffering is inevitable in this fallen planet. The world, the flesh and the devil are all present, and when you have that combination, there's no escaping difficulties. That is probably the first part of the big picture that must come into focus as we are going through hard times. When I talk with Christian clients about this, they usually agree on an intellectual level—although many times they have not thought deeply about that simple truth. But when we know, as Scripture

tells us, that the world is indeed fallen and that suffering is a byproduct, it helps us to make sense of the situation by seeing the bigger picture.

A second reason we get caught up in negative feelings about a bad situation or a difficult time is that the natural man and woman (you and I) tend to reject any type of struggle, inconvenience, anxiety, delayed gratification, or tolerance of anxiety. The young child, too, hates all of these, but as he matures, hopefully he will discover that enduring such things is a part of life.

The young child's thinking, though, reflects our natural or unregenerate thinking. We tend to regard ourselves as the center of the universe; we want

It takes practice, prayer, and reliance on God to redirect our thinking.

everything to be rosy. We may overcome that attitude a bit in adapting to society, but our human nature still thinks in that direction.

Satan, too, will try to keep us focused on the minute details of our suffering. If this can be accomplished, we will be stuck with the idea that we should not suffer, we are being inconvenienced, there's no good in it, and what right does anyone have—including God—to allow us to be imposed upon or to struggle. This thinking often leads to frustration, anger, and depression.

Thoughts and Beliefs Create Feelings

As Christians we need to understand the bigger picture and focus on that, rather than on the smaller view of our present situation. But this takes practice, prayer, and reliance on God to redirect our thinking. This, in turn, will change our feelings. We must learn to recognize that God always has the greatest good in mind for His children. Regarding suffering, God inspired Paul to tell us in Romans 8:28, 29:

“And we know that all things work together for good to those that love God, to those who are called according to His purpose. For whom he did foreknow he also predestined to be conformed to the image of His Son.”

What is the “good” to which this Scripture refers? The “good” does not necessarily refer to some positive outcome of the negative circumstances in this world, although many times we are able to look back and see the blessings that have come as a result of our suffering. However, the “good” forms a much bigger picture.

Naturally, we tend to focus on our wants, concerns, and problems. We fail to stand back and see the greater “good” which is taking place in our lives. Yet God uses the difficult things to mold us into a greater resemblance of His Son, Jesus Christ.

“But we all, with unveiled face,

beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the spirit of the Lord” (II Corinthians 3:18).

The Best Parent

God is a good parent, the best parent, the perfect parent. He has only that which a loving parent would have in mind for his children.

Our immaturity as Christians can be paralleled by examples seen in human development. A little girl is taken to the doctor by her mother to get a shot. The child knows only that it hurts; it's a fearful thing and she doesn't want any part of it. She probably thinks that her mother is being mean and uncaring. As an immature child, she cannot see a bigger picture. She focuses on the pain and her attempts to avoid it.

Later, when the child grows up and is a parent herself, she may remember how it felt to see things from an immature, childish perspective. Now, however, she knows that her mother was doing the very best thing for her, and was protecting her health by allowing and even orchestrating the unpleasant situation for a greater good.

The Meat of the Matter

A great Christian truth concerning maturity has to do with the teaching of the cross. We are crucified with Christ (our old sinful nature) and a new person is resurrected with Him. Although our redemption is a finished work, God is now working on that “new person” who is developing through the process of growth. This new person is being formed in the image of Christ.

Unfortunately, we often fail to focus on the fact that we are in process. Instead, our myopic vision sees only the present unpleasant situation. This focus brings us right back to our “natural” tendencies and a limited scope.

We must practice the truth revealed to us in Scripture by recognizing that we are a new creation and that God is assuring our growth day by day. Often

this growing process comes about through difficult circumstances that require us to give up our own personal expectations and the wants of our old unsaved nature. Understanding this truth is essential for maturing in Christ. Believing and acting upon this truth is to grasp the big picture.

Step Back

Suffering is indeed inevitable. It's a part of living. But as Christians we need to view our suffering in the light of God's purpose. This enables us to see and understand the bigger picture. We must acknowledge the reason that God allows suffering of any kind in a Christian's life is for a far greater good—that we may be conformed to the image of Christ. By stepping back and seeing God as the Good Parent who allows whatever circumstances are needed for this purpose, we are able to view suffering from an entirely different vantage point. This, in turn, changes our feelings from negative to positive ones of acceptance, gratitude, hope...and even wonder! □

Dr. Arthur W. Hartzell is a graduate of the Rosemead Graduate School of Psychology. He is a licensed psychologist and has a private practice in Savannah, Georgia.

Coming Next Month

- ▼ Hope Springs Eternal
- ▼ The Tears That Washed And Washed
- ▼ Stepping Into The Shoes Of An MK
- ▼ The Loneliness of Rejection
- ▼ A Christian Response To AIDS
- ▼ Lord, I Want To Resign



GAMBLING: A BAD BET FOR ANYONE

What once was considered a dangerous vice is now seen as recreation, fun, and “family entertainment.” So how did vice become “nice”?

by Nina George Hacker

OF GAMBLING, George Washington wrote to a family member: “This is a vice which is productive of every possible evil....It is the child of avarice, the brother of iniquity, and the father of mischief.”

Most colonists shared his view. Even 60 years ago, bookies, blackjack dealers, and numbers runners were looked upon as society’s scum. Gambling was both

against the law and morally wrong. Now, Utah and Hawaii are the only states with no forms of legalized gambling. And roughly 75 percent of all Americans wager for money.

State-sponsored, culturally-approved gambling has become a national craze. In 1993, more Americans went to casinos than attended major league baseball games or movies. A recent survey found that the amount church members spent on benevolences all year was matched by the dollars Americans gambled in just three-and-a-half days. Annually, we wager nearly half-a-trillion dollars.

Many of those bets are encouraged by churches, charities, and youth organizations that at one time frowned on gambling—and by a government that not so

long ago raided dice games. What was once considered a dangerous vice is now seen—even by many Christians—as recreation, fun, and “family entertainment.” And to clean up its image, America’s powerful gambling industry has renamed the activity “gaming.”

Professional gambling lobbyists donate tens of millions of dollars to representatives of both political parties, outpacing other political action committees by three to one. And that doesn’t include the bribes, shady tax and real-estate deals, and other forms of political corruption that go with the gambling lobby.

“Looteries”

How did vice become nice? State lotteries have played the biggest role in

changing attitudes towards gambling. A hundred years ago, illegal lotteries were condemned as a tool of the devil, stealing bread from the table, clothes from children's backs, and even the roof overhead.

Then in 1964, New Hampshire established a sweepstakes to finance local education. "Suddenly," Michael Garner wrote in *The Wall Street Journal*, "lotteries went from being one of society's evils to being a nifty way for states to do good."

Others soon followed. By 1995, there were 37 state-operated lotteries. "Now it's a national pastime!" declares Dr. Beverly LaHaye, president of Concerned Women For America. "But the stakes are higher than money. Lotto players are wagering their families' lives."

Broken Promises

Promoters promise big bucks for education, senior citizens, public parks, transportation, and economic development. But less than half of lottery money is returned to the states. Some state coffers netted only one percent profit.

Meanwhile, who's shelling out more than \$10 billion a year in lottery tickets? "Seventy percent of those who buy tickets are poor," said New York's busiest lottery agent. Many who earn \$10,000 a year or less spend up to one fifth of their income on the lottery. Seventy-three-year-old Harlem resident, Gerald Williams, spends \$75 of his monthly pension check on tickets. He insists, "It's got a hold of me like a fever—I can't shake it."

But even those who win may lose. The windfall attracts harassment from the media, hucksters offering deals, and strangers with sob stories. Such newfound riches have caused family strife, divorces, and even crime.

Furthermore, states that push legal betting create an environment that encourages illegal bookmakers. That's because bookies offer premiums over and above what the state pays—tax free.

The Link to Crime

In 1994, a church secretary stole \$186,000 from her church, in order to gamble. Two out of three problem gamblers commit crimes to finance gaming-related debts, according to the Florida

Council on Compulsive Gambling. And the American Insurance Institute reports that 40 percent of all white-collar crime is linked to problem gambling.

Ten years after the introduction of casino gambling in Atlantic City, criminal activity more than doubled. Just two

every dollar gambling revenues bring into a state, citizens will pay between \$3 and \$7 in hidden costs such as law enforcement.

Fools' Gold

Gambling takes its toll in the workplace, too. Maryland's Task Force on Gambling Addiction estimated that the 50,000 pathological gamblers in that state cost \$1.5 billion annually in lost work productivity and embezzled, stolen, or otherwise abused funds.

"Individuals who become gambling addicts accumulate debts averaging \$35,000 to \$92,000 before they seek treatment, are arrested, or commit suicide," Grey reveals. Problem gamblers have a suicide rate five to ten times

greater than the rest of the population.

America's Hidden Addiction

Today, 23 states and 225 Indian reservations operate casinos and high-stakes bingo games nationwide. Gambling expert Robert Goodman reported in 1995 that "there are already as many as 9.3 million adults and 1.3 million teenagers with some form of problem-gambling behavior in the United States." *Industry Week* magazine called gambling the "fastest-growing addiction" in America.

"If compulsive gambling is an addiction, then the state lottery is the gateway drug," declares I. Nelson Rose, a law professor and former \$300-a-day gambler.

In New Jersey, the number of calls to the Council on Compulsive Gambling Helpline jumped from 1,200 per year to 32,000 per year after casinos were introduced.

A Bad Bet for Teens

Adolescents are twice as likely as adults to become addicted to gambling. An estimated 80 percent of adult compulsive gamblers started wagering for money before age fourteen. Betting on games of personal skill (such as pool), board games, and sports events are those most likely to lead to gambling among teens.

Easy access to gambling is key to youth involvement. Harvard's Howard J.

(Continued on p. 13)

Gambling, with its faith in luck and its worship of money, undercuts the biblical virtue of trust in God.

years after gambling came to Central City, Colorado, assaults and thefts increased by 400 percent, and there were eight times as many arrests for drunken driving. Only one year after the Gulf Coast of Mississippi brought in casinos, armed robberies and rape tripled, while burglary, larceny, and car theft doubled. Drug busts also rose significantly.

"Violent criminals target the patrons of gambling establishments because they tend to carry cash," says the Rev. Tom Grey, spokesman for the National Coalition Against Legalized Gambling. Organized crime's link to gambling is well known. "Loan sharks and prostitutes follow gambling," notes Grey, "and they do a brisk business." Meanwhile, racketeers launder drug and extortion money through casinos.

Bad for Business

Local economies suffer when money that would ordinarily be spent on consumer products is diverted by gambling.

In Atlantic City, four years after casinos were legalized in 1976, retail businesses declined by one-third. And by 1987, the number of restaurants had dropped from 243 to 146. Seven years later, researchers Paul Teske and Bela Sur concluded: "Many local residents are still poor and unemployed, half the population still receives public assistance, and city services continue to be substandard."

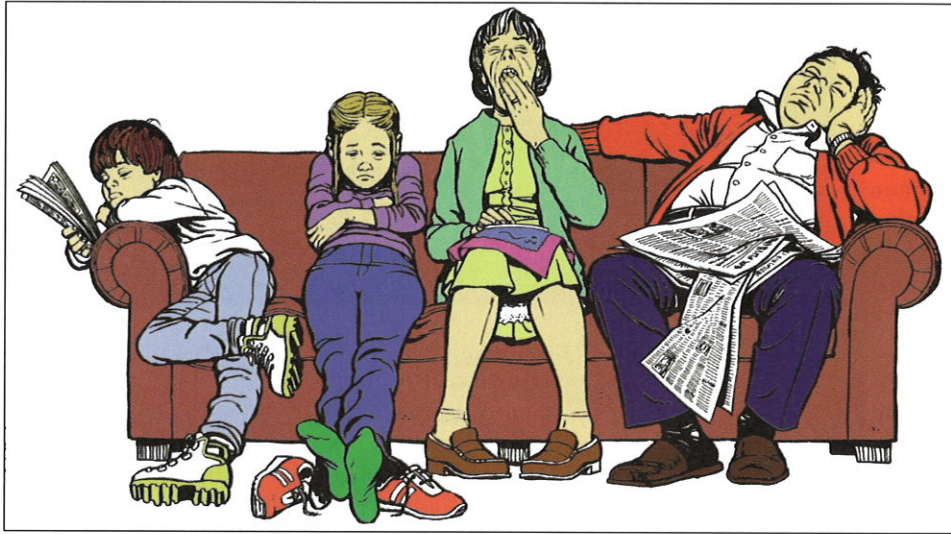
Moreover, University of Illinois' professor John Warren Kindt claims that for

ADULT CHILDREN FROM DYSFUNCTIONAL FAMILIES

The adult child of a dysfunctional family must develop the attitude, "I can change."

by Calvin W. Prather

HAVE YOU EVER WONDERED if you might have grown up in a dysfunctional family? Terms such as Adult Child of an Alcoholic, Adult Survivor, and Adult Victim of Child Molestation have been coined to describe a person who as a child grew up in a family that was unstable or abusive.



he is doing; the *scapegoat* who eventually believes he is by nature a bad person; the *lost child* who is almost friendless and who, as an adult, may be isolated from the mainstream of society; the *mascot* who just wants to make the family laugh and, as an adult,

What Is a Dysfunctional Family?

A dysfunctional family usually has at least one person, most often a parent, who is laden with problems and is not functioning in a desirable manner. In such a situation many negative dynamics take place. For example, other family members may be neglected in order to "take care of" or "protect" the low-functioning member. He or she may be an alcoholic, an insecure parent, a manipulative child, or other. This off-center focus causes the other family members to lose, or never form, their own identities outside of the "helping" role.

Why? It is because they are continually "adjusting" to a maladjusted person. This makes it seem "normal" to have inappropriate feelings, little identity, and a meager social life. It may seem rational to tell lies in order to smooth things over, to blame oneself, to feel insecure, to assume unnecessary responsibility, or to be impulsive.

The Roles

It all seems so reasonable. One parent

usually fills the role of chief enabler where he or she makes excuses for the behavior of the low-functioning member. The chief enabler then makes it comfortable for the low-functioning member to remain "sick," even to the detriment of himself or herself and the other members of the family. Soon the chief enabler identifies so much with the behaviors of his role that it becomes uncomfortable to be in any role other than that of the helper/enabler, no matter how painful it may be. This, for example, happened in the "Smith" family. Jim Smith was an emotionally disturbed alcoholic. Mrs. Smith helped him stay that way by adjusting to his abnormal behavior.

The job of the chief enabler usually includes enlisting the help of neighbors, co-workers, family, children, and even the church. Such was the case of Jim. His wife and everyone in the family made excuses for him, covered up his drunkenness, and kept his problem a secret. The result? Jim never faced up to his situation, never got help, never got well, and the whole family suffered.

The same thing happens to the children. Their roles include: *the hero*, an over-achiever who finds his identity in all

seems irresponsible; and *the placator* who did anything he was asked just to keep peace and continues to do so as an adult.

Adults who have been raised in a dysfunctional home often describe the sensation of feeling "stuck" or trapped within their role. They can see no alternatives, believing that this is all there is to life. They often feel depressed but don't know why. They have no idea why their most intimate relationships are not working.

Rigid Rules

Many of these experiences are attributable to the rigid rules that must be adhered in order to keep the dysfunctional family intact. These rules are necessary to cover up the embarrassment of having a low-functioning family member.

1. **Keep It a Secret.** Mum's the word. Information is forbidden to go beyond the family. Nor can its members talk among themselves. Those who get no help for the emotional turmoil endured within this structure often withdraw, turn inward, become angry, or even blame God.

2. **Don't Feel.** And don't express your feelings if you do feel. In this family the parents don't know what to do with their own feelings, so they certainly can't han-

dle anyone else's. Feelings get in the way of "taking care of."

3. **Don't Talk.** If there are problems, don't even think of looking for support or trying to resolve them. Since most problems are tied to the low-functioning member (a poorly adjusted parent, grandparent, or whomever) and the family has been programmed to protect this person. Problems can't be shared out of embarrassment or fear. Therefore, most problems go unresolved. The higher-functioning members even begin to believe that life is meant to be this way.

4. **Be Good.** Perfect would be a more appropriate word. Since the low-functioning member is in control and can tolerate little frustration, the other members are expected to be "perfect."

5. **Don't Think of Yourself.** The low-functioning member's self-absorption is disguised by telling everyone else they are selfish if they do not abide by his or her wishes. This keeps the other family members from meeting their own needs. Even when the child becomes an adult, he continues to feel guilty when he does something for himself.

6. **"Do as I Say, Not as I Do".** This is a confusing order. The message one absorbs is, "I can't think of my own needs." This can cause feelings of anger which subconsciously may safely be expressed in procrastination, envy, or jealousy.

7. **Be Serious.** Life in this family is always serious. Playing and playfulness is discouraged, making life a burden. The child then grows up viewing himself as

unlovable, boring, stupid, ugly, and wrong. When he becomes an adult he has to work twice as hard as everyone else just to feel acceptable.

8. **Don't Rock the Boat.** This family is unstable. This means that all the other

Adults who were raised in a dysfunctional family often feel "trapped" within their role.

members must take on the burden of keeping it from becoming a disaster. They can't say or do anything that may upset the low-functioning member.

What Can Be Done?

Does it seem hopeless? It can feel that way. But keep telling yourself, *It's not hopeless!* Here are some helpful steps to follow:

First, *believe that you can change.* The Apostle Paul writes, "I can do all things through Christ who strengthens me" (Philippians 4:13). Try joining a self-help group of Christians to get encouragement from others.

Second, *remember.* Recall what took place as you were growing up. Write about it. If you have difficulty remembering, recognize that it's normal to forget.

Many people forget as a means of self-protection. You may need help from a trained Christian therapist. Think back about the role you took, how it affected you, and in what ways it is affecting you today. Remember how you felt: angry, confused, frustrated, lost, sad, hurt.

Third, *feel.* Sometimes experiencing feeling for the first time can be traumatic, especially when there's buried anger or pain. Find someone you can trust with whom you can share your feelings.

Fourth, *change the rules.* The standards for your behavior were always set for you, but they were unhealthy and not in your best interest. Take control by constructing more positive rules of your own based on the Word of God.

Don't try to do it alone. Seek help. Find a support group, a Christian therapist, or a trusted friend who will listen. If you don't know Christ as your Savior, turn to Him. The Bible says, "The one who comes to Me I will by no means cast out" (John 6:37). Admit that you are a sinner (Romans 3:23), ask God to forgive you (I John 1:9), invite Christ into your life, and acknowledge Him as your Lord (Romans 10:13).

If you do know God, realize He loves you and wants to comfort you. Recognize that although you do not have the power to change the situation on your own, "with God, all things are possible" (Matthew 19:26). Indeed, you can change! □

Calvin W. Prather, L.C.S.W., is the director of Mission Valley Counseling Associates in San Diego, California.

Gambling

(Continued from p. 11)

Shaffer found that in Massachusetts, underage children and youth regularly played the state's lottery—*illegally*. By their senior year, 90 percent of high school students had purchased tickets—and five percent had been arrested for gambling-related offenses.

"It is strikingly ironic that an activity that is frequently sold as a boon to education is teaching youngsters that the best way to get rich is not to study and work hard, but to hit the lottery," commented Dan Cordtz, managing editor of *Financial World*.

Parents have drained bank accounts, taken out second mortgages, and cashed

in IRAs to cover their children's gambling debts. "Too often," says a New Jersey assistant prosecutor, "parents quietly pay off the bookie hoping the problem will just go away."

Families Pay

Deadwood, South Dakota, legalized casino gambling in late 1989. Within three years the local state's attorney reported that child abuse was up 43 percent and domestic violence, 80 percent. Filings for divorce jumped a whopping 500 percent.

Last year, Senator Paul Simon (D-IL) testified before Congress about children abandoned in cars or left at home alone while their parents gambled. He told of households "without utilities or groceries because one or more parents have blown

their paycheck gambling." Drug addiction, he said, often accompanies gambling.

What the Bible Says

Gambling, with its faith in luck and its worship of money, undercuts the biblical virtues of trust in God (Proverbs 3:5) and honest work (Ephesians 4:28).

As Christians we are not to: put our hope in wealth (I Timothy 6:17); be greedy (Colossians 3:5); oppress the poor (Zechariah 7:10); become addicted to anything (I Corinthians 6:12); or love pleasure more than God (II Timothy 3:4).

Gambling is a blight on America and has no place in the life of a Christian. □

Nina George Hacker is Assistant Editor of FAMILY VOICE, from which this article is excerpted. Used by permission.

THE EIGHTH COMMANDMENT

God's standard is to quit being a taker and become a giver.

by Robert E. Picirilli

THOU SHALT NOT STEAL (Exodus 20:15 and Deuteronomy 5:19).

A broad commandment like this covers a lot of ground. Stealing takes on many forms, and this commandment serves as an especially good example of how all the commandments are interwoven.

A person can rob God (Malachi 3:8, 9). Holding back whatever is due Him is stealing what is properly His, and one's tithes are not the only things at stake. If we aren't careful we can also rob God of honor that He ought to have, or of time; and this means that we are breaking the first and second commandments as well. Indeed, if we withhold ourselves from Him in the commitment and devotion He commands as our Creator, we are stealing what is rightfully His.

A person can also steal honor from others. Not giving one's parents (or other authorities) the respect due them is one example, and that gets us back to the fifth commandment.

Mostly when we speak of stealing, we think about taking possessions that don't belong to us. And, of course, that's one of the important areas involved. I learned the meaning of that lesson before I was five when I took a pencil from my grandfather's general store; whereupon my Mom turned the car around and made me take it back and confess.

In the Bible, the thief had to do more than apologize. He had to make restitution. This meant paying back at least double the amount he had taken, and sometimes four or five times as much. If he couldn't pay, he would be sold into service until the debt was paid. (See Exodus 22:1-4.)

But there are many ways to steal from others. You may steal a person's reputation by spreading rumors and falsehoods. You may rob another of innocence by pressuring him or her into wrongdoing. You may steal information by cheating, or take credit for something that rightly should be someone else's.

And what about stealing the intimacy that belongs to another man's wife or another

woman's husband? This kind of theft relates directly to the seventh commandment: "Thou shalt not commit adultery."

You may rob Uncle Sam of the taxes due by misrepresenting your income or expenses. And in many of these we soon break the ninth commandment, too. (And the connection between this and the tenth commandment is too obvious to describe.)

Indeed, we can even steal from ourselves (or our families) by foolishly wasting our resources. Or, for example, we can rob ourselves of peace and forgiveness and the blessing of God in our lives through a fierce and selfish independence that resists Him.

The truth is, stealing and selfishness are Siamese twins, and selfishness is the biggest promoter of sin.

Interestingly, the New Testament (as with all the commandments) shines a light on this eighth commandment that makes it ever so clear: "Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give to him who has need" (Ephesians 4:28).

In other words, then, the Bible teaches that instead of wrongly taking from others, we are to support ourselves with honest labor. But even more than that, the Christian standard is to quit being a taker and become a giver, using work as the means of having something to give.

That's not just a way of negating wrongdoing, then. It's a way of positively practicing what's right. Not just putting away sin and avoiding grieving the Spirit, but putting on the "new man" and bearing the fruit of the Spirit. Only then can we defeat our depraved selfish "need" to take what belongs to others.

And let us not fool ourselves: we all have that desire! □

Dr. Robert E. Picirilli is academic dean at Free Will Baptist Bible College of Nashville, Tennessee, and new president of Accreditation Association of Bible Colleges. Reprinted with permission from Contact.

To Be...Usable

(Continued from p. 7)

impatient, unyielding, easily angered and hard to get along with? In our heart of hearts, do we wish to be different?

Just as the brown sugar—neglected and shut away by itself—had become useless, so also when the Bread of Life—God's Word—is left out of our lives, we too can become hard and useless in the kingdom of God. We need the application of the Word to soften us, to keep us pliable and useful amidst those with whom we live. Let us never permit the absence of the Bread of Life—God's Word—to make such a sorry difference in our lives.

You may ask "How long might this correcting process take?" That will depend on each one of us.

I remember long years ago when Dr. William Culbertson, then president of Moody Bible Institute, said in a chapel service, "Don't ask God to use you...." *What? How could he be saying such a thing?* Then Dr. Culbertson added, "Ask Him to make you usable. And when you are, He will use you." I've never forgotten those words.

It is just as necessary for us to apply God's Word in our own lives to keep us useful, as it is to apply the bread to the brown sugar jar. I assure you, the result will be the same. Try it. It works. I know from experience!

"Being confident of this very thing, that He who hath begun a good work in you will perform it until the day of Jesus Christ" (Philippians 1:6).

As a servant in Your vineyard, Lord,
I pray I might be used,
To help some others in Your Way
So they'll not be confused.

And so the Savior said to me,
"Be sure YOUR heart is pure;
Before you guide another's life,
Of the Way, you must be sure."

Make me an instrument in Your hand,
Yielding, and usable, too,
Mold and make me after Your will,
So that I'll always be true.

E.K.Y. □

Elsie K. Young (as well as her late husband, Harold) is a former NCF staff member. Now retired, she lives in Tempe, Arizona.

by Kevin Narramore

A *CHEERFUL HEART IS GOOD MEDICINE but a broken spirit dries up the bones* (Proverbs 17:22).

Do you remember the childhood rhyme, “Sticks and stones can break my bones, but names can never hurt me?” It sounds good, but it’s just not true. From our youngest years we are saturated with the idea that the body, mind and soul are separate and incapable of influencing each other. As adults, we take our health problems to a physician, our emotional problems to a counselor or a psychologist, and our spiritual concerns to a minister.

Today, researchers are starting to visualize the big picture. There IS a link between the state of one’s mind, spirit, and emotions on one hand, and his or her immunity to diseases on the other. Emotional distress and anxiety, for example, have been linked with health problems such as coronary heart disease, asthma, peptic ulcers, colitis, hypertension, hives, and acne.

One pioneering study by psychologist Sheldon Cohen involved injecting volunteers with doses of known cold viruses and then waiting to see who came down with a cold. There was a stunning correlation between those who caught colds and the levels of stress in their lives during the past year. The researcher found that when people are stressed, their bodies go into a state of “immunosuppression” and become more susceptible to harmful pathogens. In short, the more stressed people are, the more likely they are to become physically ill. The old saying, “An apple a day keeps the doctor away” may well be changed to, “Be well-adjusted so your body will build up immunity to disease.”

The study of the immune system and its relationship to emotional and spiritual wellness has grown over the past few decades creating a new, interdisciplinary field known as “psychoneuroimmunology.”

Consider the following:

▼ Health researchers Caryle Hirshberg and Marc Ian Barasch, in a survey of remarkable survivors found that they attributed much of their success to prayer, faith in God, a positive outlook, and a persevering spirit.

▼ University of Arizona psychologist Dr. Gary Schwartz has shown that people who recognize their mind-body signals



Dr. Kevin Narramore holds a Ph.D. in psychology and is Executive Vice President of the Narramore Christian Foundation.

IMMUNITY AND THE WHOLE PERSON

such as discomfort, pain, fatigue, distress, sadness, anger, and pleasure cope better psychologically and have a better immune profile and a healthier heart.

▼ SMU psychologist James Pennebaker has shown that people who confide their private thoughts, traumas, and feelings to others have healthier immune responses, better psychological profiles, and fewer illnesses.

▼ NY City University psychologist Suzanne Ouellette found that persons with hardy personalities who take charge of their lives and work and see stress as a challenge rather than a victimizing force, have fewer chronic illnesses than those who don’t.

▼ UCLA psychiatrist George Solomon, M.D., found that people who assert their needs and feelings have stronger, more resistant immune systems to a variety of diseases. To underscore this concept, Dr. Solomon refers to a scene from the film “Hanna and Her Sisters.” At one point in the script, a character facetiously states: “In my family, we don’t cope with hostility and anger...we just grow ulcers!”

▼ Boston University psychologist David McClelland has discovered that people who are strongly motivated to form relationships with others based on unconditional love and trust—rather than frustrated power—have more vigorous immune systems and less illness.

▼ Institute for the Advancement of Health researcher Allan Luks found that

people motivated by altruism and helping others find better health. Interestingly, Psalms 22:9 says that “a generous man will himself be blessed.”

▼ Immunologist Jeffrey Levin, in a review of 250 medical studies, found a positive correlation between one’s health status and one’s spiritual beliefs, religious involvement, and faith. This effect cut across almost all diseases, including cancer.

So what’s your stress? And how are you handling it? Are you mentally, emotionally and spiritually “vaccinated” against unnecessary stress and disease?

Whether it’s coping with urban commuting, loneliness, health concerns, depression, interpersonal conflicts on the job, caring for an ill family member, worry over a wayward child or a failing marriage—we all can respond to stress better if we understand the link between our emotions, spirit, and immune system.

At the Narramore Christian Foundation we have been publishing literature and holding conferences for many years designed to minister to the needs of the whole person. My father, Dr. Clyde Narramore, gives a lecture on the “Three Circles” that is a classic because it explains how our emotional, spiritual, and physiological natures are interconnected.

Indeed, we’re all in “one piece.” What affects one part of us has a response in another. God knew what He was doing when He inspired the Apostle Paul to write: “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is admirable—if anything is excellent or praiseworthy — think about such things” (Philippians 4:6-8).

Studies currently being conducted in psychoneuroimmunology are exciting and hold much promise. But Basic Bible 101 has already laid out a very simple plan for maximizing our spiritual, emotional, and physical health. This comes through spiritual conversion, prayer, reading God’s Word, discipleship, and continual growth in Christ. □

by Eva Hallam Solberg

ANGER: THE SILENT SABOTEUR

"An angry man," wrote Cato, "opens his mouth and shuts his eyes."

Anger may also shut off blood flow to the heart. Consistently, laboratory studies have demonstrated that anger can trigger myocardial ischemia (an obstruction in the flow of arterial blood to heart muscle).

Intense anger is a potent ischemic trigger. When involved in high-pitched mental activities, like anger or anxiety, patients were five times more likely to experience ischemia as during times of quieter mental states.

(Pritikin Vantage Point)

PREVENTION OF HEARTBURN

Gastroenterologists suggest the following for preventing symptoms of heartburn:

❖ Stop smoking and drinking alcohol.

❖ Consult your doctor if you take aspirin or aspirin-related drugs, as they can contribute to reflux symptoms.

❖ Avoid high-acid foods.

❖ Cut down on fatty meals.

❖ Eat small portions.

❖ Lose weight if you're overweight.

❖ Avoid chocolate and coffee.

❖ Eat dinner fairly early.

❖ Try sucking on hard candies or chewing gum to alleviate that full feeling.

❖ Keep your head elevated.

(University of Chicago Better Health Letter)

FATTY FOODS

When reading menus, watch out for these terms which are giveaways to fatty foods: creamed, crispy, breaded, a la king, croquettes, carbonara, parmigiana, meuniere, tempura, fritters, fritto, Alfredo, au

gratin, au beurre, batter-dipped, bearnaise, bechamel, hollandaise, and newburg.

Some popular crackers supply as much fat (and as many calories) per ounce as a candy bar. Per ounce, cheese-filled sandwich crackers have 9-11 grams, Cheez-It, Town House, Hi Ho, and Ritz each have eight grams, Wheat Thins and Goldfish have six grams, and Triscuits and Distinctive each have five grams. The higher the fat in a cracker, usually the lower the fiber. Check the labels.

(University of California at Berkeley Wellness Letter)

RU-486

The numbers of women suffering from post-abortion trauma are already reaching a critical magnitude, and we can expect these numbers to dramatically increase with the introduction of RU-486, recent-

ly approved by the Food and Drug Administration. This is because the abortion drug requires the taking of it with the women's own hands, and also subjects them to the psychological trauma of viewing their unborn children after the "products of conception" are passed.

The Clinton administration partnered with an abortion advocacy organization, the Population Council, to bring RU-486 to the U.S. The drug manufacturers did not advocate or advance this. *(Discovery)*

BLOCK OUT THE NOISE

If you're a light sleeper, there's an alternative to ear plugs: a white-noise machine. This masks irritating noise with a hum or dull roar that is steady and thus less noticeable than sudden sounds. You can also use a fan or air conditioner to block out noise.

(Better Health Letter)



Living Memorials



My Gift of Love For a Living Memorial

IN HONOR OF

Marcia Menke Merill
Frederick W. Mielentz
Jack Wyrzten

DONOR

Mary Guisti
Clyde & Ruth Narramore
Norman Kuhlewind

(Gifts received after November 9, 1996, will appear in the March-April 1997 issue of PSYCHOLOGY FOR LIVING.)

In Memory of:

Amount _____

Given by:

Name _____

Address _____

Mail to:

NARRAMORE CHRISTIAN FOUNDATION

P.O. Box 661900, Arcadia, CA 91066-1900

Send acknowledgement to:

Name _____

Address _____

A MOST VALUABLE GIFT FROM YOU... TO YOUR LOVED ONES

This gift costs very little, yet it may be appreciated more than expensive presents. Why? ...

Because...

- *It demonstrates your love and thoughtfulness in a very special way.
- *It will make things easier for your family at a very difficult time.
- *It will probably save them money, time, "red tape," and heartache.
- *It may be the means of guiding them to eternal life.

This gift is your Will.

We think it is so important that our helpful booklet, "*Your Influence Living Forever*," is our gift to you just for the asking.

Phone 1-818-821-8400, or write
NCF, P. O. Box 661900,
Arcadia, CA 91066-1900

by Clyde M. Narramore

IS CHILD ABUSE MORE PREVALENT TODAY?

QUESTION:

During the past few years we have heard a lot about child abuse. Is this because there's more abuse in today's society than in previous years? Or are we hearing more about abuse simply because people feel freer to talk about it?

ANSWER:

I believe the answer is "yes" to both questions. We know for certain that people are now talking about the abuse which they experienced in their childhood. For many years it was a hush-hush subject which was kept hidden in the family closet. People didn't feel it was right to bring personal problems out in the open and discuss them. They just suffered the consequences in silence. But today abuse is talked about in the counseling room, on television, on radio, in magazines, and sometimes in church.

Several years ago I served on the Attorney General's Task Force to study the problem of family violence. For nearly a year, nine of us traveled to major population areas where we conducted hearings. Being a psychologist, I had counseled with many people who had been terribly mistreated during their growing-up years. But even with this background, I was often shocked at the extent of the violence described in our hearings about the terrible abuse they endured as children.

There are several kinds of abuse, and the one we hear about the most is physical abuse. But the one which especially disturbs me is EMOTIONAL ABUSE. I'm

concerned about this type of abuse because emotional scars are long-lasting. They usually persist throughout life.

Another reason I am troubled about emotional abuse is that it's probably not regarded by most parents as being severe. Unless they see the blood running, or unless the victim encounters sexual abuse, parents may not realize that emotional abuse is so devastating.

There is also another reason that I'm concerned about emotional abuse: I suspect that it is the most frequent type of abuse occurring in our society—even in Christian families. And with the many pressures hounding parents in today's world, it is not unusual for them to express their frustrations by emotionally abusing their children.

As we look at some of the more frequent types of emotional abuse, keep in mind the following two questions:

1) Did this frequently happen to me when I was a child? If so, might it give me some understanding and insight regarding *my* behavior now as an adult?

2) As a parent or a teacher, am I permitting this to go on in my family or my classroom?

Here are some ways children are abused emotionally:

1. By parents yelling and screaming at a child. It's easy for parents to be verbally abusive with their children. They may shout, scream, and yell, believing that the very force of their voices will make the child improve. But, of course, it seldom does. And most parents are unaware of the emotional beating a child

suffers when he or she is subjected to constant yelling. It makes the child feel worthless and subhuman.

2. Comparing a child unfavorably with another. Your child may not be perfect, but telling him how good other children are while comparing him unfavorably to them isn't going to make him any better. A child who makes a mistake only feels more inferior when a parent tells him that his brother or sister or someone else doesn't do such stupid things. Unfavorable comparisons cause a child to dislike the one with whom he is compared. It also tears down his own self-image. It's a no-win game; everybody loses.

3. Spouting Bible verses at a child. The Word of God is the most precious thing in the world. It can be utilized in many ways to help us day by day. But it shouldn't be used as a sledge hammer in an effort to pound children into shape. The bombardment of Bible verses makes a child feel frustrated and guilty. A parent often creates in him a deep and abiding dislike for the Bible. It causes him to dislike God or anything or anyone that has to do with church and Sunday School.

Children desperately need God's Word in their hearts and minds, but they should not be spanked by His precious Word—especially when a parent is feeling upset or angry.

4. Ridiculing, minimizing, and criticizing a child. Sometimes we as parents ridicule without realizing it. Criticizing comes so easily, especially if we are discouraged or frustrated, or not liv-

ing close to the Lord.

Although a parent might not be aware that he is constantly criticizing his children, a steady diet of negative talk will make a child or a young person feel inadequate, discouraged, and despondent. This is real emotional abuse that takes root in a child's life and goes on to affect his behavior throughout most of his adult life.

5. Not being truthful to a child. At times a parent may not know just what to say or he may not want a child to know certain things, so he fudges on telling the truth to his son or daughter. But the damage is worse than most parents realize. Young children look up to their parents as grown-ups who know and can do almost everything. They usually believe that if everyone else in the world fails, Dad and Mom will always come through. How devastating for a child when he discovers that his parents have not told him the truth! Whom then can he trust?

A boy or girl raised in an environment of untruthfulness has two strikes against him. He learns to be untruthful himself. In addition, he often goes through life doubting himself and others. Worst of all, he tends to doubt God and His Word, the Bible. Why? This is because we usually think of God as we do our parents. Ask any child to describe what God is like, and he usually describes his dad or mom. Mothers and fathers become the child's model for God. No wonder the Bible tells parents how to raise their children. □

by Lee and Gloria Bendell

LIVING INSIDE-OUT

*OH SEE the lonely masses try to
make it on their own;
Refuse to show their inner souls and
thus, feel all alone.
The outward signs of their success are
seen with human eyes,
But true success cannot be theirs by
building dreams on lies.
They guard against intruders as they
keep the inside in,
And early learn to keep the outside
out where it is seen.
But we as Christians find that we can
turn it all about,
For we find love and peace and joy
by living inside-out.*

*We children of the Father let our
inner souls shine bright.
We freely show to all the world the
way to walk in light.
The outward things the Father gives
are blessings of His love,
And yet, we learn to set our sights on
things that are above.
Emotions show and feelings grow as
inner things come out;
We've learned the world and all it's
wealth is not what life's about.
Yes, we as Christians now have
learned to turn it all about,
For we've found love and peace and
joy by living inside-out!*

°Regina Rae Branson

As Christians, we need a healthy attitude as we live inside out for Christ. Writes Dr. Charles Swindoll, "Attitude is more important than the past, than education, than money, than circumstances, or what others think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company, a church, a home.

"The remarkable thing is, we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the string we have, and that is our attitude" (STRENGTHENING YOUR GRIP,



Word Publishing).

The more we reaffirm who we are in Christ, the more our attitude will begin to reflect our true identity. The list below itemizes in first person language who we truly are in Christ:

- I am* the salt of the earth (Matthew 5:13).
- I am* the light of the world (Matthew 5:14).
- I am* a child of God (John 1:12 and Romans 8:14).
- I am* part of the true vine, a channel of Christ's life (John 15:1, 5).
- I am* Christ's friend (John 15:15).
- I am* chosen and appointed by Christ to bear His fruit (John 15:16).
- I am* a slave of righteousness (Romans 6:18).
- I am* enslaved to God (Romans 6:22).
- I am* led by God's Spirit (Romans 8:14).
- I am* an heir of God and a joint heir with Christ, sharing in His inheritance (Romans 8:17).
- I am* a temple — a dwelling place of God. His Spirit and life dwells in me (I Corinthians 6:19, 20).
- I am* united to the Lord and am one spirit with Him (I Corinthians 12:27).
- I am* a member of Christ's body (I Corinthians 12:27).
- I am* a new creation (II Corinthians 5:17).
- I am* reconciled to God and a minister of reconciliation (II Corinthians 5:18-20).
- I am* a son of God and one in Christ (Galatians 4:6,7).
- I am* a saint (Ephesians 1:1, I Corinthians 1:2, Philippians 1:1).

- I am* God's workmanship — His handiwork — born anew in Christ to do His work (Ephesians 2:10).
- I am* a prisoner of Christ (Ephesians 3:1, Ephesians 4:1).
- I am* righteous and holy (Ephesians 4:24).
- I am* a citizen of heaven (Philippians 3:20).
- I am* hidden with Christ in God (Colossians 3:3).
- I am* an expression of the life of Christ because He is my life (Colossians 3:4).
- I am* chosen of God, holy and dearly loved (Colossians 3:12, I Thessalonians 1:4).
- I am* a child of light and not of darkness (I Thessalonians 5:5).
- I am* a holy partaker of a heavenly calling (Hebrews 3:1).
- I am* a partaker of Christ; I share in His life (Hebrews 3:14).
- I am* one of God's living stones, being built up in Christ as a spiritual house (I Peter 2:5).
- I am* a member of a chosen race, a royal priesthood, a holy nation, a people for God's own possession (I Peter 2:9, 10).
- I am* an alien and stranger to this world in which I temporarily live (I Peter 5:8).
- I am not* the great "I AM" but by the grace of God, *I am what I am* (Exodus 3:14, John 8:24, 28, 58, I Corinthians 15:10).

Because we are in Christ, every one of those characteristics is completely true of you and me, and there's nothing we can do to make them more true. But we can make these traits more meaningful and productive in our lives by simply choosing to believe what God says about us. He, better than anyone else, knows *what* we are because of *Whose* we are: WE ARE HIS!

With God's divine revelation of who and Whose we are, may every action of our lives touch on some chord that will vibrate throughout eternity. □

°Regina Rae Branson is a personal friend. The poem is used with her permission.



OUR WORLD TODAY

by Eva Hallam Solberg

20TH CENTURY MARTYRS

There have been more martyrs in the 20th century than in all the previous nineteen combined, report sources from World Evangelical Fellowship, an international organization representing 150 million evangelical Christians in 110 countries.

By 1985—before the fall of the Soviet Union—approximately 200,000 church leaders had been murdered by the Communist government. Many were crucified, shot, strangled, or frozen to death. Another 300,000 Christians were imprisoned, and much church property was confiscated. Although doors to the gospel have been opened in many parts of the former Soviet Union, religious persecution continues in many other parts of the world.

(Southern California Christian Times)

CREDIT CARD USE

When you charge something on your credit card, it makes good sense to deduct that amount from your checkbook as soon as you can. Avoid making small minimum payments. It can take up to ten years to pay off your current balance.

Pay the full amount on your credit card bill when it arrives. Also, always sign your credit card. It is harder for a thief to match a signature than simply to sign an unsigned card.

(Bottom Line Personal)

FAMILY HOUR RESOLUTION

There is a bipartisan move in Congress for the networks

*I see not a step before me
As I tread on another year;
But I've left the past in God's keeping,
The future His mercy shall clear.*

to restore the traditional "family hour" between eight and nine o'clock EST. This hour traditionally was a time for families to enjoy quality entertainment together. It has become increasingly "adult" in its content. Violence, obscenity, sexual innuendo, and warped family values have replaced the family hour.

(Traditional Values Report)

MOTHER TERESA'S BUSINESS CARD

Mother Teresa's business cards read, "The fruit of SILENCE is Prayer, the fruit of PRAYER is Faith, the fruit of FAITH is Love, the fruit of LOVE is Service, the fruit of SERVICE is Peace."

(EP News Service)

TELEVISION HOSTILE TO RELIGION

A recent study of the entertainment media found that in 1995, portrayals of devout laity and clergy showed only 11 percent that were positive. Negative portrayals rose from 35 percent in 1994 to 64 percent in 1995.

Only one percent of the 44,000 broadcast news stories dealt with religion, and the stories that did cover the issue regularly attacked Catholic dogma and the religious right. ABC is the only network to have a religion reporter; the other networks fail to value the issue of faith and continue to portray religion as a divisive,

repressive, outmoded notion.

The chairman of the Media Research Center which conducted the study believes the networks should be more fair-minded and respectful in their coverage of religious figures and social issues with a religious tie. "The media have a golden opportunity to improve their image by reflecting faith more positively," he said.

(Contact)

URBANA GRADUATES PLAY KEY ROLES

Key roles have been played by Urbana graduates in building student movements throughout the former Soviet Union. They have been placed there by InterVarsity's mission board, InterVarsity-LINK. InterVarsity Christian Fellowship is an interdenominational campus ministry with 724 chapters on college campuses throughout the United States, involving over 28,000 students.

(InterVarsity Missions Newsletter)

HONG KONG'S CHRISTIANS FACE CHANGE

The British colony of Hong Kong will revert to control by the People's Republic of China on July 1, 1997. About ten percent of Hong Kong's 5.9 million are Christians. Hong Kong's agreements with China guarantee religious freedom. Beijing has promised "business as usual," but anxieties about the

Communist takeover of the Asian economic power have made Hong Kong residents apprehensive. It is estimated that one in six Hong Kong citizens has secured foreign passports or the right of residence in other countries.

"The international community must watch the takeover carefully to see whether human rights and freedom are being maintained or even improved, or whether they are being violated and have deteriorated," said the chairman of the Hong Kong Christian Council. *(EP News Service)*

LESS LIKELY TO USE DRUGS OR ALCOHOL

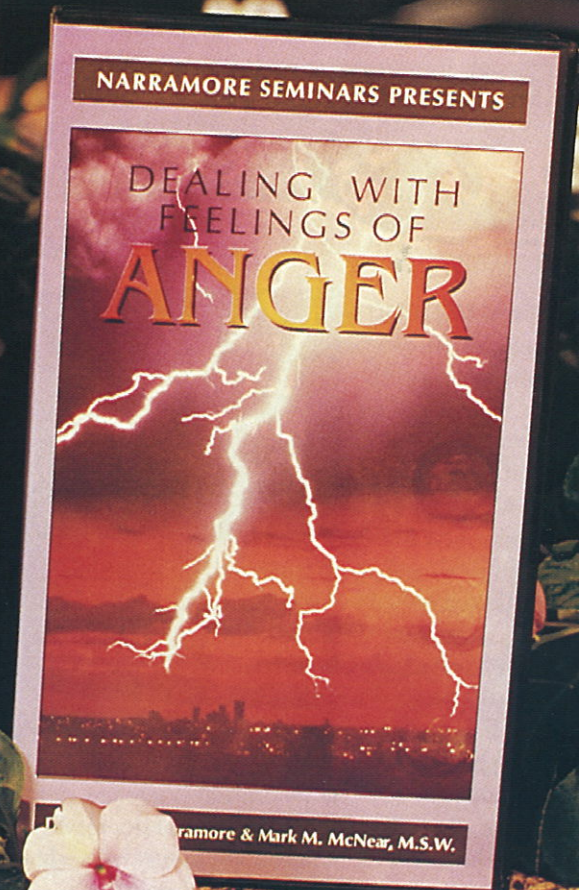
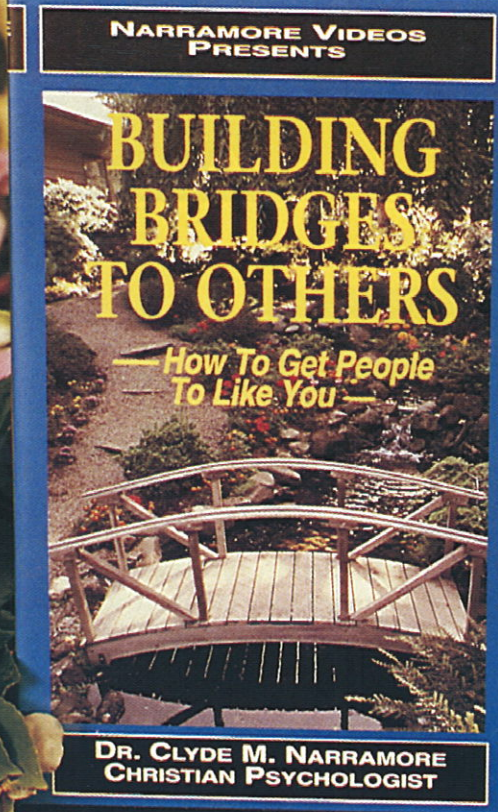
Faith in God helps women cope with their emotions while awaiting a breast cancer diagnosis, Mayo Clinic researchers reported. The study found that women with strong religious faith were less likely to use drugs or alcohol while awaiting a diagnosis, had less anger, less anxiety, and were more likely to try to make the best of a bad situation. A follow-up study is planned to see if religious beliefs affect outcomes for women with breast cancer.

(Mayo Clinic Health Letter)

EARLY IRA

Make your IRA investment early in the year so it grows tax-deferred for as long as possible. If you forget to invest during a calendar year, you still have until April 15 of the next year to invest retroactively. Consider maintenance fees when deciding where to put your IRA. Annual charges range from zero to hundreds of dollars.

(Forecasts and Strategies)



TWO VIDEOS THAT CAN BRING YOU LIFE-CHANGING INSIGHTS

BUILDING BRIDGES TO OTHERS

How to get people to like you.

Some of your greatest joys in life come from happy relationships with other people. In this video, BUILDING BRIDGES TO OTHERS, respected Christian psychologist Dr. Clyde Narramore zeros in on interpersonal relationships.

Many people have never learned how to relate well to others because they fail to use the insights and techniques which are specifically presented in this video. This practical, Christ-honoring video can make a tremendous difference in your life or in the life of a friend or a loved one. It will help to make you more sensitive to others. Beneficial for people of all ages.

DEALING WITH FEELINGS OF ANGER

How to handle some of life's most difficult emotions.

In this video, Christian counselor Mark McNear asks Dr. Clyde Narramore, noted Christian psychologist, 13 penetrating questions about Christians and anger. Topics include:

- ✓ Why do all people struggle with anger?
- ✓ In what ways do we mask our anger?
- ✓ Is anger sometimes helpful?
- ✓ What about righteous indignation?
- ✓ What are some surprising causes of anger?
- ✓ What is the best way to resolve feelings of anger?
- ✓ Can most anger be prevented?
- ✓ What is the Biblical point of view?

DISCUSSION GUIDES INCLUDED...EXCELLENT FOR GROUPS!

ONLY \$21.95 for one video, or \$41.90 for both. Price includes tax, postage, and handling.

Order now by calling 1-818-821-8400. Use credit card, or write

NARRAMORE CHRISTIAN FOUNDATION, P. O. BOX 661900, ARCADIA, CA 91066-1900

PSYCHOLOGY FOR
LIVING

THE NARRAMORE CHRISTIAN FOUNDATION
P.O. BOX 661900, Arcadia, CA 91066-1900

MOVING? CHANGE OF ADDRESS: SEND THIS LABEL OR COPY OF IT SIX WEEKS PRIOR TO MOVING TO ABOVE ADDRESS.

NON-PROFIT ORGAN.
U.S. POSTAGE PAID
THE NARRAMORE
CHRISTIAN FOUNDATION