

LOOK WHAT'S INSIDE:

QUESTIONING GOD

SENSITIVE LISTENING

FAITH IN THE WHITE HOUSE

NCF IN ACTION

Work and Wisdom

Growing up on a farm in Arizona, it seemed like my brother Don and I were always busy. Late each winter and early spring we helped plant that year's crops. Throughout the spring and summer we irrigated and fertilized the fields and sprayed for weeds and various insects. Summer was harvesting time for barley and alfalfa. Fall was cotton harvesting. And year round we had responsibilities for feeding and taking care of the cattle my dad was raising. There were also fences to mend, ditches and equipment to maintain, and numerous other chores.

Sometimes we chaffed under the work. We were sure that our dad was expecting too much of us and that he was a hard taskmaster. Driving a tractor in 110 degree heat in the desert of Arizona in July is no fun. Neither is baling hay which adds chaff and dust on top of the heat. When time for summer vacations rolled around, our family rarely took time off. We were usually irrigating or baling hay. And even if we weren't, my dad would say, "Bruce, the cattle won't feed themselves." We kids thought there must be a creative solution (like employing a hired hand for a week or two) but it turned out that we were the un-hired hands! Since we had no other

Work & Wisdom, continued on the back cover ►

Understanding



Paranoid Personalities

by Bruce Narramore, Ph.D.

James and his wife sought out a Christian marriage counselor because James was afraid that his wife was going to have an extramarital affair. When he and Lynn entered the counselor's office, James walked rather rigidly and formally to take a seat. Before their counselor could say much more than "Hello" and introduce herself, James began speaking.

"This is our problem," James stated confidently. "Lynn just doesn't understand how men think. The way she dresses turns men on and if she doesn't stop that, she will end up having an affair. She knows that Christian women should dress mod-

estly. Besides that, she is always going shopping or going out with friends and I don't know where she is. She knows that I like dinner right at 6:00 in the evening and sometimes she doesn't have it ready. I think she is just trying to annoy me."

"Tell me more," the counselor said, and James continued. "Ever since we met she has been interested in other men. When we first started dating, she actually went out with someone else without telling me. She probably never would have told me if a friend hadn't let me know. And in the summers she is always wanting to go to the beach so that she can parade around in her bathing suit. No woman should dress that

Personalities, continued on page 2 ►

Personalities, continued from page 1

way except for her husband.”

As the counselor got to know James and Lynn, she found that Lynn was a lovely person who did not appear to dress seductively. She was probably overly dependent and was trying to make a little space for herself away from her husband’s very controlling ways. James, however, just didn’t trust her. He “knew” that sometime, someplace, she was going to be unfaithful.

James doesn’t have any close friends and at work he periodically has run-ins with his coworkers. He thinks they are poking fun at him and believes the boss “has it in for him.” He prefers to work alone and believes that he is by far the best worker in his division of the company. “They never show any appreciation,” James said. He is particularly bothered by one coworker who received a promotion James believed he should have gotten. He has never forgiven his colleague for “undercutting me” and “kissing up” to the boss. In short, James is a lonely, suspicious person who feels unjustly treated and goes about his life in a rigid, somewhat intimidating, controlling manner. He is not a warm, sensitive person and always seems on guard, fearing that something will go wrong, that someone wants to hurt him or sabotage his life. The counselor diagnosed James as having a paranoid personality disorder.

People with paranoid personality disorders

typically have four or more of the following symptoms:

1. They suspect others of exploiting, harming, or deceiving them.
2. They are preoccupied with unjustified doubts about the loyalty or trustworthiness of friends and associates.
3. They are reluctant to confide in others for fear that the information will be used against them.
4. They read hidden meanings (often threatening or demeaning) into benign comments that others make.
5. They persistently bear grudges or are unforgiving of insults and slights.
6. They believe people have attacked their character or reputation even though others do not see this, and they react with anger or counterattacks.
7. They have unjustified, recurrent suspicions that their spouses are being sexually unfaithful.¹

Can a Christian have suspicious, paranoid traits? Yes, for various reasons. Even though they have a personal relationship with Christ, they may have some inborn excessive physiological sensitivities or some early negative experiences of childhood which left them feeling vulnerable and expecting others to be unsupportive, uncaring, or even hurtful.

Christians with paranoid personalities are often extremely legalistic and may master an incredible number of biblical facts, but they somehow have not become mature, loving

individuals. They may obsessively focus on “the evil world” and the terrible things that non-Christians might do to Christians. They see Satan under “every bush” and warn other Christians to do the same. Although the Bible is clear that Satan is our enemy and our deceiver, the paranoid person takes this to an obviously unrealistic extreme.

The Dynamics of Paranoia

Perhaps no one knows exactly all the factors causing a person to develop a paranoid personality style. Often, however, children who later develop a paranoid personality disorder are rather shy, socially anxious, and hypersensitive. Sometimes they seem a little odd or have some peculiar thoughts or language or some rather odd fantasies. In early childhood they may not have had close, loving relationships with parents or other caretakers. For some reason they learned not to trust and they tended to interpret life through their idiosyncratic filter.

As adults, the most prominent feature of paranoid personalities is their use of the defense mechanism called projection. In projection, we unconsciously attribute part of our own internal world of thoughts, feelings, or desires to someone else. James, for example, after months of therapy finally became aware that at an unconscious level *he* wanted to have a sexual affair. His unconscious logic went like this. “I would like to have a sexual affair but I feel incredibly

PSYCHOLOGY FOR LIVING

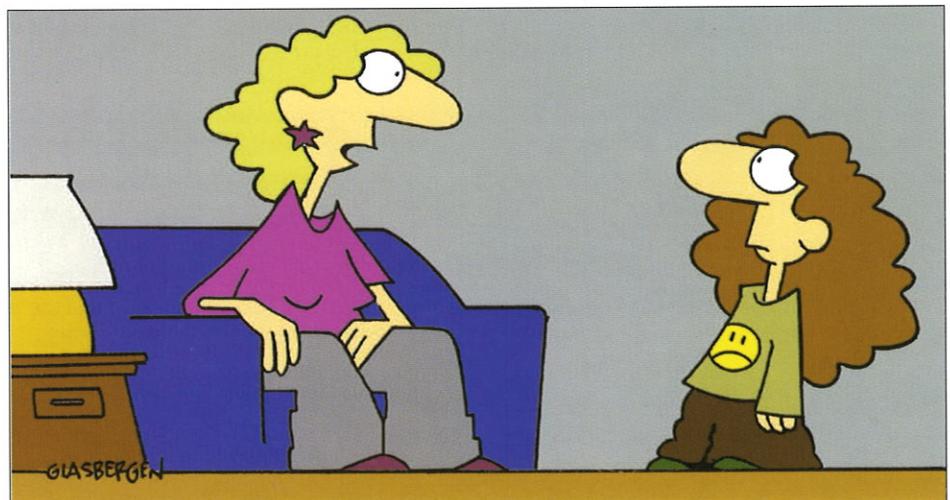
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LAST LAUGH

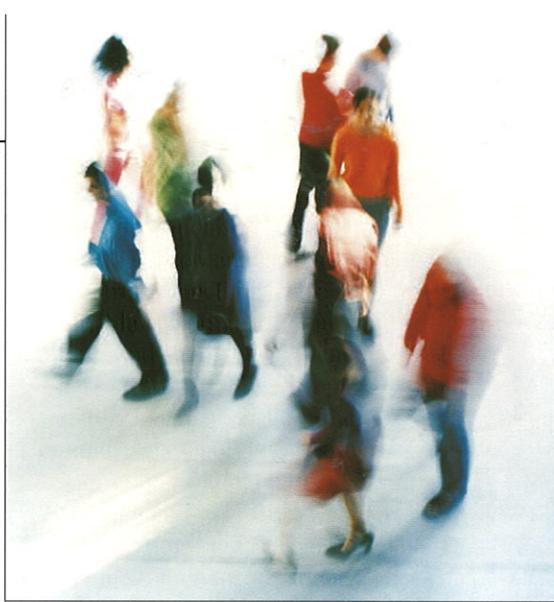


“Sometimes it’s smooth sailing and sometimes they sink. That’s why they’re called relationships.”

guilty for that, so I will repress it. But since I cannot completely ban that desire from my consciousness by repression I must do something else. I know. It isn't me who wants to have an affair. It is my wife and those other men who lust after her." Through this complex yet unconscious series of mental maneuvers James moves his troubling desires from inside his mind into the minds of others.

The paranoid person continually projects his or her own unconscious inner world onto those about him. If a paranoid person is angry, he will likely see others as angry or condemning of him. If the paranoid person wants to steal, he will very likely fear that others want to steal from him. And on it goes. He is engaged in a constant, frantic effort to rid himself of thoughts, feelings and desires that are too overwhelming for him to face.

This is somewhat like David in the Old Testament. After David had a sexual affair with Bathsheba and sent her husband to the front lines of battle so that he would be killed, the Lord sent Nathan the prophet to David to convict him of his sin. Nathan told David a story of a rich man and a poor man. The rich man took the poor man's lamb to give to a traveler. When Nathan asked David what should happen to the rich man, David became angry and said, "As the Lord lives, surely the man who has done this deserves to die." David was



"righteously angry." But then Nathan said, "You are the man!" and went on to point out how David had stolen Uriah's wife (II Samuel 12:1-10, *NASB*).

David, of course, was not clinically paranoid. But he did use a defense mechanism that many of us do from time to time. Instead of being aware of our own problems or sins, we accuse others of the very problems we have. Paranoid personalities do this to an extreme degree and they do it at such an unconscious level that they do not easily become aware of it. That is why paranoid persons are so suspicious and distrusting. They are always attributing their own internal anger, lust, condemnations, and malevolent thoughts to those around them. Consequently they live in a world of "dangerous individuals" that they themselves have created. Their

only solution is to be constantly on watch. Unfortunately, since the real problem is inside, they never see the True cause of their terrible suffering.

Treatment

Like all personality disorders, paranoia ranges in its severity. Individuals with less severe symptoms, and those who have perhaps one intense outbreak of paranoid thinking, generally have a better prognosis than those who have longstanding patterns of paranoid traits, including social isolation and withdrawal. If a paranoid person has some reasonably stable relationship, however, and if he or she has enough emotional pain to seek help and some good spiritual resources, there is hope for considerable growth and change. Yet even those individuals will need an experienced and sensitive psychotherapist that will work with them for many months or even years before the paranoid person feels safe enough to explore his terrifying inner world and resolve the longstanding conflicts that triggered his paranoid system. †

¹Adapted from *Diagnostic and Statistical Manual of Mental Disorder*, 4th Edition. Washington, D.C., American Psychiatric Association, 1994.

QUESTIONING GOD

Sometimes I Question

by Roree Van Duyne

"Now we see but a poor reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known. And now these three remain: faith, hope and love. But the greatest of these is love."
(I Corinthians 13:12-13, *NIV*)

There is so much we do not understand, and so little that we understand completely.

I trust the folks that who me that electricity travels through wire bringing me a source of energy.

I trust others who patiently explain that my computer chip holds megabits of information.

I believe the doctor who vaccinates my children, infecting them with a small amount of a disease that, I am told, will prevent a more serious one. I

even believed my calculus teacher when he told me my answer was wrong and I did not understand why.

But sometimes I question God. Why do I demand a complete explanation of something far more complex than electricity, computers, biology and calculus? Would I understand if He explained?

I am thankful for the Bible, the true and living Word of God that tells me what I need to know for now. I am thankful for the times when God patiently reveals a small portion of His Will. And when He does not, I must believe and trust that the time will come when I will see "face to face" and "I shall know fully." It is His promise. †

Listening Makes A Difference

by Mary Chandler

[The following story, submitted by a retired schoolteacher, demonstrates the incredible impact of sensitive listening and encouragement. As Hebrews 4:15 tells us, we have a high priest who "sympathizes with our weaknesses." When we allow our lives to be touched by others' weaknesses and struggles, the results can be life-changing. Editor's note]

The tall young man with dreamy brown eyes stared out the window and then at me. He shook his head, snapped his pencil in half, and buried his face in his hands. I waited.

A gentle breeze drifted into my classroom on this cool, cloudy April morning. Twenty-three seniors, who would soon be graduating from high school, listened to classical music and wrote in their journals—except for David.

A quiet, intelligent student who never missed class and always completed his assignments, David sat motionless. His neatly pressed pastel blue shirt and the small silver cross he always wore set him apart from the rest of his peers. He flipped a strand of black hair from his forehead and fingered his cross. Tears gathered in his eyes.

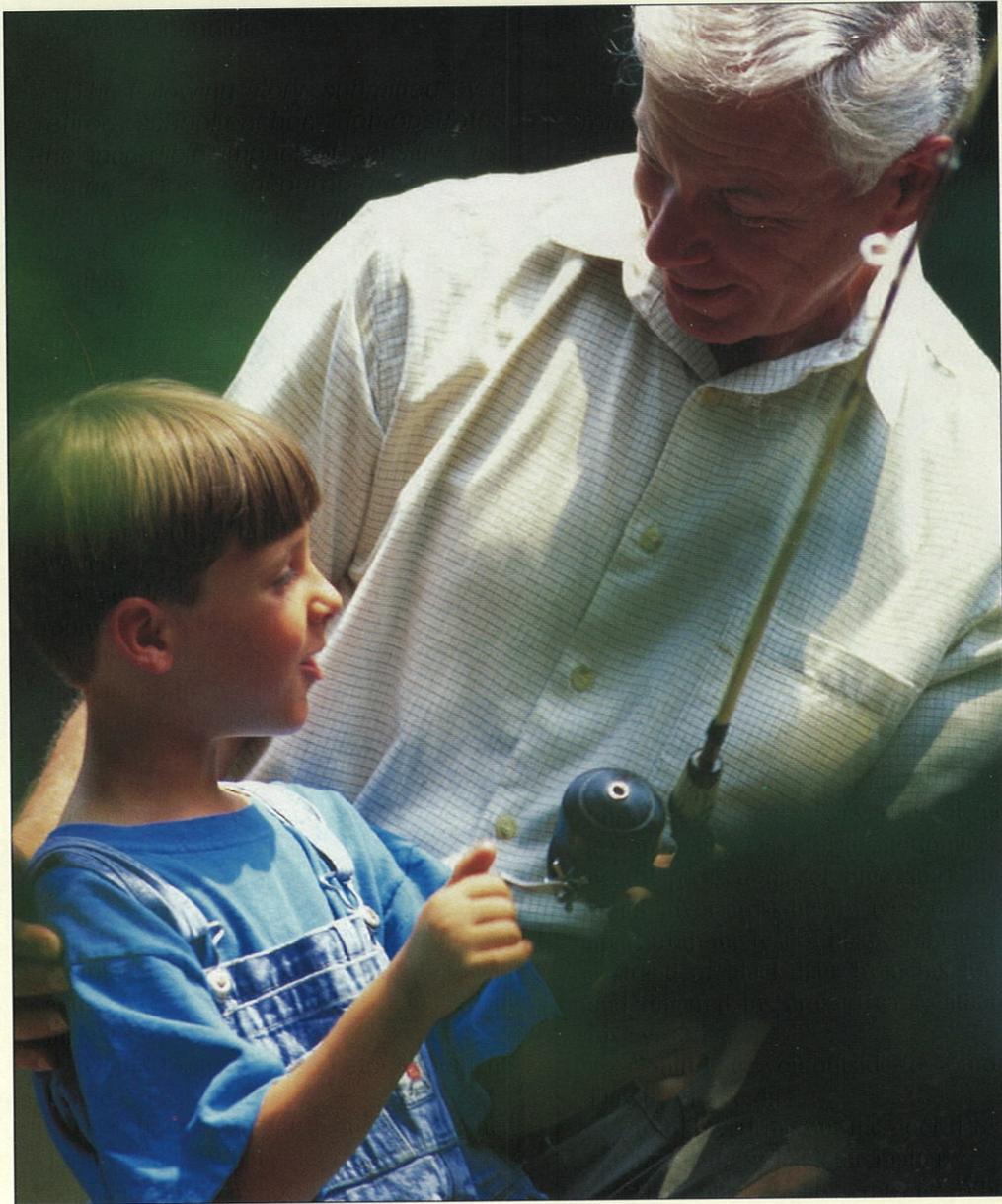
"Could I see you outside for a moment, David?" I asked.

He followed me out the door. I reached for his hand. "What's the matter?"

"That music. Who wrote it? What's it called?" He brushed his hand across his eyes.

"It's by a Norwegian composer. Edvard Grieg—his Piano Concerto in A Minor." "Why?"

"Listening to it made me remember my grandfather. How much I loved him—and how much I miss him. I thought I'd buried those memories when he was buried." David thrust his hands into the pockets of his jeans and studied his sneakers. "All my life Dad told me I need to act like a man. Tough. Macho. If you have feelings, he says, forget them. Life's hard, and nobody likes a crybaby. Don't let people push you around." David paused. "I'm not like that.



Whenever Dad taunted me for not being a man, Grandpa defended me. Leave the boy alone, he'd say. And Dad would—out of respect for his Dad. Grandpa understood why I couldn't toss Bruno in the trash after a car killed him when I was ten. Helped me dig a grave by the elm out back. Lit candles with me in his memory. Taught me that tenderness didn't make me a sissy."

"Your grandfather understood your heart," I said. "I'm sorry he's gone."

"He died last August – right before my senior year. I hated God for taking him away. Decided to bury my thoughts, feelings, and memories. If I didn't let myself

think about Grandpa, maybe the pain would go away. Besides, Dad wouldn't allow tears. Said Grandpa was a sick, old man, and tears wouldn't bring him back. 'Act like a man,' Dad said. 'Life goes on.'"

David paused. Already, he had said more than I'd heard him say for months. Articulate on paper, David preferred to let his classmates do the talking.

"Inside, I feel dead. Scared to get in touch with my emotions. Scared to feel." "Your life sounds pretty desolate."

He nodded. "Depressing. I've even thought about ending it all. I can't be the man my dad wants me to be. I'll never be

ce

that kind of person. I work. Pay my own way. Give money to my family. Get good grades in school. But it's not enough. It's never enough." He sighed. "I thought all the beauty, all the hope, had gone out of my life forever. And then today you played that music. His lips quivered. Tears rolled down his cheeks. His arms curled around my neck. "Thank you," he said. "I'll get myself together and come back to class."

"Why don't you finish your journal outside," I suggested, "where you can be alone."

David shook his head. "I don't want to miss the piano concerto," he said. "I need to hear it."

"You can sit outside the open window. I'll play the concerto from the beginning."

"That would be nice." He smiled. "I could use a pencil."

After school I sat at my desk and read David's journal.

Today was the first time I've cried, ever. I've held my tears in all my life, even when Dad got on my case or when I was teased and tormented as a kid. When I heard Grieg's Piano Concerto, it touched something deep inside my soul. I cried for my grandpa. I mourned the injustices of my own life and injustices in the lives of others. As I sat outside, I saw the clouds above the horizon open, like a trembling movement of massive rocks. A ray of glittering heaven shone through the clouds. The longer I stared at this glimpse of beauty, the smaller the wound in my heart seemed to get, until it finally disappeared. I discovered that it was okay to be human—with all the emotions that go along with it. This hour changed my life. Thank you for that.

— David

When I had finished reading David's journal, I sat at my desk and wrote him a letter.

David, the Grieg "Piano Concerto in A Minor" is yours to keep. Play it when you're lonely, or when you need some beauty in your life. It will bring you many happy hours.

David, you are a rare and beautiful person, with a sensitive soul that can reach out and touch the lives of others. I think

that this is a gift from God and that He would want you to use His gift to bring happiness to the hearts of your fellowmen. So many lonely people live in this world, people who need someone to care, someone to listen and understand. And there are far too few people like you, people who have the capacity to be warm and sensitive, to feel and to really care.

It would be wonderful if you could graduate from college. You told me in one of your journals that you didn't know what you'd like to do for a living. Maybe you would enjoy being a clinical psychologist or a social worker, where you could help others directly. Whatever you decide, I'm sure it will be the right decision and, when the time comes, you'll know what decision to make.

I respect and admire you for your willingness to accept responsibility, both in your home and here at school. Working for what you get brings dignity and self-respect. These are priceless qualities of character which no one can take from you. When you know you're doing the right thing, you have a quiet conscience, which brings peace and serenity into your life.

David, you told me that someday you'd like to marry and have a family. When you look for someone to marry, be sure that she is as warm, loving, and sensitive to the beauties of life and the feelings of others as you are. A life filled with shared joys, tranquility, and real feeling for each other is worth more than anything else this world can offer.

Anytime you need or want to talk, David, I'm available. Enjoy the music.

— Mrs. Chandler

In May, the yearbooks came out. I wrote in all my students' yearbooks, and they wrote in mine. I cherish their words, their sentiments. Thirty-five years later, the one from David still touches my heart.

"To a really neat teacher," he wrote. "As long as I live, I'll never forget what you told me about kindness, caring about others and about marriage. When I marry I'll see if I can marry someone like you. I'm sorry I can't think of anything else to say, but I hope to see you sometime. Goodbye! Love forever and ever, David." †

Majority of Teens Think Faith in God Belongs in the White House

The American Bible Society (ABS) has released a study finding that the majority (67%) of American teenagers think that God and/or faith in God belongs in the White House. Only 8% said it does not, while 25% said "sometimes" or "it depends on the situation."

Midwest and Southern respondents were higher in agreement on this question than were those from the Northeast and West.

Asked if the President should pray before making important decisions, the majority (72%) was again in agreement. Some 10% said he should not, while 18% said "sometimes." Younger respondents (12 to 14), those from the Midwest and Southern regions (the "red states") were higher in agreement than their counterparts that the President should pray.

The results were part of a survey conducted by the Bible Society to provide a snapshot of youth perceptions of prayer as it related to the 2004 presidential candidates and to its appropriateness in the White House. Five hundred males and females from across the country, ages 12-17, participated, evenly split by gender and age. The interviewing took place between September 23 and 20, 2004.

When asked, "If you were President, what would you pray for most?" the majority of respondents (52%) said they would pray for World Peace, more than double the percentage of those who said End to Poverty/Hunger (22%), and Cures for Diseases (17%).

The American Bible Society is a non-profit, interdenominational organization that works to transform lives, particularly among the young, by promoting personal engagement with the Holy Scriptures. The American Bible Society web site is www.americanbible.org. †

Dr. Clyde & Ruth Narramore Honored

At a recent three-day conference in Murrieta Hot Springs, California, Dr. and Mrs. Clyde Narramore were honored for their many years of faithful service to the Lord.

The conference, which drew attendees from across the nation, was conducted by the Christian Association of Senior Adult Ministries. Former honorees include such leaders as Dr. and Mrs. Tim LaHaye and Dr. and Mrs. Bill Bright.

Along with Dr. and Mrs. Narramore, the group honored the renowned organist, Lorin Whitney, recording artist and president of the Whitney Recording Studio, Glendale, California. It was noted that Whitney had produced more than three thousand recordings!

Dr. and Mrs. Lee Bendell, former Vice Present and staff members of the Narramore Christian Foundation, recounted the background and accomplishments of the Narramores. Ruth (Elliott) spent her early years in China where her parents were missionaries. She and Clyde, a Naval officer stationed in New York, met at a Jack Wyrzten youth rally in Times Square. After their marriage they both completed graduate degrees at Columbia University, and then moved to California.

Ruth served as a Christian Education Director, organist and Music Director at several churches. They have two children, Melodie Yocum and Dr. Kevin Narramore. Clyde and Ruth have worked closely as a team in ministry through the years. Both are authors, speakers, educators, and musicians.

As a pioneer in the field of Christian psychology, Clyde has served on the staff of the Los Angeles County Superintendent of Schools. While there he co-authored two books, *Guiding Today's Children* and *Guiding Today's Youth*, which have been used widely in educational institutions throughout America. He was the first to create a national radio program, *Psychology for Living*, dealing with everyday problems and he has written numerous books and booklets. He also founded the Narramore Christian Foundation, and, with Dr. Bruce Narramore, was the co-founder of the Rosemead School of Psychology.

Through the years Dr. Narramore has spoken at most of the major departments of the U. S. government, including Annapolis,



West Point, Department of Justice, Treasury Department, CIA, State Department, and at the White House to the staffs of three Presidents.

More than 4,000 Christian workers, business people and missionary kids have taken one to three weeks of intensive training at the Narramore Christian Foundation.

Reflecting on the recent recognition by the Christian Association of Christian Adults, Clyde remarked, "The Bible teaches us that in God and Christ we live and move and have our very being. Anything we may have done, are now doing, or will do in the future is because of God's goodness. It is an honor to minister to people and serve our wonderful Lord." †

MENTAL HEALTH NEWS

Children of Schizophrenic Mothers



Researchers in Sweden followed 49 children, from birth to four years of age, of women diagnosed with schizophrenia or schizoaffective disorder. They were compared to children of women with major depression or bipolar disorder and normal mothers of similar age and social class.

Children of mothers with depression and bipolar disorders developed essentially as well as children of normal mothers. Children of schizophrenic mothers developed essentially normal physically but walked and talked later

than average and were more anxious, more likely to wet their beds, and more likely to evidence social ineptitude. For some unknown reason children of schizophrenic mothers also had more vision problems at four years of age.¹ †

¹Henriksson, KM et al. "Health and Development in the First Four Years of Life in Offspring of Women with Schizophrenia and Affective Psychoses: Well-Baby Clinic Information," *Schizophrenia Research* (2004): Vol. 70, No. 1, Pp. 39-48.

The Easter Lily

by Betty L. Whitworth

The moment I saw Mr. Jenkins, the office manager, storming toward me like a bull, I knew it was my turn to be in the arena with him. I braced myself, but nothing could have prepared me for the words that pierced me and left me feeling wounded and helpless. How could a person be so cold and cruel? Surely some goodness was hiding beneath that exterior of hostility and bitterness. But did I dare attempt to peel away the layers of ice to seek that spot of goodness?

After he had finished venting his anger, he turned and stormed away without giving me an opportunity to explain that I located the misplaced file. I stood there wanting to cry but not allowing myself the luxury. In that moment I felt compelled to find a way to reach the core of this man, but I didn't have a clue how to do that.

One day I passed his office and noticed an African violet with pretty purple blossoms. The flower seemed out of place, like a diamond on the finger of a hobo. That is how Mr. Jenkins seemed – out of place in our office where the employees treated each other with respect. I suppose the only reason he stayed was because his brother owned the company.

The memory of the violet in Mr. Jenkins' office lingered throughout the day. Part of me wanted to forget the encounter and avoid him in the future, but another part urged me to make an effort to find a spark of good in this man. I realized that the violet was significant, and then the idea came.

That afternoon I visited a flower shop on my way home. "I need something really pretty," I explained. "What do you have that would complement a purple African violet?"

"How about this yellow Easter lily?" the clerk asked.

I examined the yellow blooms and remembered that Easter is a time of resurrection, a new beginning. Mr. Jenkins needed a new beginning. His spirit needed to be resurrected, so I purchased the plant in the pretty pot.

The next morning I could hardly wait to get to work. I knew my plan might backfire, but I felt I had to try. With a lump in my throat, I



swallowed and knocked on his door. He looked up and stared at me over his rimmed glasses.

"May I come in?"

He rose and his bulk seemed to fill the tiny office. "Come in," he grunted.

I could see he was shaken by my presence. His cheeks turned red as he waited for me to speak.

"I noticed the pretty violet on the window sill," I said. "I thought this Easter lily would be a nice complement for it."

The redness of his cheeks deepened and the color slid beneath his shirt collar. He blinked several times before reaching out to accept the lily.

"Why are you doing this?" he asked, suspicion evident in his voice.

"I wanted to show myself friendly," I stammered. "The Bible says that to have friends a person 'must show himself friendly.'" (Proverbs 18:24).

He sat down in the leather chair and placed the lily on his desk. For the first time in the three years I had worked there, Mr. Jenkins was evidently speechless.

"Thank you. Now, I'm really very busy."

He dismissed me, but he didn't yell. He spoke in an almost friendly tone.

The change did not occur overnight, but that day marked the beginning of a change in Mr. Jenkins. He was never warm and cordial to me or anyone else, but he was tolerable. I no longer dreaded seeing him approaching me. Something very close to peace reigned in our office building most days. Even when Mr. Jenkins experienced a bad day, it no longer seemed as bad as it once did.

One day I saw him leaving the building with the Easter lily in his hand. The blooms had long disappeared, so I assumed he was trashing the plant. But I was wrong. The next morning he saw me in the copier room and stopped in the doorway.

"I planted that Easter lily in my back yard," he stated, and then left before I could respond.

I smiled. Evidently the Easter lily had found a spark of goodness in Mr. Jenkins! Somehow I think that doing good to those who hurt us is, as Jesus said, "turning the other cheek" (Matthew 5:39). ✚

Effective Treatment of Obsessive Compulsive Disorder in Children and Adolescents



In a series of research studies, 112 children and teenagers (ages 7-17) diagnosed with obsessive-compulsive disorders went through one of four different 12-week treatment programs.

One group was given medication (Sertraline) alone; one group received cognitive-behavioral therapy alone; one group received a combination of cognitive-behavioral and medication; and one group received a placebo medication.

Researchers found that 3.6% of the children and adolescents went into remission after taking the placebo alone. 21.4% went into remission after taking Sertraline alone. 39.3% went into remission after undergoing cognitive-behavioral alone and 53.6% went into remission after a combination of medication and cognitive-behavioral therapy.

The study suggests that children and adolescents with obsessive-compulsive disorders should begin treatment with either cognitive-behavioral therapy alone or with a combination of cognitive-behavioral therapy and sertraline or similar medications.¹ ✚

¹March, J. S. et al. "Cognitive-behavior therapy, sertraline, and their combination for children and adolescents with obsessive-compulsive disorder: The Pediatric OCD Treatment Study (POTS) Randomized controlled trial." *Journal of the American Medical Association*, 292: 1969-1976, 2004. Support: National Institute of Health.

alternative, we learned to pull our full share of the workload and only complained to each other on occasion.

Years later my wife, Kathy, and I were entertaining four successful businessmen and their wives at our home. During the after-dinner conversation we started talking about our childhood backgrounds. Every one of us had either grown up on a farm or in a rural area where we had to work hard as children and adolescents! And we had all carried those work habits into our adult lives. We didn't work by an 8:30 to 5:00 schedule. When there was work to be done, we did it. We learned responsibility and wisdom that impacted us for the rest of our lives.

Proverbs tells us what happens when people do not learn to work. "I passed by the field of the sluggard and by the vineyard of the man lacking sense, and behold, it was completely overgrown with thistles; Its surface was covered with nettles, and its stone wall was broken down. When I saw, I reflected upon it; I looked, and received instruction. 'A little sleep, a little slumber, a little folding of the hands to rest,' then your poverty will come as a robber And your want like an armed man." (Proverbs 24:30-34, NASB)

Notice the connection between work and wisdom. The man who doesn't keep up his vineyard is described as "lacking sense." His excessive sleeping and resting will result in poverty. By contrast, wisdom leads to productive work and responsibility, not poverty.

I have noticed that this same principle holds true throughout life. I see people who have retired at 65 and done little for the remainder of their lives. I know others who have started second careers at that age, or who have thrown themselves into volunteer work for a church or mission agency. They have remained faithful and productive to the end. May we all do the same. ☩

– Bruce Narramore, Ph.D.

COMMENTS FROM NCF READERS

"I just want to say your website is magnificent. I love it. The only thing you need now is a booklet on borderline personality."

– From Lafayette, Indiana

"Your *Damaged Emotions* booklet is very good and your website helpful. I will return again."

– From Wolfville, Canada

"This article helped me so much and I would like to share it with others. I got it just at the right time in my life."

– From Ridgefield, WA

"Thank you for your article, *Developing Confidence*," on the web. I gained valuable insight into myself because you put words to some of my emotions,

and you helped me by giving me some steps to overcome my problems. I am looking forward to reading your booklet, *Damaged Emotions*, and some of the other articles on your website."

– From Liberal, Kansas

"Very thought-provoking and interesting material"

– Puchong Jaya, Malaysia

"Your web site is brilliant ... a great help to me ... definitely one to bookmark."

– Crail, Scotland

"I am very happy that I came across your web page. It has helped me to understand many of the problems that I am having with my teenage son."

– Tampa, Florida

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Dr. Clyde & Ruth Narramore

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