

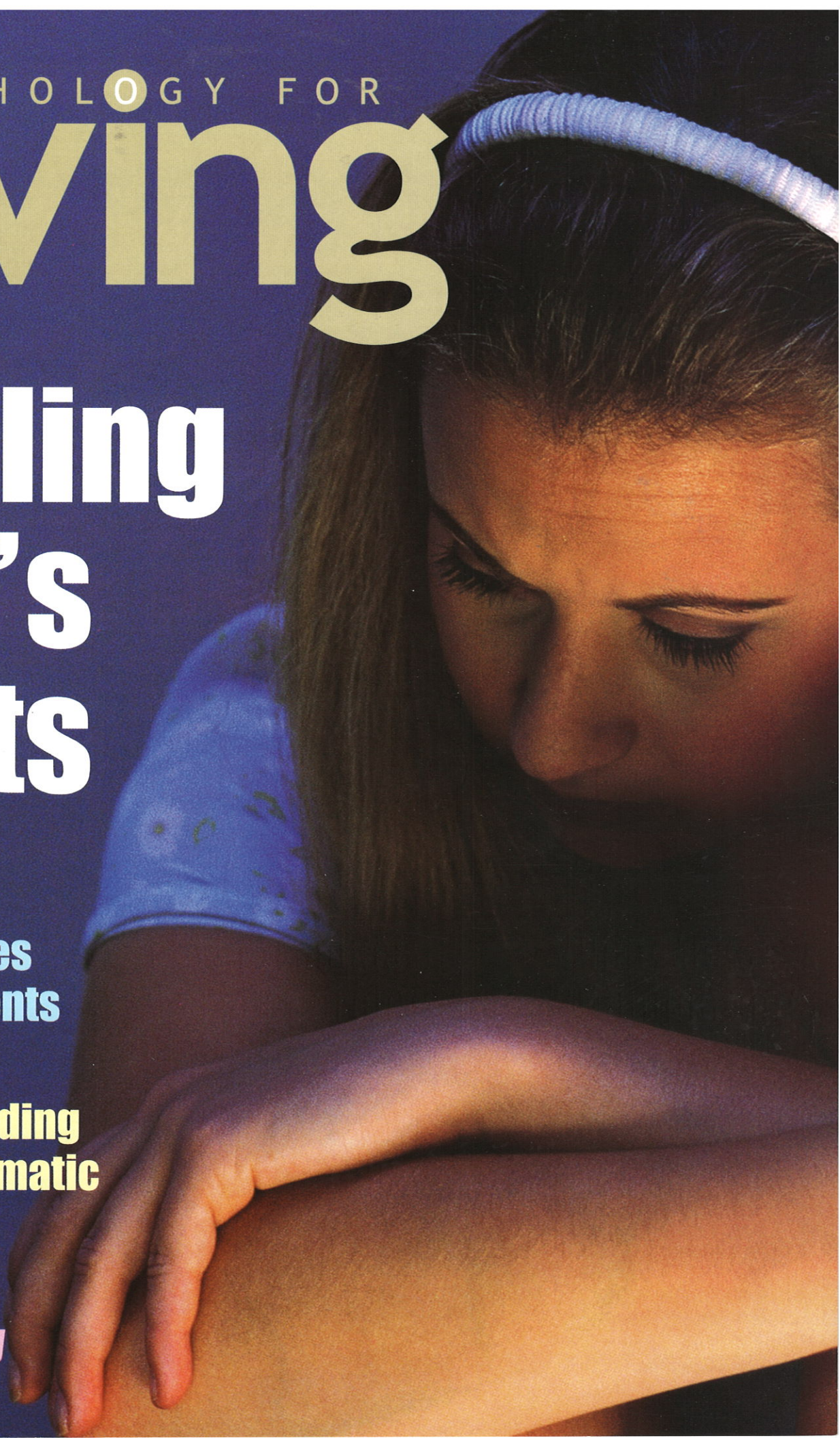
PSYCHOLOGY FOR  
**LIVING**

FALL 2003

# Healing Life's Hurts

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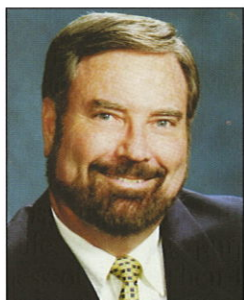
- **What Makes Grandparents Grand?**
- **Understanding Overly Dramatic People**
- **The Gift of Hospitality**



# Changing Holiday Favorites

by Bruce Narramore

Do you have a favorite holiday? Growing up on a farm in Arizona, Christmas was my favorite. The weeks leading up to Christmas were filled with its true meaning, the celebration of the



Bruce Narramore, Ph.D.

birth of Christ our Savior. I loved the ringing bells of the Salvation Army, the hustle and bustle of shopping in the city, caroling with other children from the bed of a tractor-driven

trailer, Christmas programs at our church and rural school, and of course, the excitement of Christmas Eve and morning with presents galore and warm, fun times with family.

I still love Christmas even though the celebration of the birth of Christ has been pushed further and further into the background by our secular society. But I recently realized that Thanksgiving is becoming more and more meaningful to me. Receiving Christmas gifts is a lot less important to me now, although I love being on the giving end of presents that light up little eyes – and my wife's! But as I have grown older I have developed a deeper appreciation of Thanksgiving. Each year I realize that I have more to be thankful for. Here are a few things I am especially grateful for this year.

I am grateful to God for creating this incredible world and all the life that is in it. Flying over the Western landscape from Dallas to Los Angeles this week, I saw a river snaking its way through the barren terrain. Then I saw the ridges and valleys. I smiled spontaneously as I thought of the wonderfully varied world God prepared for us.

Then my thoughts turned to the wonderful people God has brought into my life. My Mom and Dad who have both gone to be with the Lord. My brother and sister. My wife and our son and daughter and our four grandchildren. I am grateful for the richness, love, and joy that each of them has brought to me. Then I thought of my extended family and my many friends who have been a part of my life across the years and miles.

From my perch 32,000 feet above New Mexico, I thought again of God and His gift of Christ that brought me new life, meaning, purpose, and forgiveness of sins. Then I thanked God for my uncle and aunt, Dr. Clyde and Ruth Narramore, who began the ministries of the Narramore Christian Foundation that I am now privileged to lead. I am so grateful for the opportunity to serve individuals and families here in the United States and around the world. I am especially grateful for the opportunity to help meet the needs of missionaries in times of crisis and to assist their sons and daughters in their sometimes difficult transitions to college life in the United States.

And, friends, I am incredibly grateful for you. Without wonderful friends and supporters like you, the Narramore Christian Foundation could not touch the lives of pastors, missionaries, adults and children in more than 76 countries. In these days of terrorist attacks, threats, and social upheaval, we cannot afford to sit idly by. I want to thank you for helping us help others. Kathy and I wish you a most wonderful, grateful and meaning-filled Thanksgiving and Christmas season. "We don't cease giving thanks for you and making mention of you in our prayers" (Ephesians 1:16). We pray that you, too, will be blessed with a deep gratitude for the wonderful gifts God has given to you.

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# What Makes Grandparents Grand?

by Dr. Clyde M. Narramore

If you were asked to recall a dozen or so of the sweetest moments of your life, what would they be?

I'm sure many of us would remember some experience we had with a grandparent or with a grandchild. I am sure I would. When my grandson, Byron, was just a little tyke he crawled up on my lap one day, gave me a big hug, and said, "Grandpa, I love you, I love you, I love you." Then he gave me another hug and said, "Grandpa, I love you so much that I love you all the way up to heaven." And I thought to myself, well that's about as much as one person could love another!

Who can fully tell the importance of grandparents? I'm sure we've all heard people say that one of the most important people in their growing up years was Grandma or Grandpa.

Grandparents can help provide a solid family foundation. This is so important for children. They like to feel they have family members who make up their family team. But many youngsters do not have such familial roots. For example, one day I ►

was talking with a teenage girl who said that she had four fathers and stepfathers, some of whom she knew for only a year or so. Her mother had been married a number of times and the girl wondered who her mother would bring home next. But with a smile the girl said to me, "But during all of this I had my Grandma and Grandpa. They were wonderful Christian people and they were always there."

### **Helpful Do's and Don'ts for Grandparents**

Grandparents live in many diverse settings. Some live together, far away from other family members. Some are alone because his or her mate has passed away. Still others are divorced. Many live at least part time (happily or unhappily) with other family members. And some are residents in retirement or care centers. But regardless of the situation, there is a core of do's and don'ts which are quite common to them all. If these are observed, relationships will be better and all family members will benefit.

**1. Do meet your grandchildren's emotional needs.** As a child is growing up, his basic emotional needs cry out for fulfillment. He needs to feel, for example, that he belongs, that he is loved, secure, and worthwhile. If these and other basic emotional needs are quite well met, he tends to grow up to have healthy feelings about himself and others. But if they are not met, he eventually becomes an adult with negative feelings about himself and the rest of the world. He may also have difficulty trusting and serving the Lord. By taking a personal interest in our grandchildren and showing our love and concern we help meet these basic emotional needs so that they can grow up to be effective, productive persons.

**2. Don't be negative when talking with a child.** Some grandparents (like other adults) are

much more negative than they realize. This may stem from unresolved childhood experiences or from adult tragedies. But a child should be raised in a positive environment. And he should grow up with happy attitudes toward grandparents. Besides, much immature childhood behavior tends to change with time.

**3. Do encourage your grandchildren.** Everyone needs encouragement. Sadly, there are millions of children who have never received much encouragement. But trying to go through life without encouragement is almost like trying to drive your car without gas. Encouragement is the fuel that gets us going and keeps us heading in the right direction. And who is in a better position to encourage a child than a grandparent?

**4. Don't talk to a child about his parents' faults.** Critical talk doesn't solve problems, and it prevents good relationships in the future. Nor does it cause a child to like either his grandparents or his parents.

**5. Do set guidelines.** It's amazing what goes on in some families.

Tragically there may be little if any discipline or restraint. But if a child is to be truly happy he must know what the limits are – what he can and cannot do – what is right and what is wrong. "I think my husband and I are a help to our grandchildren as far as discipline is concerned," one grandmother told me. "Things are rather hectic at their house. But when the children come to see us, we quietly talk to them and they settle down and behave themselves just fine." This gives a child a superior edge for years to come.

**6. Don't correct a child when his parents are present.** This is the job of his mother or father. Grandparents may be right in their judgment, but wrong in their intrusion. Two bosses (a mother and father) are enough for any kid.

**7. Do give grandchildren instruction.** It's amazing how many things a child does not learn during his growing up years. (Just ask any wife about her husband!) But grandparents can help a grandchild tremendously by explaining things to him. It might be about safety, about personal matters, or hundreds of other things. A few days ago I was



talking to a little girl who was showing me a picture she had drawn. She looked up at me, smiled and said, "My Grandma showed me how to do this. See? When things are up close in a picture you make them bigger. But when they are far away you make them smaller and smaller. Look at my mountains. Grandma showed me that I should make the mountains that are close, darker, and the mountains that are a long ways away lighter." She knew because her grandmother had taught her! Kids need to know so much about many things!

**8. Don't give the child things the parents don't want him to have.** It really doesn't give you brownie points with a child. He might like it temporarily, but he is quick to see his grandparents are a bit devious and manipulative.

**9. Do praise your grandchild.** Grandparents are in a unique position to encourage a child by realistic praise and affirmation. This positive reinforcement may have a lifetime impact on a child, building his confidence and enabling him as an adult to make better decisions.

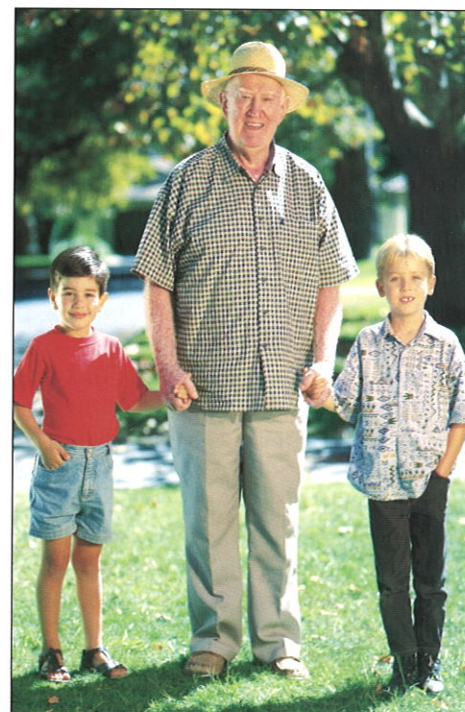
**10. Don't report every little negative detail of a child's behavior to his parents.** A grandparent may think that by reporting every misdeed, it will alert parents to problems that need to be corrected. But parents are looking for encouragement, not discouragement. And a child needs space and understanding.

**11. Do guide your grandchildren spiritually.** We know from the eternal Word of God, the Bible, that each of us will live somewhere forever: heaven or hell. Life is not composed of merely living 70 or 80 years here on earth then existing in no-man's-land for eternity. The Bible teaches that, "It is appointed unto men once to die and after this the judgment" (Hebrews 9:27).

Consequently, the most important need that a grandchild has is to realize that God, our Creator, loves us, and not only can He save us for all eternity but He can guide us and lead us throughout life. God says in His Word, "All your children shall be taught by the Lord, and great shall be the peace of your children" (Isaiah 54:13). Many grandmothers and grandfathers have quietly sat with their grandkids and explained great spiritual truths and have led them into a personal relationship with Jesus Christ. We should well remember the words of our Lord in Matthew 19:14, "Jesus said, 'Suffer (permit) little children and forbid them not to come unto me: for such is the kingdom of heaven.'" In other words, the prime example of a person's readiness to learn about Christ and to trust Him is during his or her childhood period. Not long ago I talked to a pastor whom I had led to the Lord when he was about 12 years old. He sincerely thanked me for doing so, then he added, "I have led my mother and father to the Lord, as well as all of my brothers and sisters, plus my own children. I also have six grandchildren and they also know Christ as their Savior. Everyone in our family is on his way to heaven." Just think of the results of an adult leading a child to Christ when he was only 12. This blessing has reached four generations!

**12. Don't keep bringing up past misdeeds to a child.** No one benefits from being reminded that he doesn't do anything right. Grandparents may think this is a way to get a child to change. But it usually has the opposite effect. A child needs to start each day with a bright, clean slate!

**13. Do seize the moment.** One of the keys to being grand grandparents is seizing the moment and doing all we can at present. Our situation may not be perfect but it does offer some options. As grandparents, we should



start with whatever opportunities we have and commit them to the Lord. Then, as time goes on, God will reward our faithfulness and open additional doors of influence.

**14. Don't hesitate to tell your son or daughter when you are not available to baby sit.** You may hate to say "no," but you also have your own life, your own schedule, your own friends, and your own agenda. In time your son or daughter will come to respect your true feelings and your forthrightness.

**15. Do make prayer your greatest resource.** This is so assuring, especially if your grandkids live some distance away so that you are unable to see them frequently. As one Christian grandfather said, "My son and his family are in Africa serving as missionaries. But we are only a prayer away. We keep a line to Heaven open most of the time." God tells us in James 5:16, "The effectual, fervent prayer of a righteous man avails much." How good to know that through prayer we can talk with God, and that He who created the universe wants us to have happy, godly grandchildren. ☞

# I Was Ashamed of My

by Marion Duckworth

I was two years old when doctors diagnosed my dad, Isadore Siegel, as a schizophrenic with catatonia—a tendency to live in a sleep-like stupor. That explained why he would drift off in the middle of a story he was telling me.

My mother, who had a heart condition, explained when I was older that she had to choose. “I could take care of him or you, but I couldn’t do both.” Since I had my life ahead of me, she decided to commit my dad to a mental hospital. He lived there the rest of his life.

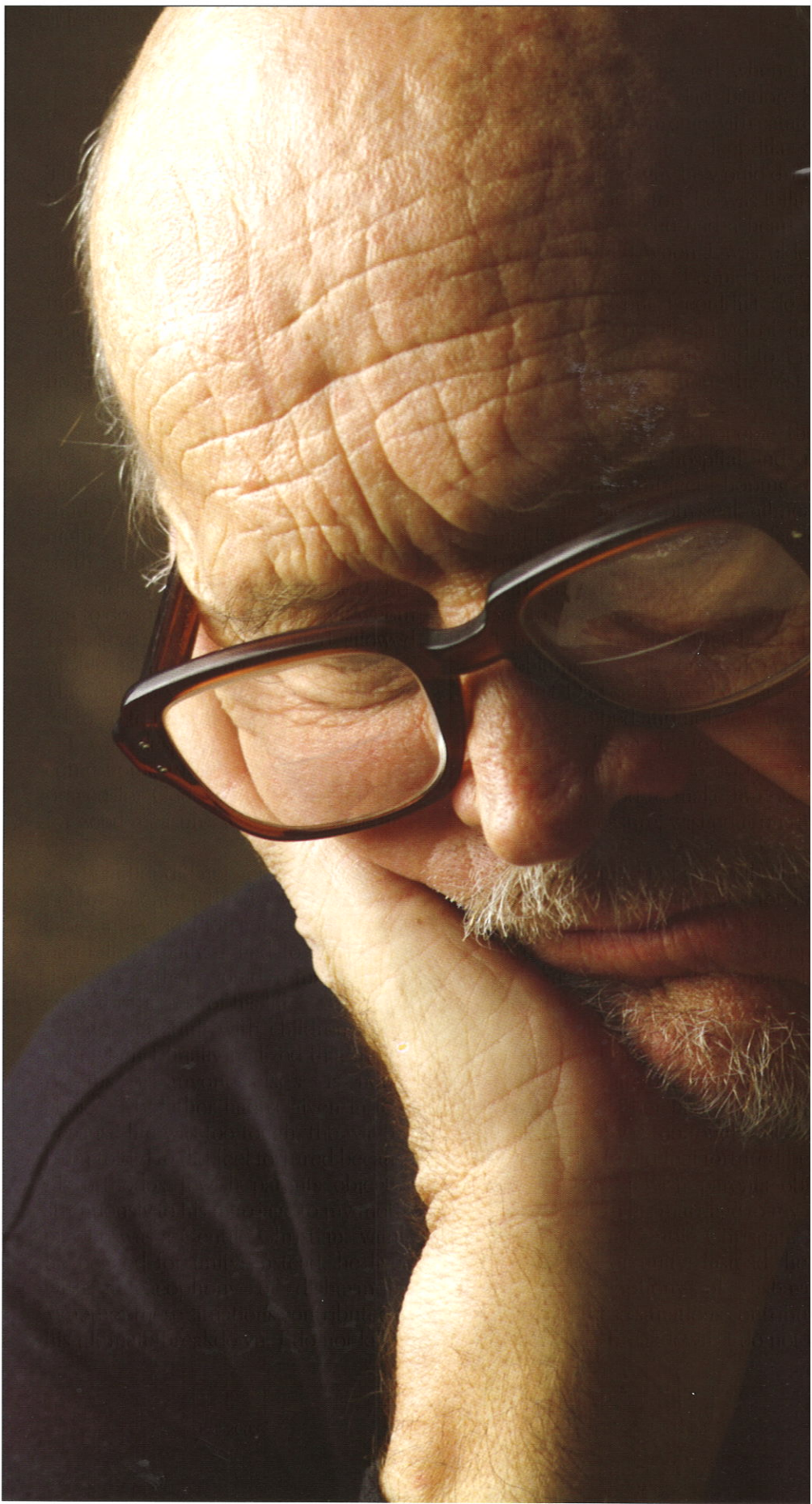
Growing up, I told people that my father was in the hospital and quickly changed the subject, hoping they’d think he had a physical ailment. At night, under the covers I faced the truth: my father was crazy.

Besides that, I believed that he’d chosen to desert me. Hadn’t an adult whom I trusted intimated that he’d allowed problems to get the better of him? Hadn’t Dad said one day that he wanted to go to bed and not get up?

I was desperate for my father to come home to me, so every evening I prayed for God to make him well, and for good measure, wished it on the first star.

My father did not get well. There was no treatment in the 1930s for his disease and God didn’t intervene supernaturally. Finally, I had to accept this fact: my father would remain locked away for the rest of his life.

I was an adult with children of my own when I finally realized that insanity—his or anyone else’s—is not a choice. My father hadn’t given in to it because life was too tough, the way I’d been told. He did feel tortured because his orthodox Jewish parents objected strenuously to his marriage to my mother who was a Gentile Christian. Vainly he begged for unity; instead, he lived with a cacophony of disharmony. Whether these situations contributed to his ultimate breakdown, I do not know.



# Father

Twice a year, my mother and I visited my father in the mental hospital. To the amazement of the medical staff, we were able to call him out of his catatonia. My mother would prompt me to talk to him. "I'm learning French in school, Daddy. Say something to me and see if I can understand you."

He'd raise his head and struggle to focus on me. "Uh, French? Yeah. Parlez vous francais?"

"Oui, papa. Je parle francais unpeau."

"French is nasal," he'd say and point to his nose. "French words have to come out here." He'd shake with laughter.

Medical personnel watched in awe. "We've never heard him talk," they'd say.

When we were ready to leave, Mama would ask if he wanted to come home. He'd shake his head. "Uh, no. I like it here." He'd slump, chin on chest.

I hated that moment most because my father did not choose me.

On rare evenings, mother grew nostalgic about her post-honeymoon years.

"Your father loved to take me into a shop and have me pick out a dress. After I had thyroid surgery, he ordered a custom made silver necklace to hide the scar. He called it 'my dog collar.'"

She'd boast about how brilliant he'd been before he got sick. "He taught himself to speak seven languages by mingling with different ethnic groups in New York City." I resented the fact that she had warm memories of him while I had none.

When I reached midlife, I completed my first book—an autobiography of my early life—but couldn't bring myself to include the chapter I'd planned to write about my father. The world would know that he was crazy. But my story was incomplete without it. So I relived on paper my visits with him in the mental hospital, taking refuge in the fact that my admissions were made to an invisible audience.

After the book was published, I was forced to talk about him to audiences I could see. Timorously, I looked into their faces and said the words. "My late father was mentally ill."

Saying the words grew easier and

even made me feel heroic when listeners afterward would thank me for my forthrightness. Like it or not, my dad, Isadore Siegel, was simply part of my family history.

As the years passed, I began to feel as though there was something more I needed to do. In autumn, 1993, I decided to have an open house on my birthday in October to remember my father and others like him. The invitations I sent included a request to bring canned food for the local Union Gospel Mission in lieu of birthday gifts for me.

As guests arrived, I handed each person a printed explanation. "My father, who was mentally ill most of his life, ran away from the institution where he was housed and lived on New York City's Bowery for several months. He was a brilliant man, but was unable to realize his potential because of his condition. Today, I am honoring him and the other mentally ill on the streets who need our help."

People crowded our home and food piled up in front of the fireplace. That night I lay in bed thinking that this was one of the best birthdays I'd ever had.

But my journey wasn't over. A few years later, an acquaintance asked me to be the featured speaker at a candlelight vigil for the National Alliance for the Mentally Ill. I accepted.

From the podium on the designated evening, I stared into a sea of faces and explained that my father's mental illness had made me feel inferior.

"In my ignorance, I was ashamed of my dad. Now I know that every human being is priceless. The fact that some have a mental illness doesn't change that."

My throat tightened and my voice was soaked with emotion.

"Isadore Siegel was my father, and I am proud of it."

As I stepped down from the platform into the candlelit darkness, I knew that my journey was complete.

---

Marion Duckworth, author and speaker, has had nineteen books and hundreds of articles published. She also leads seminars and retreats. For eleven years she and her husband were on the staff of Village Missions. They live in Brush Prairie, WA.



by Gary D. Hanson

**T**wenty-seven-year-old Christy sought pastoral counseling at the request of her husband because of disillusionment over her marriage.

Christy's husband, Tom, had expressed an urgent concern to their pastor after a recent event when Christy forgot their infant daughter and left her with a day-care provider while Tom was out of town on a business trip. Christy had entered a modeling contest at a local mall,

and as she basked in the attention of the local talk-show cameras, the thought of her daughter, now in the care of a disgruntled day-care employee, completely slipped her mind. This event—just one in a series of similar incidents—had triggered yet another bitter argument over Christy's lack of attention to her baby and to Tom himself. Reluctantly, Christy agreed to discuss her issues with a trained counselor.

During the initial interview Christy was warm and charming. She was dressed attractively, although a bit provocatively. Christy's life was filled with emotional extremes. She could not understand why her "fabulously handsome" husband did not recognize her need for self-expression and her gift of adding life to any social setting. Christy "absolutely adored" her "precious" daughter who was an "angel" in her eyes, but who seemed to take after her father in being demanding of Christy's attention.

Christy could pass as a fashion model, actress, or TV talk show host. She is attractive, gregarious, energetic, and has a dramatic flair that often makes her the life of the party. Sometimes, however, Christy's style turns out to be more of a curse than a blessing.

Although Christy impresses people positively upon first meeting, she never develops any deep, committed relationships, and her shifting moods eventually start wearing on those around her. No matter how much

## THE HISTRIONIC PERSONALITY

attention she receives, it is never enough. When she doesn't receive the attention she craves, she quickly loses her charming style and becomes angry, pouty, rude, or condescending. These shifting moods leave her family, friends, and acquaintances bewildered and hurt, and cause them to keep their distance—the very thing Christy fears the most.

Most of Christy's traits or attributes are not negative in and of themselves. In fact, many of them are very enjoyable in moderation.

But when they all come together

in one person in a pronounced way, they cause serious problems and reflect a personality maladjustment known as Histrionic Personality Disorder (HPD). Like Christy, histrionic personalities typically have several traits that create their overly dramatic effect.

The central conflict of persons with Histrionic Personality Disorder is their unresolved childhood need for affection, approval, and admiration. For some reason, histrionic persons have failed to develop a solid sense of their significance and worth. Unconsciously they feel inadequate, or unlovable. Consequently, they are constantly turning to others for affirmation and attention. In the process, they learn to quickly determine what actions or antics will succeed in getting others to respond to them in a positive way. But no matter how much attention is given, it is never enough. It is like pouring water through a sieve.

Underneath their overtly friendly relational style, histrionic individuals are actually quite unable to form healthy, lasting relationships. Christy's husband was repeatedly frustrated when he attempted to plan and enjoy an intimate dinner just for two. Tom's efforts usually ended in explosive arguments when Christy complained that she would rather have had friends come along, and accused Tom of not appreciating her and stifling her social life.

The histrionic person's effort to act in ways calculated ►



# AMATIC PEOPLE



**“The central conflict of persons with Histrionic Personality Disorder is their unresolved childhood need for affection, approval, and admiration.”**

to gain attention and admiration creates an extremely unstable pattern of behaviors and fickle emotions. Anytime they perceive that they are not commanding enough attention, they do something dramatic: create a scene; tell an exaggerated story; or in some other way draw attention to themselves. Since histrionics use others to build up their own fragile feelings about themselves, they must be constantly on the lookout for ways of getting the attention they so badly crave.

Those with HPD also tend to have a style of thinking and speaking that is highly impressionistic and lacking in details and specifics. They express strong opinions with a dramatic flair, but when asked to explain themselves, their underlying reasons are vague and without supporting facts and details. When describing another person, for example, they may say, "He's incredible," "He's huge," or "I hate her." They are strong on impressions but weak on facts, and carefully thought-out logic. They also tend to play hunches and adopt convictions quickly since their feelings and opinions are so easily influenced by others and by current fads. They also tend to consider relationships as more intimate than they actually are, describing almost every acquaintance as "my dear," or "my dear friend."

Along with their distinctive emotional, relational, and intellectual styles, histrionic individuals tend to hold a certain set of largely unconscious assumptions or beliefs about themselves and what they need to have a good life. They believe, for example, that to have meaningful relationships with others means they must be in the center of the group with others playing the role of attentive audience. They believe things like: "Unless I captivate people, I am nothing." "If I can't entertain people, they will abandon

me." Or, "If I can't captivate people, I am helpless or no good!" Since histrionic individuals believe it is necessary to be loved by virtually everyone for everything they do, they also have an exaggerated fear of rejection.

### **Causes and Dynamics**

The histrionic person's self-perception and excessive need for attention has nearly always been deeply influenced by their early family environment. Something happened in those relationships to program them for an exaggerated

search for attention. Christy, for example, initially described her family of origin as "the perfect family." But her counselor noticed that she emphasized the praise she received when she performed for her parents in social settings in contrast to their general lack of attention and support in any other area of life.

This kind of childhood family life can be troubling for a growing child. Instead of feeling loved for who he is, he learns that he is only appreciated, or affirmed for what he does. This leaves him feeling



empty and unloved. Since those feelings are so painful he begins to pay especially close attention to the approval of others and to behave in ways that are calculated to elicit the longed for attention.

This shift from feeling good about being one's true self to trying to become what others want in order to be loved is a life-altering movement. People with a healthy sense of self have a strong inner sense of who they are, what they like and dislike, and what their values and commitments are. Consequently, they value others' opinions but they aren't at the mercy of others like one with a histrionic personality.

### Spiritual Dynamics

In a real sense, the histrionic's constant search for attention and affection represents a core struggle of our fallen human race. We all want to earn love and acceptance, rather than accept it as a gift from God and others. We don't want to fully face the depth of our sinfulness, needs, and inner hurts, so we find many ways to avoid honestly facing ourselves. But histrionic personalities have exaggerated struggles in these areas which impact their spiritual lives as well as their emotions and relationships.

For them, even relating to God—the most true and faithful source of love and acceptance—presents a great challenge. They are afraid to see how unlovable they feel inside. Yet that is the place that we must all begin our spiritual journey.

People with histrionic personalities can also have problems in their relationships with God because they want to be the center of attention. Obviously, this doesn't work with God. He calls us to be humble servants, not admired stars. And as Elijah learned, despite His power and majesty, God often speaks in a whisper (1 Kings 19:12). This is a difficult combination for these individuals. They will give their all to gain the

attention and acceptance they long for, but they expect to be the center of attention in return.

### Treatment

Since overly dramatic personalities have such a lifelong pattern of avoiding emotional pain through massive repression and temporary attention getting, they rarely seek help unless they are experiencing a deteriorating relationship, depression, or some other troubling social or emotional problem. And once they receive a little relief from their presenting problem, they tend to go on their way rather than facing their deeper spiritual and relational struggles. However, if they will remain in counseling with a well trained therapist, they can get a great deal of help.

The ultimate need for histrionic individuals in therapy is to change their deeply ingrained tendency to try to fulfill all their needs by looking to others for attention rather than to develop a solid sense of their own self-worth as a child of God. To do this, histrionic individuals need to feel accepted and relatively safe and comfortable with their therapist so that they can gradually learn to sit with their inner emotional discomfort instead of running from it.

Although this may be difficult, it is essential in order to learn to see the futility of their relational and coping style. In the process they will gain insights into their unrealistic assumptions about themselves and life. They will come to see why they came to feel that they had to be the center of attention in order to feel good about themselves. They will also come to see that such a belief is an emotionally destructive idea.

### Life With the Histrionic Personality

Living with the histrionic person can be challenging, and oftentimes painful. Partners of histrionics often feel as if they are walking on eggs, not knowing when they will

be smothered with superficial affection or be loathed for being too predictable or dependable. Since histrionics struggle with depth in relationships, their partners are often left questioning their failed attempts to increase closeness. While the histrionic will attempt to draw a partner into a rescuing, admiring role in order to ward off the anxiety of potential rejection, they may just as quickly display scorn or contempt for the same partner once they tire of their present life's routine.

This can leave partners feeling inadequate or resentful because they feel that they can never provide enough attention or admiration to fill the mate's emptiness.

The most helpful approach to living well with a histrionic person is to offer maximal emotional support while maintaining strong personal boundaries. You should be clear in your own mind that you are not responsible for your spouse's excessive need for attention and that you could never meet it, no matter how hard you try. By adopting a loving, but objective stance, while letting the histrionic be accountable for his/her behavior, you provide the best chance of enhancing your relationship. Remaining loving and flexible, while tactfully confronting destructive behaviors in the relationship, can help the histrionic gain a more realistic understanding of his or her impact on the relationship.

*This article is adapted from Mr. Hanson's booklet, **Understanding Histrionic Personality Disorder**. For a free copy write to the **Narramore Christian Foundation, 250 W. Colorado Blvd., Ste. 200, Arcadia, CA 91007.***

Gary D. Hanson is a Christian counselor with masters' degrees in Marriage and Family Therapy and Business Administration. Mr. Hanson offers individual and family counseling and consults with the business community. Gary and his wife, Joy, are the parents of two children and live in Plymouth, Minnesota.



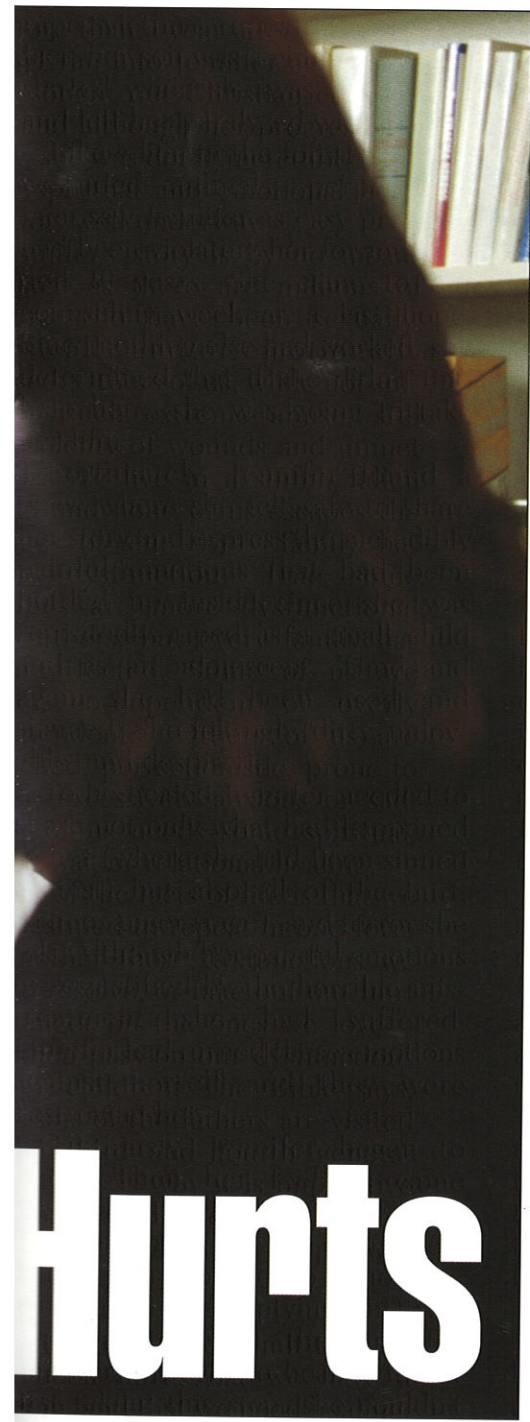
# Healing Life's

## Nine Steps For The Healing Of Damaged Emotions

by Dick Innes

When I first met Jennifer at a seminar that I was leading, she was very withdrawn and her face, apart from sad eyes, was expressionless. She said little all day but her body language spoke volumes. It didn't take a great deal of insight to realize that Jennifer was in incredible pain.

I was quite busy and didn't give



rape victim—repeated rape. In fact, her son was a child of rape. It started when she was very young and left her paralyzed with fear.

Like a lion in the forest preys on wounded animals, perpetrating men saw Jennifer as easy prey and had been violating her for much of her 40 years. She came to our counseling week as a last hope. Since nothing else had worked, she determined that if she didn't find help here, she was going to take her life.

Fortunately, Jennifer found a place where she felt safe to share her story and express the incredibly painful emotions that had been bottled up inside since she was repeatedly raped as a small child and as an adolescent. Time and again she had been used and shamed. She felt ugly, dirty, unlovable, and despised.

To be healed Jennifer needed to share not only what had happened to her (where she had been sinned against) but also all of the hurt, shame, anger (rage), and terror she felt. Although her painful emotions were justified by the horrible mistreatment she had suffered, Jennifer had turned these emotions against herself and they were destroying her.

Cautiously, Jennifer began to share. Then her feelings came rushing out in torrents. It was the first time in her life she completely shared her bottled-up emotions. This catharsis (emptying out) was essential to open the way for Jennifer to begin to heal. Without first taking this step, she couldn't be freed from the past so she could, in time, move to a point of forgiveness. After three days of painful sharing, we prayed for Jennifer. She went back to her room and returned some time later looking like a different person. She put on a pretty blouse, makeup, fixed her hair, and came in wearing a million-dollar smile. She had a long road ahead but her healing and freedom from the past had begun.

More than a year after the seminars I ran into Jennifer again. She had sought out Christian counseling and although her progress was slow, she was doing incredibly well. Her spiritual and emotional healing was well underway.

Jennifer's story is by no means unusual as there are millions of others who have been sexually, physically and/or emotionally abused. Others of us, while not suffering such extreme abuse, still have plenty of wounds and unmet needs. We live in a sinful, fallen world and none of us escapes the ravages of sin. Every family has some "dysfunction." True, some families are more dysfunctional than others, but every family has been affected. Some of us are either co-dependent or overly independent. Others of us are detached, perfectionistic, prone to anger, excessively anxious or sad. Each of us needs some spiritual, emotional, or relational healing.

One of the facts of life is that we are destined to repeat in one form or another those dysfunctions we fail to resolve, or take out our hurt and anger on the ones we love—and then pass on our dysfunctions to our children! The Bible says, "The sins of the fathers are visited to the third and fourth generation."<sup>1</sup> This is why it is imperative that, with God's help, we resolve them. The following steps will help.

**First**, we need to admit that we have been hurt, that we have a problem, and that we need healing.

**Second**, we need to want healing badly enough to be willing to face our pain rather than bury it. As Jesus, the Master physician, said to a man who had been an invalid for 38 years: "Do you want to get well?"<sup>2</sup> It sounds like a silly question but it is really profound. We have to want to get better badly enough to face our hidden or painful hurts. Only those who want to be healed will be. The ►

any more thought to Jennifer until a few weeks later when she turned up a thousand miles away at a more intensive week-long counseling workshop. Here her story unfolded.

Jennifer was at a breaking point. She had a young son and was about to give him up for adoption. She told us she was so afraid to be touched she couldn't stand her own child hugging her. It was no surprise to learn that Jennifer was a



half-hearted never make it.

**Third**, it isn't enough to talk about our painful feelings. We need to find a safe place with a trusted friend, counselor, therapy group, or recovery group where we can confidentially experience and express our feelings of hurt, guilt, shame, anger, fear, plus our sins and faults. These are the secrets that comprise our dark side which, unconfessed, keep us bound. As it has been said, "We are as sick as our secrets."

**Fourth**, when necessary, where we have hurt somebody else, we need to seek their forgiveness and, wherever possible, right the wrong that we have done.

**Fifth**, we then need to forgive all who have hurt us. This is part of gaining freedom from the past. Once we have grown strong enough to face our pain, set appropriate boundaries, and develop some safe relationships, we can begin to forgive. But we cannot simply put forgiveness on top of unresolved hurt, grief, or anger. These must first be dealt with and resolved. Then we are ready to forgive.

**Sixth**, we need to confess our sins and faults to God and ask for and receive his forgiveness. His Word says, "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."<sup>3</sup>

**Seventh**, we need to forgive ourselves, let go of the past, and move on to become the persons God planned for us to be. Once we have faced our pain and hurt and anger and begun to forgive, we can start looking ahead in life.

**Eighth**, develop a healthy support network with a trusted friend or two. At the very minimum, ask God to give you at least one close friend whom you trust implicitly and with whom you can share your total self—your joys, sorrows, victories, and failures—and with whom you can keep accountable.


“

**God wants to heal us and has shown us the way. It's in the Bible which says, 'Confess your sins and faults to one another, and pray for one another, so that you may be healed.'**”

**Finally**, we need to consistently seek God's help through prayer, scripture, and Christian fellowship. I don't mean through a magical quick fix but rather through the miracle of God's healing over time through our relationship with Him and members of the body of Christ.

In fact, one of the names for God in Hebrew, Jehovah-Rophe, literally means "The Lord who heals."

God wants to heal us and has shown us the way. It's in the Bible which says, "Confess your sins and faults to one another, and pray for one another, so that you may be healed."<sup>4</sup> Do you want to be healed? Do it God's way and you will be. It may take time but He wants you to become the person He created you to be.

1. Deut. 5:9 2. John 5:6. 3. 1 John 1:9 (NIV). 4. James 5:16. 

# The Gift Of Hospitality

by Leone Browning



As we sat in church, I noticed the long, black hair shimmering on the tiny shoulders of a very lovely Japanese college-age girl, whom I shall call "Miko." She looked lonely and apprehensive as she took in the church service and all the unfamiliar faces around her. I whispered to my husband, suggesting that we invite her to come to our home for dinner. He readily agreed. And she quickly accepted when we spoke to her at the close of the service.

The day was delightful, even though we had to reconstruct some sentences to communicate. Since Miko had come from Japan to learn the English language, this was her perfect opportunity to practice.

That day, nothing was mentioned about her religion, and she was courteous about ours. She observed us carefully when we returned thanks for our food. In the days that followed, we prayed for her that she would come to know the Lord.

The next week, I was surprised to see her at my door. I was glad she felt welcome to visit us. We chatted and enjoyed coffee together. When she left, I asked God to show some way to tell her about Jesus.

Time slipped by with no opportunity. Then one day before Christmas, I opened the door to find Miko standing outside. As I invited her in, I inwardly fretted about all the Christmas gifts I needed to wrap. Then a voice seemed to whisper, "What better way can you prepare for Christ's birthday than to share your time with someone who is far from home and may not know the Christmas story!"

I stopped to serve fruitcake and coffee, hoping that, perhaps, I could witness in some way and then get back to my urgent work. An hour clicked away, and she still sat there in awe, admiring my small decorated tree, amid the many Christmas ►

cards we had displayed on the wall. I answered several questions about our customs. Finally she said, "This is my first Christmas celebration. Since I am a Buddhist, I don't understand why you sing songs about the birth of Jesus nor why you give so many gifts.

I quickly seized my opportunity and explained. "We give things to one another in remembrance of the birthday of Jesus. He was our gift from God, when He was born in a manger, and came to us on earth that we might have our sins forgiven through His birth and His death on the cross."

She listened intently, but said nothing to indicate how much she comprehended. I breathed a prayer: Lord, please grant me wisdom and the right words.

After a while I asked if she would excuse me if I wrapped the rest of the packages while we chatted. Her brown eyes brightened as I began the chore, which I always dreaded. She was overjoyed with the pretty bows and paper.

"Oh, may I help you?" she offered. Her artistic little hands turned plain boxes into gorgeous displays under the tree. She didn't leave until we were finished, and I thanked God for sending her. We never had much contact after that except a friendly hello at church. Yet my burden for her never lifted, and I continued to pray.

God had another approach waiting through our Mother and Daughter Tea. I never had a daughter of my own and as my daughter-in-law lives far away, I had almost decided to stay home when someone suggested that I "borrow" a daughter. As I pondered over whom I would invite, my Japanese friend seemed to flash through my mind.

After asking many questions, Miko decided to accept my invitation. "I don't understand," she said, "but I will come."

She seemed delighted with the program and relaxed as the evening progressed. When she said good

night, she embraced me saying, "Thank you, Mother, for inviting me." After that time, she warmly called me her "other mother."

I realized anew that love is a universal language, and a glowing smile speaks more than a thousand words.

A few Sundays later, she sat in her pew weeping at the close of the church service. When I noticed, I simply asked, "Do you have a need? Is there anything I can do?"



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**I remember how God used the simple occasion of gift wrapping to open the door for me to share the Christmas story with my lovely Japanese friend.**

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She tearfully explained, "I want to accept Jesus." Feeling inadequate, I dialed heaven for help, as I explained how to ask for forgiveness of sins and invite Jesus into her heart. After praying silently, a few minutes later she lifted her radiant face.

Miko grew spiritually and attended church faithfully. A few months later, she asked my husband to perform her wedding ceremony. Her "husband-to-be" had also become a Christian. And when the best man visited us, he asked us to explain the plan of salvation to him. We were privileged to pray with him as he invited Jesus into his heart.

After the wedding, Miko and her husband returned to Japan. Each Christmas we received a card and letter of enthusiastic testimony about serving Jesus and witnessing through a Bible Study they held in their home.

Since we couldn't be missionaries, we thanked God for Miko and her spouse in Japan. When looking for ways to witness we remember how God had used a thing as small as gift wrapping to share the Christmas

story with Miko.

After a few years, we were amazed to hear that the story hadn't ended with their ministry in Japan. When I answered my phone, I was surprised to hear Miko speaking. "We are returning to the United States to attend college to prepare for full-time Christian work," she said. "We have sold our business in Japan to accomplish this goal."

"I'm so thrilled to hear from you." I enthused. "Will you both be attending college?"

"Oh yes." Miko assured. "We each believe God wants us in Christian ministry. We must prepare."

"Will we get to see you?" I inquired eagerly. "When will you leave Japan?"

"We will fly out in five days. We hope to spend time with you if it is convenient for you."

We are in the process of packing to move to another city." I answered wearily. "Since we are nearing age 80, we've decided to live closer to family members. However, we must see you. You'll just have to excuse the mess of packing."


"We will help you. When we start school, we will be several thousands miles away, so it's important to see you now."

"We'll see you soon then. We are so glad you are obeying God's call," I encouraged.

After Miko and her husband enrolled in school, they were called to the bedside of his father in Japan. After years of rejecting Christ, he accepted Jesus before he died. They returned to the United States to pursue their studies, rejoicing over leading a family member to Christ.

I'm still encouraged to witness when I remember how God used the simple occasion of gift wrapping to open the door for me to share the Christmas story with my lovely Japanese friend.

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Leone A. Browning, 83, author of many published articles in 45 magazines, lives with her retired minister/husband in Spangle, Washington. 



**N**ot too long ago I heard a preacher tell the congregation all that a father is to be. He made us priests, kings, prophets, disciples, and companions. Then there were all those scriptures to support his tally. It was neatly outlined. The delivery was impressive, too.

The only thing is that as he neared the end, I felt like David strapped down with Saul's armor. I couldn't get up from the pew. Whew!

I glanced around to see other fathers in a similar mindset. They, like I, were trying not to show it. Throughout the concluding hymn we men were wondering how we could bring it off. How do we match up to be "The Perfect Father"?

I know I'm supposed to take the children to church and teach them the Bible, the ways of prayer, and the salvation path early in life. I know also that it is probably more important for me to live the truth than talk about it.

But what formula applies when spit-spats seem to increase within the family and the halo slips a bit off center?

It is in those moments that I grapple with the priestly, prophetic, and kingly hats, only to find them slipping off my brow. And then I glance right and left, hoping the world isn't watching. After all, as a Christian father, am I not to live out the perfect example?

I'm not always up to it, whether the church is glaring at me or not. And the longer I live, the more I reason that few others are always up to it either. It has taken some time, however, to actually accept that as fact.

I guess the attractive pictures on Christian magazines, the ones with a handsome man surrounded by beautiful offspring and that gorgeous woman for a wife really did brainwash this naive mind.

At times, I would gaze at those perfect families seated on the sofa with the thick Bible positioned in the center and ask if they ever dropped French fries—catsup and all—on their laps. No, that could never happen to that family! ➤



# There Is No Perfect "Father"

# Ways to Cope After a Trauma

by Karen Carr

There is no one right way to cope with trauma. Each person has unique strengths and vulnerabilities. The key is to come up with a plan that will give God room to bring healing to your wound.

## DO:

- Relax and rest
- Eat nutritiously (Avoid sugar)
- Exercise
- Get more than enough sleep
- Talk about what happened (to God and others)
- Write about what happened (journaling, letters, e-mails)
- Laugh when you can
- Set small goals
- Keep some sort of routine
- If safe, stay in familiar environment
- Spend time with those who are supportive and helpful
- Cry if you can
- Pray
- Reflect in the Word
- Sing or listen to music
- Educate yourself about traumatic reactions
- Know that the intensity of the pain will not continue forever
- Anticipate difficult times to come
- Search and find perspective and meaning in the event
- Ask for help and let others help you

## DON'T:

- Make major decisions
- Set up an active travel or speaking schedule
- Drink alcohol
- Drink caffeinated drinks
- Take sedating drugs (i.e., valium, sleeping pills)
- Talk publicly about sensitive details soon after trauma
- Make broad generalizations about yourself, future, others

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But enough years have gone by that I know neat dads and perfect families don't always come in such attractive packages. With that, I heave a sigh and recoup. Maybe it's OK to be human after all.

The other evening, I had a hassle with my seven-year-old son. We were not seeing eye-to-eye on a matter. It was time for him to get ready for bed, and I felt as if the evening had been rather botched up. I didn't like the feeling at all.

After he climbed into his pajamas and then curled up under the blanket, I sat on the edge of his bed and started to pray, as I usually do. It was hard to find the right words, but I made a stab at it.

Should I turn the prayer into a mini lecture, trying to get in one last punch? Or should I turn tender and love the little fellow to pieces? Would that be coping out? Or would it be wisdom?

His face was turned away from me. He was wondering as well what approach Dad would take! After all, this was not the first time the day's endings had wound down to this.

Then I caught his big, brown eyes turn a bit more to size up my expression. With that, I wilted. After all, he knew he had done wrong earlier. But there was the look of hope in his face. Could there be mercy in the court?

I closed my eyes and prayed, "Dear Lord, thank You for my boy. You know how much I love him. He means the world to me. Now we thank You for this night's sleep. Be near us all. And may tomorrow be a good day. In Jesus' name, Amen."

He swung his body around toward me and hugged me tightly around the neck. His eyes were closed tight. There was no more

reason to glance in uncertainty.

"Daddy, do you love me even when I am bad?" he asked in my ear.

"Yes," I answered. "I always love you."

So, with that he said one of the most encouraging statements known to mankind. It isn't novel or new. Yet it's powerful, that's for sure.

"You're the best daddy in the world."



**It was the innocent testimony of a little boy to a father who was sincerely trying to be a good dad and learning to love as God loves us—"even when we are bad."**

It was then that I promised myself something. Yes, there's still much room for improvement as far as my being a father is concerned. And yes, I've goofed from time to time. Yet that night I told my memory to hold on to one thing as the years kept passing by. It was the innocent testimony of a little boy to a father who was sincerely trying to be a good dad and learning to love as God loves us—"even when we are bad."

"You're the best daddy in the world."

Don't forget it, I said to myself as I turned out the light.

Don't ever forget it.

Joseph Grant Swank, Jr., Pastor, New Hope Church, Windham ME, is the author of five books and over 2000 articles in various magazines, journals and newspapers. He is the writer of a weekly religion column for the Portland Press Herald newspaper, Portland ME. He has been married for 41 years and has three adult children.

# Please Restore Our Relationship

by Bruce Narramore

Dear Dr. Narramore,

*My girlfriend and I are Christians in our mid-twenties. She grew up in a family without any love and care. Her father drank heavily and her mother labeled her the "black sheep" of their family. She has never had good relationships. We met after her previous boyfriend broke up with her. I cared for her as a friend for several months. Then we started a dating relationship. She was very lonely and had a broken heart. We helped each other.*

*Recently she has changed completely. She has become very aggressive with me, telling me that she hates me because I was trying to protect her. She says she feels like I was putting her in a prison. Now she has ended our relationship.*

*I don't want to lose her. I know she needs me and there must be a way to resolve this. We have the same needs and we complete each other very well. We both need love and care but don't know how to get it.*

*I took her to a psychologist but she never finishes what she starts so she left counseling.*

*Please help me help her and restore our relationship again because I love and want to marry her. I know this is the will of God.*

*Thank you for your attention and prayers.*

*Sincerely, G.M*

Dear G.M.,

I was sorry to hear of the difficulties you and your friend are having. Since I don't know you personally, I cannot give specific advice, but I will make some general observations based on your email.

First, it sounds like you have been good for this lady in some important ways. Sometimes, however, when we are attracted to a person based upon our own need, or our need to help a needy person, the relationship is doomed to fail. Initially, the relationship seems to go well since the needs of both the "giver" and the "receiver" are complementing each other. However, in time the person with the most obvious needs begins to feel as if he or she is being treated like a child or a needy, problem person. In spite of the other's best conscious intent, the receiver needs to separate and grow away much like a young child needs to increasingly move away from his or her parents in order to feel like

an adult.

If this is going on in your relationship, I suspect that it may have been destined to fail in terms of marriage from the very first. Marriage requires two healthy people who mutually love each another, not two needy people trying to make up for unmet childhood needs.

Your statements, "I know she needs me," may be precisely the problem. She evidently needs to resolve her longstanding emotional problems so that she does not need you (like a child needs a parent). Then she will be able to love you or someone else as one adult to another.

You also say that you have the same needs she has, and that you complete each other very well. If that is the case, that is another serious problem. A good marriage is not made up of two-partial people who are "completed" by one another, but rather two whole people who can give and receive maturely.

I believe your girlfriend was on the right track in seeing a professional counselor. Not carrying through on that, however, is, as you say, a characteristic of hers. "She never finishes what she starts." Just think of how that would probably work out if you married her. Would we not suspect that she wouldn't finish the marriage either?"

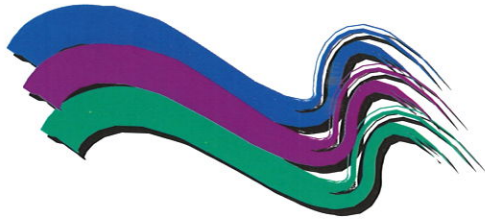
You also say that you need help in restoring your relationship and that you know it is the will of God. I really wonder about that. Undoubtedly God would be pleased if you both grow toward wholeness so that you are eventually ready for marriage.

I cannot help wondering if you don't have a strong need to be needed, and that you should work through the roots of that problem before you are ready to find a woman who wants to relate to you as a mature Christian woman and a peer, rather than as a needy child who is looking for a parent. I think that good professional counseling could be helpful for each of you—not with the goal of "saving" your relationship, but rather helping each of you become the people God created you to be. Then, in His timing, God can bring the right, healthy person into your life.



Bruce Narramore, Ph.D.

Very best wishes,  
Bruce Narramore, Ph.D..



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# Bearing Burdens



*“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”*  
 —Galatians 6:2, NIV

On a hot summer day Herman Trueblood was walking home from a cool dip in the ocean when he noticed a man perspiring profusely as he was trying with the help of his two young sons to push his broken-down car up an incline.

Trueblood looked at the struggling trio and said to himself, “Here is an opportunity for service. You ought to give them a hand.” An opposing voice chimed in, “No, it’s none of your business. You’ll get yourself all hot and dirty. Let them take care of their own responsibility.”

Eventually he yielded to the better impulse, put his shoulder to the task, and together they pushed the car over the incline and on its way.

Before they took off, the father, putting his hand out to Trueblood, said, “I’m very glad that you came along. You had just enough strength added to ours to make the thing go.”

There are numerous people around us who are barely making it over their private hill of despair when, with a helping hand, they could make it.

**Prayer:** *“Dear God, please use me to be a helping hand to a friend in need who just can’t make it alone. In Jesus’ name.”*

# Are You Thankful?

By Ruth E. Narramore



Ruth Narramore

“It was the best of times, and it was the worst of times.” This quote from Charles Dickens as he begins his classic, *A Tale of Two Cities*, is even more

applicable today than in the eighteenth century about which it was penned. We are living in amazing times. Technology has progressed to unbelievable levels enabling us to accomplish more than people ever dreamed possible. But this is both a boon as well as a reason for fear and anguish. Such advanced technology in the hands of evil men brings only terror, destruction and suffering. How well we know this in the aftermath of September 11th and the continuing world-wide threats of terrorists!

Yet the Bible clearly tells us, “In everything give thanks for this is the will of God in Christ Jesus concerning you” (1 Thessalonians 5:18).

Everything? Most of us have no problem being grateful for the happy experiences of life, but “everything” would include those things that are distasteful ... and even tragic. We can accept with gratitude the good life; but how can we honestly be thankful when loved ones are taken from us in a car crash ... or when our marriage is threatened by divorce? How can we give thanks when we lose our job a year before retirement, negating most of the pension benefits that rightfully were our due? Can we be grateful about such injustice? Or can we say that we are thankful as the dearest person on earth to us succumbs to the ravages of cancer?

Of course not! These are hurts and

emotional sufferings for which no sane person can truthfully say he is grateful.

Yet, that word “everything” as it sums up Paul’s first epistle to the Thessalonians continues to be a bug-bear to a great many Christians. What did Paul have in mind when he laid down such a seemingly unrealistic requirement for Christian living?

God does not rejoice in injustice. He does not delight in suffering. Neither does He request this of us. But he does ask us to find our source of happiness in Him—and this is ample cause for giving thanks, no matter what the circumstance. Although we may not be thankful “for” a difficult situation, we can still be thankful “in” it. God is greater than all our problems and He is always with us.


Sadly, too many Americans have forgotten the enormous importance of gratitude. They expect a lot but are thankless for all the blessings God showers upon them day after day, month after month, and year after year.

Approximately four weeks later is another very special celebration in which our thanks should abound—Christmas! This is a time for giving gifts and for giving thanks. I’m not talking about getting: I’m referring to the privilege of giving. It is indeed a privilege to be able to give; it’s one that many are denied. How grateful we should be when we are able to give. Truly, “It is more blessed to give than to receive” (Acts 20:35). But may it always be foremost in our minds that the greatest gift of all time and eternity is from the One



Coming soon on the fourth Thursday of November our country will once again celebrate its national day of Thanksgiving. While it’s wonderful to have a day in which we collectively give thanks to God for His goodness and care over us, unfortunately, for many it ends there. And for multitudes more it doesn’t even begin.

who made Christmas. “God so loved the world that He gave His only Son...” (John 3:16).

Yes, this is why a thankful heart is not only appropriate at Thanksgiving and Christmas, but all year through. Every day should be a day of gratitude and giving of thanks to God for the unparalleled gift of His wonderful Son! 

## Mombasa, Kenya

### Missionaries Need Marriage Enrichment Too!

Dr. Roger Brown and his wife Shirley, NCF Associate Staff serving at the Tumaini Counseling Center for missionaries in Kenya, recently led a one week marriage enrichment retreat for missionaries from throughout West Africa. Thirty couples and 89 children attended the retreat held on a lovely location in Mombasa, a small island, just off the coast of East Africa. Mombasa has a largely Muslim population and has seen increasing terrorist activity during the last 18 months, but the retreat ran smoothly and safely.

Do you wonder why a marriage retreat would have so many children in attendance? Dr. Brown writes, "It is much more difficult to find babysitters for a week when missionaries don't have grandparents nearby. And families really enjoy the restful combination of a marriage retreat and family vacation."

The Browns led sessions on marriage relationships each morning and organized times for private couple talks as well as small group discussions. Afternoons were free for family time which often saw a large group of missionaries playing in the surf at high tide, or men playing water polo. (The first rule for missionary water polo was "There are no rules!")

"It was a real joy seeing couples taking time together, and families from various missions building new friendships," writes Dr. Brown. "Praise God for good participation and this opportunity to minister to missionaries."

## Vancouver, Canada

### International Missionary Member Care Consultation Meets



**QUESTION:** What would motivate 24 Christian counselors, psychologists and missionary leaders from 14 different countries to travel to Vancouver, Canada for five days of intensive meetings?

**ANSWER:** A concern for the safety and emotional and spiritual health of missionaries and missionary families around the world.

Dr. and Mrs. Bruce Narramore recently served as two of only six representatives from the United States attending the annual meeting of MemCa, the Global Member Care Task Force of the World Evangelical Alliance. Other representatives came from Africa, Asia, Australia, Europe, and South America.

This year's gathering focused especially on the needs of missionaries from developing nations that have only recently begun sending large numbers of missionaries cross culturally. The goal of MemCa members is to strategize

and develop ways of improving supportive resources that will reduce the rate of missionary attrition and help missionary personnel remain emotionally and spiritually healthy, and effective from the time they begin their missionary service until their time of retirement.

Dr. Narramore, Dr. Brent Lindquist of Link Care Counseling Center, and Dr. Kelly O'Donnell, NCF Associate serving in France, led a discussion on the need to develop Member Care Hubs that will serve the emotional, spiritual and relational needs of missionaries in key areas of the world. Chiang Mai, Thailand has been identified as one of these strategic locations. The Narramore Christian Foundation is working with several other organizations and individuals to develop a counseling center in Chiang Mai that will provide many of these critically needed services in Southeast Asia.

East Malaysia

## Ministry in Malaysia and China

Dr. Ben Wat, NCF Associate Staff counselor in Hong Kong, recently spent one week ministering in East Malaysia. Dr. Wat led training sessions on counseling for Chinese pastors and conducted evening meetings on marriage and family living for Christian families from throughout that region. With support from the Narramore Christian Foundation, Dr. Wat was able to provide 350 CD's of training materials on family living to leave with the Christians who have so little biblically based materials on husband wife relationships and parenting. Dr. Wat will be returning to this region regularly to follow up the training sessions for pastors.

Dr. Wat is also partnering with ten other Christian leaders to provide free training for pastors from mainland China. Since the



Training sessions leader Dr. Ben Wat.

Chinese government has recently loosened travel restrictions to and from Hong Kong in an effort to boost the Hong Kong economy, many mainland Chinese are now free to visit Hong Kong and Macau. Mainland pastors, most of whom have little or no formal biblical or theological training, are being invited to visit Hong Kong or Macau for two weeks of free training by Dr. Wat and his colleagues.

Last Laugh

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"No, nobody stole my identity. I just sort of misplaced it after I got married and had children."

"Dear Dr. Narramore, I want to express my thanks for your article, "Guilt or Grace" in the last issue of *Psychology for Living*. I have been trying to get our pastor to understand this very subject. You said it so well. I gave him a copy of the article."

— B.M.

"I truly appreciate your *Psychology for Living* magazine and look forward to its arrival. I often use it to enhance my teaching and pass them on to others."

— D.H.

From a prison inmate: "I'm writing from state prison and want to say thanks for the booklets you have sent and I am reading: *Anxiety... The Nagging Emotion, Building Biblical Self-Esteem, The Emotionally Healthy Family, and Why a Psychologist Believes the Bible.*"

— K.V.

From NCF website: "I would just like to thank you personally for your many helpful articles. I have found them very well written and have passed them on to several others who have been equally pleased."

— J.N.

"Thank you a million times. Your website is very enlightening and easy to read for life-application."

— J.D.

"Your psychological literature is making an impact in my life, emotionally and spiritually."

— I.P.

*Editor's Note: Please let us know what you think about Psychology for Living. We welcome your comments and strive to serve our readers better for the Kingdom of God. You can write to us, or email your comments to [ncf@ncfliving.org](mailto:ncf@ncfliving.org).*



## **FIVE FACTS** You Should Know About Your Finances

✓ If you haven't updated your will for 5-8 years, it could be seriously out of date.

✓ You can leave a legacy that ministers to missionaries and their children long after you go home to be with the Lord.

✓ If you are 55 or older, you can receive, depending on your age, annual returns between 5.0% and 11.1% for as long as you live, through an NCF Annuity and receive a tax deduction as well.

✓ You can avoid paying capital gains tax on your appreciated property.

✓ Narramore Christian Foundation offers a variety of plans to meet your individual needs.

To learn more about how you can help yourself and others through your investments and/or gifts, write or phone for a free consultation.

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YES, I would like a free consultation on ways of receiving guaranteed income or tax savings while supporting the world-wide ministries of the Narramore Christian Foundation.

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