

# PSYCHOLOGY FOR LIVING

JULY-AUGUST 1997

**DIVORCE:  
HURTING HEARTS  
AND DEVASTATED  
DREAMS**

**GIANT DECEPTION  
MARKS OF  
FALSE TEACHING**



**FUN! FUN! FUN!  
THE ROAR**

**UNDERSTANDING  
AND DEALING WITH  
DEPRESSION**



# A PERSONAL WORD

by Clyde M. Narramore

## ACCOUNTABILITY

**A** WORD OFTEN HEARD today is ACCOUNTABILITY.

Business talks about it. "We're accountable," they say, "to our customers."

You hear about accountability in churches. Pastors encourage new converts to meet with seasoned Christians and be accountable to their disciplers for their growth in the Lord.

**We at the Narramore Christian Foundation have always been sensitive about our accountability.** We have a Board of Directors which meets as a group twice a year. Our board's job is to see that we are doing what we should. We are accountable to them. The board keeps a close check on our finances and activities. Our NCF board also contains an executive committee that meets more frequently. Through the years our board members have come from many different areas of the United States. They have resided in Pennsylvania, Indiana, Ohio, Illinois, Florida, Texas, Arizona, Minnesota, Montana, and California.

Our board also represents many professions and specialties. It has included attorneys, pastors, psychologists, educators, bankers, judges, and a variety of business people. We often have several attorneys on our board.

This excellent mix of godly professionals has brought a great resource of competency. What one member doesn't know or think of, another one does. I have been impressed with the way a dozen different board members can look at a problem from about a dozen different angles. This has brought efficiency and expertise to our ministries.

We have sought to have board members who are first of all, *completely devoted to Christ*. Only those who know Him as Savior and Lord of their lives, can have the true mind of God.

Another quality which we insist upon in our Board of Directors is that each understands **the importance of strong families and godly living**. Families are the basic building blocks of society. If they crumble, everything in society crumbles. Consequently, the Narramore



Christian Foundation is dedicated to building and sustaining strong, quality Christian individuals and families.

A third quality which we require of our board members is an interest in understanding the **integration of Biblical and psychological insights**. Without this combination we could not move ahead in a dynamic way as we serve people around the world. Many problems are spiritual in nature. A person needs to be saved and growing in the Lord. But some problems are not essentially spiritual ones. They may be physical or psychological. So our ministry insists on looking at all three causes of problems: spiritual, physical and psychological. Our board members are aware of this, and see the wisdom of such "total person" approach.

We also make sure that at least some of our board members are located in Southern California so we can meet with them to call upon their personal services and advice. However, with today's methods of communication such as phone, Fax, E-Mail, and the like, we have close communication with all of our board members, even those who live some distance away. Not only do I and our administrators meet with and report to our board twice a year, we keep reports going back and forth month after month, and more often, if needed.

But proper accountability involves

much more than working closely with the board. I know, for example, that **my staff and I are directly responsible to God** for all of our decisions. I pray each day and throughout the day that God will guide us clearly and definitely.

During the day I keep asking myself, *Is this what the Lord would have us do? Would He be pleased with this? Are my staff members and I serving diligently and humbly as the Lord would have us do?*

So many people depend upon us. We receive phone calls throughout the day—and many times at night. These callers from all over America and foreign countries are struggling with heavy problems. They are looking for professional, godly help. We want to be sure that our attitudes and counsel are guided by the Holy Spirit. We dare not lean solely on our own talents and training. We need God's guidance.

As we read the Word each day and pray, God leads us along paths that will honor Him. In this way, *God causes us to be accountable to Him*.

A special blessing through the years has been my wife, Ruth. We work together every day. She is the Director of Publications and is responsible for all of our literature, including our magazine, which we send around the world. A godly wife is a tremendous resource and help. Ruth and I talk things over both at the office, and at home. **This helps me to be accountable.**

Also, as we develop new programs, I talk things over in detail many times with our mature, godly staff members, including my son, Kevin, who is our Vice President. They give input that helps in making wiser decisions.

*Accountability*—it's so important! How grateful I am that God has given us staff members and board members with whom I can work and be accountable! Above all, **we are accountable to God.**

*Clyde M. Narramore*



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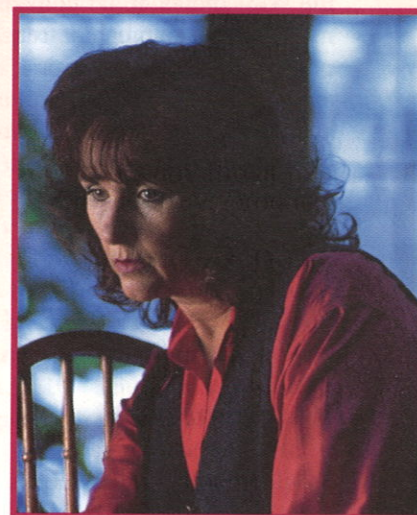
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Author Unknown

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# FROM THE EDITOR'S DESK

## TO THINK ABOUT

by Ruth E. Narramore

I WAS NINE YEARS OLD that summer when my father and I dug a well.\* Well, I didn't actually do any digging. My father wielded the pick and shovel and hauled up buckets of earth on a pulley he had rigged up. My job was to reach out, pull the rope to the side, then dump the dirt.

While Dad sweat and toiled on what looked like a tunnel to China, I stayed by the rim on top and chattered away. Although Dad didn't do much talking, somehow he managed to interject a few words now and then—enough to make me feel that he was interested and was listening.

Digging this well was a major event. It was to usher in a new era for our family. Up until then, in order to get water we had to walk a little distance to a pump in the woods. The water was delicious and cold, but poison ivy surrounded the pump and it was no little chore to continually carry water needed for the family's use. But now we

would have our own water source and Dad would pipe the water into the house where we would have our very own indoor pump.

Although this was an exciting project, it was also one that demanded sacrifice. This was my dad's vacation, and he was working very, very hard. (*I didn't give that part a thought.*) It was also my vacation and all the kids in the neighborhood got together and played. All, that is, except me. I was needed to help Dad "dig the well." So while my friends were having a good time goofing off, I was diligently dumping buckets of earth from what was to become a well. But if my daddy needed me to help him "dig the well," I was willing to sacrifice.

Day after day we worked



on that well. Dad digging, lining the cavern with rocks, filling up buckets with earth, and hauling them up via the pulley to where I waited on top.

Then one day water began to gush into that huge hole!

From then on things were different at our house. Instead of walking to the well in the woods, we pumped our own water into our kitchen. Progress! We had a sense of accomplishment.

For years I truly believed that Dad and I had "dug" that well together. It wasn't until I was grown that I came to realize that he had done all the hard work. My part was easy compared to Dad's, although he always insisted that he really needed my help.

One day while thinking back on this experience, I

began to gain some insight. All too often we take this same attitude toward God. He asks us to help Him, and when we do, we tend to claim the credit for what the Lord has accomplished. We need to recognize that God has given us the privilege of working with Him, and without Him we could do nothing. He is the One who deserves the honor and glory. I assure you that in the digging of our well, nothing would have happened had it been my project alone!

Yet, God is so gracious. He never discounts our efforts. In I Corinthians 3:9a, we read that, "**we are laborers together with God.**"

What a privilege! What an honor!

We may plant seeds, or we may water, but let us never forget that "**God gives the increase**" (I Corinthians 3:7). □

\*This well-digging project took place at our summer home at Culver Lake in northwestern New Jersey.

## WHAT PEOPLE ARE SAYING

### I'M A BETTER PERSON

It's been a blessing listening to your program here in the West Indies. It has helped me to become a much better person, and I am even more appreciated by my husband and children. I am better able to deal with family problems. I have also been getting other families to listen.

May God bless you and your ministry.

Leonora Henwood  
Grenada, West Indies

### ROLE MODELS

I heard your program *Psychology For Living* today from WIHS, Middletown,

Connecticut. I love your program and listen to it as much as I can. Dr. Narramore, you and Dr. James Dobson are my "role models." God bless you, your wife and family, and your whole staff.

Lewis H. Reynolds  
Wallingford, Connecticut

### PRISONER WANTS TO GROW

I'm a prisoner at Washington State Penitentiary. I read Dr. Narramore's booklet on *Dealing With Feelings of Anger*. It was very helpful.

I don't know if you help inmates, but I wish you could

help me understand more about human feelings. I'd like to read, *A New Biblical Self-Image*. I'm trying to save money for your video and study guide on *Anger*. It sounds like something that can help me grow.

I'm a former U.S. Marine and served in the Gulf and in Somalia, Africa. My life went upside down when I got out of the Marines. I got myself in some horrible trouble because of my anger and not being able to communicate my feelings to others. Since then I've learned that God loves me and I am worthwhile in His eyes.

I want to better myself, to

improve my life in Christ Jesus, and learn how I can help others through my own experiences.

I thank the Lord for blessing me with your material. I got it from our Chapel here at the prison. Thank you for caring, and God bless.

A prisoner  
Walla Walla, Washington

### HELPING HURTING PEOPLE

Thank you for all you do to help hurting people and for teaching them how to live better lives.

Sister Lou Ella Hickman  
Corpus Christi, Texas



# RED ALERT - HALE-BOPP Brings Closure to:



*As was promised - the keys to Heaven's Gate are here again in  
Ti and Do (The UFO Two) as they were in Jesus and His Father 2000 yrs. ago.*

Whether Hale-Bopp has a "companion" or not is irrelevant from our perspective. However, its arrival is joyously very significant to us at "Heaven's Gate." The joy is that our Older Member in the Evolutionary Level Above Human (the "Kingdom of Heaven") has made it clear to us that Hale-Bopp's approach is the "marker" we've been waiting for -- the time for the arrival of the spacecraft from the Level Above Human to take us home to "Their World" -- in the literal Heavens. Our 22 years of classroom here on planet Earth is finally coming to conclusion -- "graduation" from the Human Evolutionary Level. We are happily prepared to leave "this world" and go with Ti's crew.

If you study the material on this website you will hopefully understand our joy and what our purpose here on Earth has been. You may even find your "boarding pass" to leave with us during this brief "window."

We are so very thankful that we have been recipients of this opportunity to prepare for membership in Their Kingdom, and to experience Their boundless Caring and Nurturing.

**Keys or Bookmarks to Vital Information**  
on Our Website

## GIANT DECEPTION

To alter God's Word to justify one's delusions is to play with fire.

by Joan Clayton

THE RECENT MASS SUICIDE of the Heaven's Gate cult members is a classic example of the enemy's deception! The depth of this demonic deception is overwhelming. I shuddered when I saw a pre-suicide TV clip by two of the members. The woman said she was going to a better life as this one had nothing for her. How tragic! How sad!

From abortions to infanticide to Jack Kevorkian and euthanasia, any way you slice it, it's still murder. No amount of reasoning, justification, or rationalizing will change this simple clear command of God: "Thou shalt not kill" (Exodus 20:13 and Deuteronomy 5:17).

God's rules for happy living cannot be improved upon. His truths have stood the test of time. The observance of His commandments results in fruitful, productive living!

You will not find a theory of UFO's in the Bible, nor will you find instructions for tagging on behind a Hale-Bopp Comet. Many of the suicide victims in the Heaven's Gate cult were

obviously intellectual and well-versed in computer science, but sadly, they were sorely lacking in spiritual judgment.

*The Living Bible* illustrates this concept so vividly in Ephesians 4:14: "Then we will no longer be like children forever changing our minds about what we believe because someone has told us something different, or has cleverly lied to us and made the lie sound like the truth."

To alter God's Word to justify one's delusions and twisted beliefs, and to embrace strange, cult-dominated lifestyles is to play with fire! Those who refuse to accept the truths of God's Word are susceptible to every "wind of doctrine" (Ephesians 4:14) and open themselves to dangerous, cultish activity. Jesus strongly warns about this in John 10:10: "The thief's purpose is to steal, kill, and destroy. My purpose is to give life in all its fullness" (*Living Bible*).

To become involved, and then enmeshed in a cult means the surrender of a person's will, mind, emotions, and family ties, so



that he is completely controlled by the demonic demands of the cult's leadership.

It goes beyond my comprehension to understand how people can be so greatly deceived, until I realize the truth of Scripture: "Because they received not the love of the truth, that they might be saved...God shall send strong delusion, that they should believe a lie" (II Thessalonians 2:10,11).

In I John 4:13 we are told: "Dear friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world. This is how you can recognize the Spirit of God. Every spirit that acknowledges that Jesus Christ has come in the flesh is from God, but every spirit that does not acknowledge Jesus is not from God."

I feel great sadness for the victims who were taken in by Marshall Applewhite's tragic deception. "I'm looking for a better life," one of the victims had said. The gift of life had been given her, but she threw it away. I fail to see how one can enjoy another life by failing to appreciate this one.

As for me, I will be joyful in the Lord my God, loving and appreciating each day the Lord gives me!

I trust you will, too!

"This is the day which the Lord hath made; we will rejoice and be glad in it" (Psalm 118:24). □

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*Joan Clayton is a freelance writer in Portales, New Mexico. She also has a column in The Amarillo Globe News in Amarillo, Texas.*

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# MARKS OF FALSE TEACHING

by Gordon P. Elliott

**F**ALSE PROPHETS AND CULTS promote heresies that corrupt and destroy lives.

The following are some of the marks of false cultic teaching. Beware of their snare:

**1. False teaching "adds to" the Bible.** Many cults have a book that must be read in addition to the Bible. In Genesis 3:4, 5 Satan enlarged upon God's command and made it untrue. Revelation 22:18 states "...If any man shall add unto these things, God shall add unto him the plagues that are written in this book." It is easy to come up with our own ideas and read into the Bible that which it does not say, in order to suit our own interpretation. The Bible clearly denounces any such practice. ( See 2 Peter 1:20.)

**2. False teaching subtracts from the Bible.** It is not only important to know what false teachers say, but also what they omit. They may talk about many good things but leave out the blood of Christ; never speak of Hell, or of the deity of Christ.

**3. False teaching usually has enough truth in it to make it sound good.** The greatest treachery about Antichrist is his resemblance to Christ. Satan is a master counterfeiter. He appears as an angel of light (2 Corinthians 11:13-15). He often quotes Scripture as he did even in the temptations of Christ. Satan misuses and misapplies Scripture and takes it out of context—anything for his own ends. Matthew 24:23-25 warns us concerning many false christs and false prophets that will arise, stating "...if it were possible, they shall deceive the very elect.

**4. False teaching usually denies the deity of Christ.** (See I John 4:2,3; II Peter 2:1; Jude 3,4.) False teachers maintain that Jesus was a great teacher, the greatest prophet, the highest of the angels, the first creation of God. Some even assert that Christ is the "good" brother of Satan. But Jesus Christ is not any of those: He is God, the second person of the Trinity. Whoever denies this is a liar, the Bible states in I John 2:22.

**5. False teaching usually denies salvation by grace.**

Salvation, they claim, is achieved by some form of works performed for or by their organization. They tell you how to *earn* salvation. They offer you a moral code, or substitute their own doctrine for the simplicity of God's plan that we can only be saved by the finished work of Christ on Calvary and totally of His grace (Ephesians 2:8,9). Salvation is the gift of God through Jesus Christ our Lord (Romans 6:23).

**6. False teaching tends to exalt man rather than God.** Normally the leader of a cult is elevated and honored above or in the place of Christ. He usually demands the spotlight and often claims supernatural powers and insists on dictatorial rights. Peoples Temple leader Jim Jones, for example, in his Jonestown liturgy would yell to his followers, "Who am I?" to which the faithful would chorus, "Jesus Christ."

**7. False teaching usually professes some private and special revelation from God.** Galatians 1:8,9 warns, "If any man preach any other gospel unto you than that ye have received, let him be accursed." The cult leaders often claim to have special dreams, appearances of Christ to them, new discoveries, supposed great powers of miracles and healings.

**8. False teaching generally involves financial exploitation.** The gospel is a free gift. Justification is by faith, not funds. Leaders of cults often try to subtly grab or openly extort as much money as possible from their followers. The Bible is plain in warning us not to cooperate, support, endorse, or give funds to these groups. "If there come any unto you, and bring not this (pure) doctrine, receive him not into your house, neither bid him Godspeed" (II John 10). □

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*Dr. Gordon P. Elliott, brother of Ruth Narramore, served as a pastor for many years until he accepted a call from S.I.M. (Serving International Missions) to be pastor-at-large to their various mission fields. During this time, he and his wife, Othella, ministered in numerous third-world countries. At present Dr. and Mrs. Elliott reside in Hendersonville, North Carolina, where he now serves as Minister of Pastoral Visitation at the First Baptist Church.*





# FUN! FUN! FUN!

**Some think that real Biblical Christianity is anti-fun,  
but that's not true!**

*by Vernon C. Lyons*

**L**et's all have fun! Isn't it the prospect of fun that keeps people going?

But how many parties can you squeeze into a lifetime? How many drinks can your liver handle? How many drug trips can you take until you don't have a return ticket? How many sex flings before AIDS makes you a sex dropout?

No, this is not an anti-fun diatribe, but a pro-fun essay. Some have the notion

that real Biblical Christianity is anti-fun, but that's not true! Why not stay with me a few moments and find out why we Bible people are the only real fun-pushers.

We're so heavy on fun that we believe it's not only for weekends, but that it's good for every day.

When is it that a person craves fun? It is when he is bored crazy with life, tired of the drag, the nothing, nothing, nothing, day after day. "Surely," he says,

"there is something better than this, something to do, some fun to have."

Boredom is the real culprit. A bland, gray, nothing life yearns for fun. This is when Satan moves in with cheap substitutes that become bitter disappointments. Real fun never dead-ends. Real fun is never destructive, and certainly not self-destructive. Real fun is not confined to youth, leaving one slowly and painfully to age, seeing fun slip over the horizon of life like the sun vanishing at eventide.

God has given rules for having fun, and this upsets some folk. But there would be no baseball, football, or basketball without rules. Rules are not to keep one from having fun, but to keep the fun going. The Bible is the rule book including the Ten Commandments.

The Bible is the answer to boredom. Instead of life being one long futile search for fun that ends in frustration, it can become fulfilling. Since boredom is the problem, the Bible offers a life of excitement as the cure. The Word of God is a call to adventure.

Fun is doing something different. The Scripture not only shows how to do what is different, but how to be a different kind of person, and that really is fun. Life will begin to explode with excitement.

The big adventure is doing the will of God. This is really different because most people spend their lives doing what they want instead of what God wants.

What is the will of God? It is "not wanting anyone to perish, but everyone to come to repentance" (II Peter 3:9). That is, he wants you to turn from your sin and be saved through personal faith in Jesus Christ. When you become a saved or born-again person, you are launching a life of adventure. Not only are you doing something different, but you *are* someone different. You'll find excitement in your family, at your place of work, among your neighbors. This is the real fun life.

Not only is salvation the will of God but also sanctification, which means living a holy life. The Bible says, "It is God's will that you should be sanctified" (I Thessalonians 4:3). Your life becomes drab when you are doing what everybody else is doing. You are in a rut when you are moving with the crowd. No wonder you become bored and are looking for "fun." Now, when you set out to live a holy life, this is really different. It is exciting, an adventure, a challenge, and living

*(Continued on p. 14)*





# DIVORCE:

## HURTING HEARTS AND DEVASTATED DREAMS

**Our culture has patterns of conduct when someone in a family dies. But we have no established guidelines of comfort when a marriage dies.**

*by Venus E. Bardanoue*

**M**Y FRIEND'S HUSBAND DIED RECENTLY, and all of us in our little town knew just what to do. We hugged her, notified family members, stayed with her for two days until family could arrive, made coffee and brought food to the house, gave memorials in lovely cards, and helped with the funeral.

Yes, we knew how to offer sympathy and comfort.

My marriage died one day a long time ago, and no one outside of my immediate family knew how to help.

Our culture has patterns of conduct when someone in a family dies. However, we have no established guidelines of comfort when a marriage dies. Therefore we tend to pull back and do nothing, often leaving the hurting people alone without the spoken and expressed comfort we would quickly offer in a death.

I understood how at first, friends were confused about their role. They, too, were in disbelief. Which one of us should they call to find out if the rumors

were true? Or should they call at all? Would they be treading where angels feared to tread if they offered sympathy?

For me there were two basic stages to my grief: an acute stage and a chronic stage. Both lessened with time.

At first there was the immediate wound. When I opened my husband's letter telling me that our marriage had died, I collapsed on the floor in shock.

When I saw my husband, I reacted by screaming at him in fury. Hoping to remove myself from the situation I tried to swallow a handful of pills.

The children's father planned to remarry. I felt that a home with a stepmother would be better for them than a home with no father. At that time I did not realize his rejection included them, too.

In this first stage I would wake up crying in my sleep—that is, when I could sleep. As dawn finally



arrived I would think I could not live through another day. My chest ached, and I realized why the phrase "a broken heart" had entered the language. Hardest was watching my children's hurt as we had to leave our home and friends and move to another town.

In some ways divorce for a wounded spouse and family is worse than death because it has the added hurt of rejection as well as loss. I was told by a psychologist not to blame myself. Self-blame and a sense of unworthiness had been added to my loss and sorrow. Very often children tend to blame themselves when there has been a break-up in the family. I'm sure that for awhile they also felt unloved and rejected, even though for their sakes, I tried to keep life as balanced and normal as possible.

A doctor, aware of the pill incident, later called me and said, "I want you to come in and see me tomorrow." When I did, he said, "You're not thinking straight just now, and I'm going to tell you what to do. Take your children out of this town and get yourself a job. I want you to think what would happen to your children if you died. Their father doesn't want them. He will not care for them."

This doctor's unsolicited concern seemed to awaken me to the reality of my situation. I'm grateful for his call and advice. I acted on it and took the first steps toward taking charge of our lives.

After a time people slowly began to reach out to us in little, helpful ways. I still vividly and gratefully recall loving gestures. I remember my father listening as I tearfully explained what had happened. At first he angrily said, "How can an educated man know so little?" Then he looked at me and said from the bottom of his heart, "Don't cry, Dearie. We love you and we will stick by you." It reminded me of Jesus and the widow of Nain who had lost her son (Luke 7:13). The Bible says Jesus' heart went out to her. I felt my father's heart go out to me, too, and even today it is a precious memory.

After I had taken a job and was making plans to move, a neighbor whose son was my son's close friend offered to give my boy a home for the remainder of that year so he would not have to leave his friends and school. Of course it was unthinkable to leave my 10-year-old, but her offer was given in love and its warmth is still tucked in my memory.

As my Christmas cards carried the sad news to old friends and family, my mailbox became crowded with letters and cards filled with words of love and comfort. To this day the encouraging thoughts written on many of them are emblazoned on my mind. I still recall an unexpected package of gifts for the children and invitations to join in the social events of other families. These eased our loneliness.

Finally our grief reached a more chronic state of mind. We became what health workers now call a "dysfunctional family" with many of the problems that go along with broken families. When I hear the words "broken family," in my mind

it does not mean just a family with a missing parent, but a family broken in heart and spirit as well as in functioning.

During those years small gestures of comfort were magnified in my mind as of much more importance than the comforter could ever have imagined. A relative said, "We want you to know we think you are doing so well with your family." I treasured those unexpected and encouraging words. A

school principal said about my troubled son, "I want to tell you, your son is one boy I believe is going to work through his problems and turn out well someday." I clung to those words, although at that time there was small evidence that the principal was correct. But the prediction did prove accurate.

The grief process was long. My work went well, and the children gradually regained

their balance; but there was still much hurt buried in all our hearts. Even after my ex-husband had died, scars from grief and loss remained.

Scars can be used for good, however. A kind pastor said to me at the time of the divorce, "Someday you'll be able to help others because of your suffering now."

At the time I thought, *If I can just take care of my children and make it myself, I don't care about anyone else's hurt.* But he was right. I can now say to a grieving person, "I know how you feel. That awful hurt in your chest will go away one of these days, and the sun will shine for you again." The mother of a dying son told me, "You have been through a very painful experience in your life, so it gives me confidence that I can come through my heartache, too."

We are told, "In all things God works for the good of those who love Him" (Romans 8:28). My son, who had a hard time because of the divorce situation, now has a doctorate in counseling and works with troubled youth. I can now encourage and offer hope to other mothers of troubled sons since I have seen such an amazing restoration in my own son's life.

I know the God of all comfort walked with me in all my pain, although I wasn't as much aware of it then as I am now. He taught me how to go through my grief. In spite of trying in various ways to avoid the pain of my divorce, I found there was no way around it. I had to face it...but I was able to do this because God was with me, holding my hand every step of the way.

When a marriage dies, our culture has no ritual of comfort as it does in the death of a person; but loving touches and words may make all the difference in both situations. Thank God for people who are caring enough to say, "You can cry on my shoulder." "Can I keep your boy for you for a time?" "Please bring your family over for dinner." Or, "I think you are doing so well."

Thank God for people who "carry one another's burdens and so fulfill the law of Christ" (Galatians 6:2)! □

*Venus Bardanouve is a retired speech pathologist and audiologist. She is a freelance writer living in Harlem, Montana.*

**In some ways divorce for a wounded spouse and family is worse than death because it has the added hurt of rejection as well as loss.**





# THE ROAR!

The roar represents any threat to our well-being and safety! And it always produces fear....

by Judith Hayes

**T**HERE IS AN OLD SYMBOLIC tale that says, "In the jungle lions travel in a group, called a pride. There is always a lion 'king'. The strongest lion is the king, but only as long as he is physically able to hold his position over the younger, less-experienced lions.

When the old king is finally deposed from his position in the pride, he usually has lost most of his teeth and has only a few claws remaining. His hair is matted, and his aging joints are crippled with arthritis. But the old lion still has a job to do. On hunts he stands alone in a clearing while the younger, stronger lions hide in the bushes. When a deer comes into the clearing, the first thing he sees is the old lion. The lion gives a mighty roar and

frightens the deer so badly that he runs as fast as he can in the opposite direction. Yes, the deer has run right into the waiting jaws of the young pride of lions ready for their next meal.

If the deer had run toward the old lion's roar, nothing would have hurt him. All the elderly lion could have done was to impotently maul him a little. It was the old lion's roar that frightened the desperate deer to his death. If only he had run toward the roar....

How many times have we heard the "roar" in our own lives? I for one I have heard it thousands of times. The roar might be the harsh, critical words spoken by our parents when we were young children. The roar could be the cutting cor-



rective words uttered by a teacher in our early years of schooling. The "roar" could also be the unreasonable demands or threats aimed at us by an employer in our adult years. The roar can even come from the voices of loved ones in our family or close friends.

The roar represents any threat to our well-being and safety! And it always produces FEAR.... We never really know if the roar we are hearing is coming from an old toothless lion with arthritis, or from a true enemy capable of devouring us. But there is only one way to find out. We have two choices when faced with the roar. We can either run away as fast as we can to save ourselves, or we can run to the roar and face it once and for all; nose to nose, tooth to tooth, and claw to claw. It is the only way for us to finally see what our real enemy looks like.

To many people, the prospect of facing their fears can be equated with death. I have also instinctively run from the roar many times. I felt absolutely sure that my showdown with fear would kill me! When I hear the roar, I dreadfully recall the moments in my childhood when I endured verbal, physical, and emotional abuse by my own parents. My memories

tell me that I am in danger once again, and that I must either aggressively attack or flee. Just like the vulnerable deer, I have reacted with primitive, basic survival mechanisms. But there is one remarkable difference between God's handiwork and design in the brain of a human being and that of an animal. True, both human beings and animals have an overwhelming and immediate reaction to danger caused by the fear center in our brains called the *amygdala*.

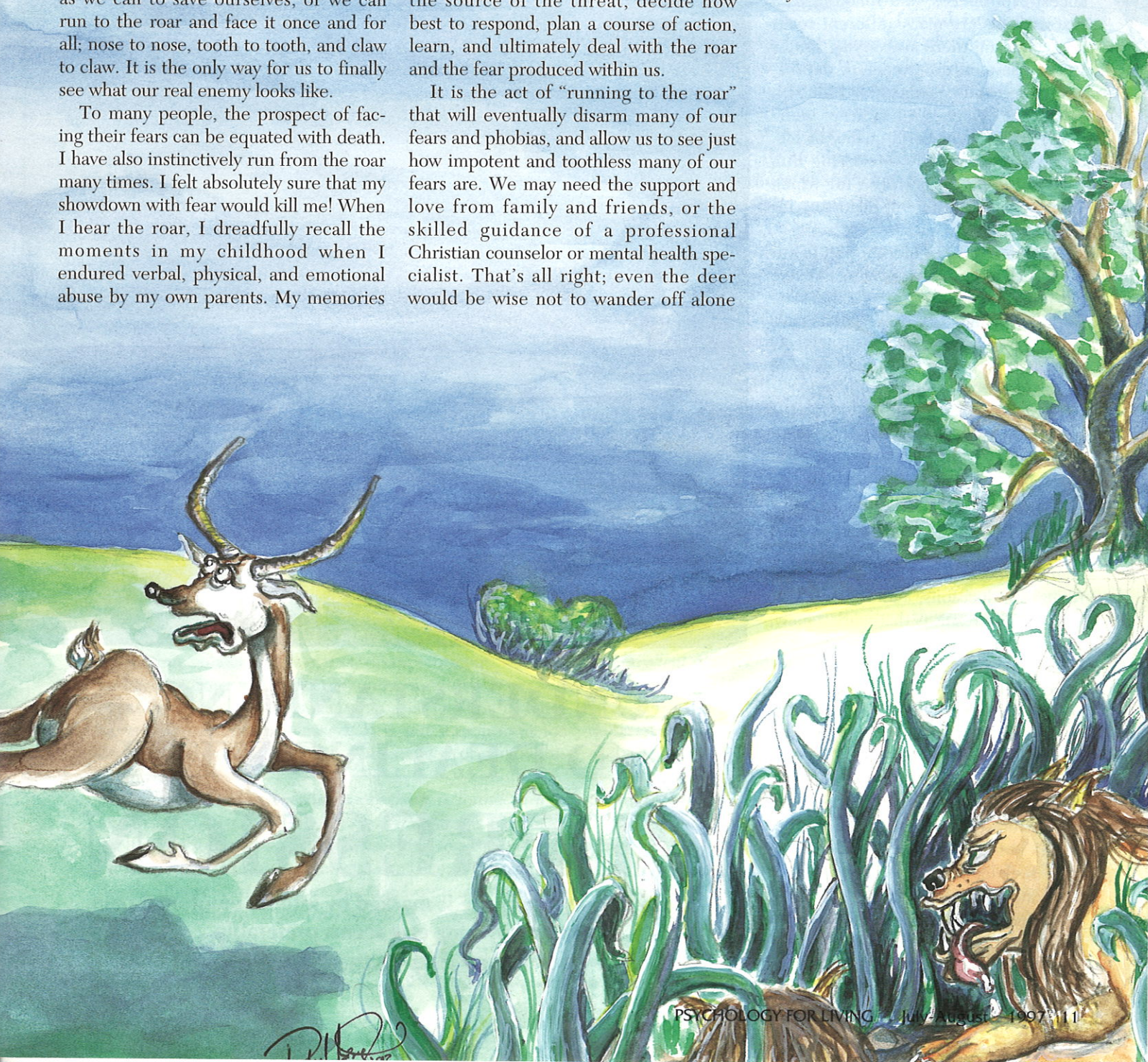
But God has gifted human beings with the capacity to use our intellects and reason to evaluate danger. We are able to stop, think through a situation, examine the source of the threat, decide how best to respond, plan a course of action, learn, and ultimately deal with the roar and the fear produced within us.

It is the act of "running to the roar" that will eventually disarm many of our fears and phobias, and allow us to see just how impotent and toothless many of our fears are. We may need the support and love from family and friends, or the skilled guidance of a professional Christian counselor or mental health specialist. That's all right; even the deer would be wise not to wander off alone

and so become vulnerable.

What roar are you hearing? Are you ready to "run towards your roar?" I guarantee, you too will find many toothless retired old lions cowering in the bushes hoping to once again frighten you, perpetuating years of habitual fear and bondage. Don't turn away and run this time! Stay with the roar and the fear. The next time that same feeble old lion roars, you'll know just what he looks like, and you will know that he can no longer hurt you! □

*Judith Hayes is a prolific writer with many published articles. She lives in Chatsworth, California.*





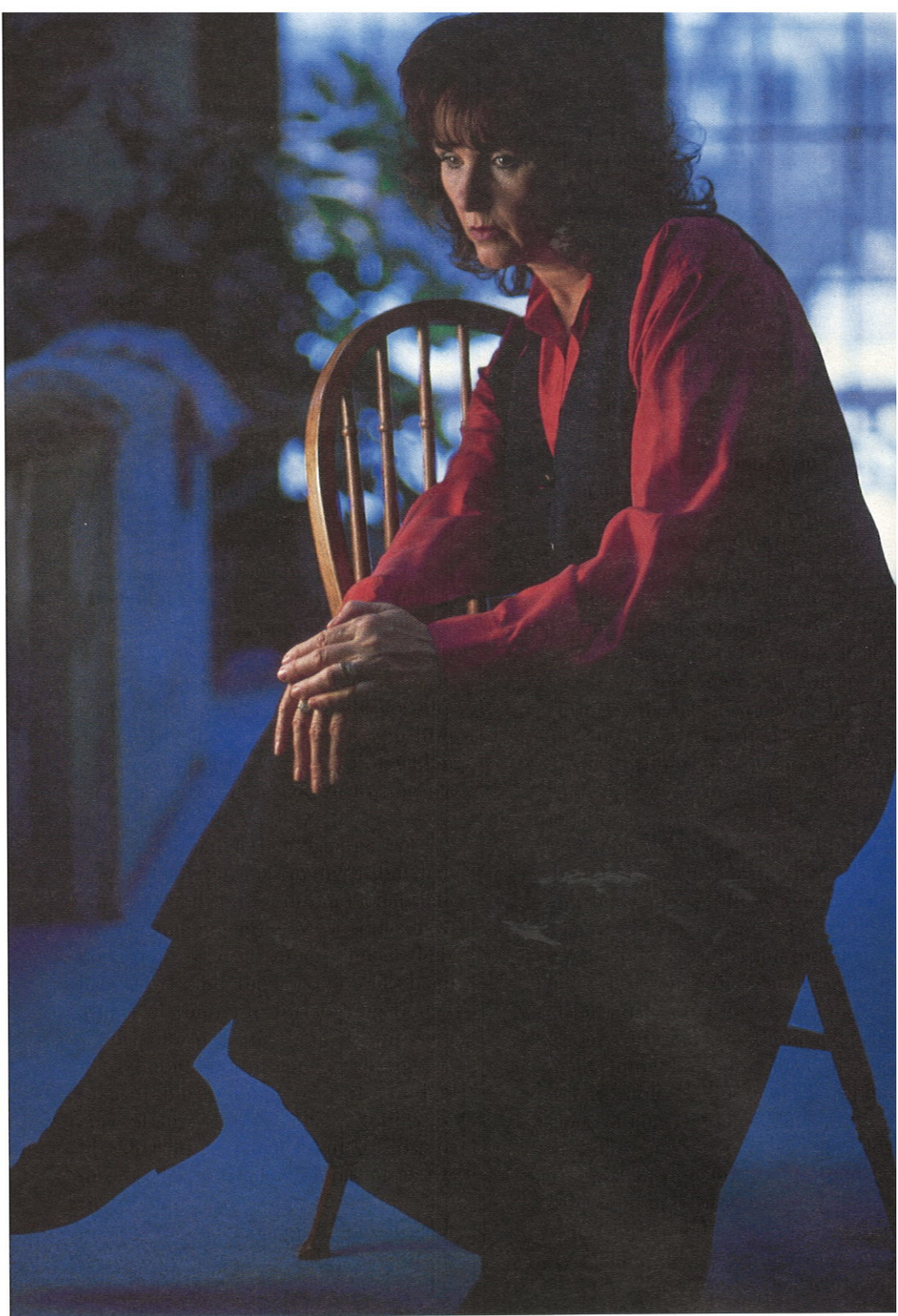
**J**AN HAD BEEN feeling depressed for several years. But, being a Christian, she thought surely the Lord would help her “snap out of it” soon. However, her depression dragged on and on. So when she went to see a Christian psychologist, she felt guilty, apprehensive, nervous, and hopeless.

Each day thousands of people like Jan seek help for their depression. They feel that they can’t go on and wonder if there is really any way out.

Depression is not a single, simple entity. It is the culmination of circumstances, personality styles, mental perspectives, emotions, chemical imbalances, experiences, and relationships. Just as there are many different roads to alcoholism, there are varying routes to the common experience of depression. Depression needs to be dealt with because it becomes a handicap, interfering with the person’s quality of life, disrupting his family, hindering him from fulfilling the purpose for which God has made him, and distorting his relationship with God.

Emotions are a significant part of our being. They enrich our lives, but like our body and spirit, our emotional state can become impaired. Most adults have been depressed at some point in their lives. For some, the condition has been a part of their life for so long that it seems “normal” for them. Depression may simply be a prolonged absence of pleasurable feelings; or a preponderance of anger, grief, sadness, futility, or hopelessness. It can result in loss of interest in previously important activities; changes in appetite, sleep, and energy; reduced concentration; difficulty making decisions; and lowered self-esteem. The result is that work, family, social life, and spiritual life are affected. In extreme cases, the futility and hopelessness can lead to suicidal thoughts and actions. When a person’s daily life is marked by intense emotional pain, almost anything else seems preferable.

There are some false assumptions frequently found among Christians who suffer from depression, and their erroneous conclusions can hinder them from seeking help. One assumption is that emotions are not really important. They feel ashamed to admit that the way they feel has become such a problem. Many are apologetic about it, if indeed, they will admit to it at all.



# UNDERSTANDING AND DEALING WITH DEPRESSION

When a person’s daily life is marked by intense emotional pain,  
almost anything else seems preferable.

*by Greg Swenson*



The assumption that "real Christians don't get depressed" might be paralleled to the belief that "big boys don't cry." Yet, the truth is that some prominent Biblical personalities showed evidences of depression. Consider Moses, Elijah, Job, and David. Martin Luther is said to have struggled with depression on a regular basis. Freedom from depression does not necessarily correlate with commitment to God. For example, a person may be living close to the Lord, yet have a chemical imbalance which could result in depression.

**The assumption that "real Christians don't get depressed" might be paralleled to the belief that "big boys don't cry."**

**Complete immunity to depression would imply that we can somehow separate ourselves from our emotions— something that Jesus Himself didn't do.** He wept, was angry, became sorrowful, showed compassion, and suffered pain. God the Father is also frequently described as an emotional being. There are numerous Biblical passages expressing emotional struggles. (See Psalm 6:6-7; 55:4-8; 69:1-3; Ecclesiastes 1; Matthew 14:13a, and Ephesians 4:26.) And emotions do not go away by simply ignoring them. Recognizing that they are a powerful and integral part of ourselves is the first step toward correcting the excesses and unbalanced emotions that may be bound up in depression.

**Where does depression come from?** Frequently, it stems from *thought patterns*; in particular, *unrealistic expectations*. Some people strive for a level of control and order in their lives that is not possible in the real world. Hence, they live with repeated frustration and disappointment. Others are excessively "tuned" to their own performance. Inevitable fluctuations in success can cause constant self-critical evaluations. Consequently, a person who objectively appears 90 percent successful may focus instead on the 10 percent failure. He or she sees only what the mind spotlights. Yet he may not be aware of this.

**Depression can also result from mental and emotional overload.** A person may assume excessive responsibility, thus collecting the stress, disappointment, failures, and frustrations of an entire family. Sometimes certain events, or series of events, cause an accumulation of emotions that can't be processed. It is not uncommon for depression to follow childbirth, job changes, or geographical moves.

*A specific kind of emotional overload is found in loss and grief experiences.* They create a void that is painful in itself, but also requires adjustments which some people are better prepared to make than others. Loss of friendships, death, divorce, or children leaving home are frequent depressive stimuli. A severe, unresolved loss may cause depression.

**Many people who are depressed have internalized their hostility.** Anger which has been kept inside can

cause a person to become depressed. This is common, because all of us feel anger at some time, and some have deep, persistent feelings of anger which have never been admitted, expressed, and effectively resolved. This anger

may have roots in childhood, and the depressed person may not realize how angry he really is. Many Christians smile and present a "happy Christian attitude" without dealing with their deep-down frustration and hostility.

**A more subtle source of depression is found in people**

**whose lives do not include sources of pleasure.** While a steady diet of "good times" is unrealistic, the joys that most of us experience through family, friends, activities, and God's physical creation are important. Achievement-oriented people may see life as a series of tasks to be accomplished: a grade to obtain, children to raise, or money to be made. *Even ministry can become oppressive when we focus exclusively on results and fail to find enjoyment in the process.*

In addition to thought patterns, emotional overload, loss, and the absence of pleasure, depression can arise from within our bodies as a physical phenomena. It can result from endocrine imbalance, metabolic disorders, or from abnormal brain function. Such sources should always be considered.

**The best preventive medicine for depression is a consistent and genuine relationship with God, although it does not necessarily render us immune to depression.** We should try to give attention to the factors that generate depression and understand what kind of depressive process is going on. It is then we are able to develop a plan to cope with it and move through it. This is the purpose of therapy. Research indicates that a significant percentage of persons suffering from depression will eventually improve without professional help. But many of these same people would surely benefit from therapy. *Although therapy does not always guarantee improvement, there are still excellent reasons for seeking professional help:*

**Times of difficulty can be opportunities for personal change.** Rather than enduring or waiting out depression, counseling can assist a person in correcting a distorted perception of life, God, or others. It may help to revitalize a person's lifestyle, or develop the ability to accept the realities of life.

**Depression can simply be too overwhelming to endure alone.** It can obscure God's goodness and eliminate the desire to worship and pursue a relationship with God or with others. Depression, if not corrected, can worsen, just as spinning wheels in the mud deepens the rut.

**Depression seldom affects only one person.** It can cast a shadow on spouse, children, and friends. It can reduce a person's effectiveness in his or her career or ministry.



**How can depressed people be helped?** In a state of depression, feelings and thoughts become predominant. The capacity for willful action seems nonexistent. In order to get back in touch with one's ability to act, rather than simply being acted upon, a depressed person often needs to engage in some kind of activity. Usually the incentive is not there, so it must be supplied by the therapist. This might take the form of a prescribed behavior, or homework assignment which the person agrees to do, much as they would agree to take medicine for a physical illness.

**Depressed people need direction.** Despite the fact that their thoughts predominate, their thinking usually doesn't lead to conclusions, plans, or goals. Again, the therapist needs to supply this initially, helping to formulate short-term goals so that they are not overwhelmed by seemingly unreachable long-term goals. \*

Depressed people have a narrow perspective. It is as if they

### PLEASE LISTEN!

When I ask you to listen to me  
and you start giving advice,  
you have not done what I asked.

When I ask you to listen to me  
and you begin to tell me why I shouldn't feel that  
way, you are trampling on my feelings.

When I ask you to listen to me  
and you feel you have to do something to solve my  
problem, you have failed me, strange as that may seem.

Listen! All I asked was that you *listen*;  
not talk or do — just hear me.  
Advice is cheap: 50 cents will get you both "Dear Abby"  
and Billy Graham in the same newspaper.  
And I can do for myself; I'm not helpless—  
Maybe discouraged and faltering, but not helpless!

When you do something for me that I can and need to do  
for myself, you contribute to my fear and weakness.

But when you accept as a simple fact that I *do* feel the way  
I feel, no matter how irrational, then I can quit trying to  
convince you and can get about the business of under-  
standing what's behind this irrational feeling.

And when that's clear, the answers are obvious and I  
don't need advice.

Irrational feelings make sense when we understand  
what's behind them.

Perhaps that's why prayer works,  
because God *listens*. His wisdom is in His written  
Word, but He leaves the responsibility to heed it to us.

So please listen and just hear me. And if you want to talk,  
wait a minute for your turn—and I'll listen to you!

*Author Unknown*

are in a tunnel, and can see their life from only one angle, missing the broad spectrum of possibilities. The therapist can help, much as an interior decorator might help someone see the possibilities of renovating a disheveled home.

Many depressed people struggle with finding meaning in their experience. It is tempting to offer quick answers to their questions, much as Job's companions did. But it is usually much more beneficial to help the depressed person appreciate the complexity of life. Meanings often do not become clear for years. This is a time to help the person appreciate the difference between creature and Creator, and to focus on the reasons we have to trust our Creator and God's redemptive capacity. □

\*The Narramore Christian Foundation maintains a list of excellent referrals—Christian psychologists who deal with depression. Phone 1-818-821-8400.

*Greg Swenson, Ph.D., is a licensed psychologist, one of the first graduates of the Rosemead School of Psychology. He has a practice in Rapid City, South Dakota.*

### Fun Fun Fun

*(Continued from p. 7)*

itself becomes fun. Being a holy person in a sinful world is a challenging experience.

What most people call fun is not living, but a retreat from life. The word "amusement" is the negative of the word "muse" or "to think," so an *amusement* is that which causes us *not* to think. Other so-called forms of fun desensitize a person so the possibility of enjoyment ceases to exist.

But a person who is born-again finds that his whole being is coming alive and his senses are heightened to enjoy all of life to its fullest. Since he has not exhausted himself by fighting a losing battle against doing God's will, he experiences inner sources of energy that before he never dreamed existed. This kind of fun does not fade with advancing years, but intensifies with new discoveries and an explosion of excitement with the anticipation of all God is doing.

Christianity is pro-pleasure. Does not the Bible say that it is "God who richly provides us with everything for our enjoyment" (I Timothy 6:17)? The illicit sex, nicotine, alcohol, and drug scene breathe death, proving they are Satan's mockery for would-be fun seekers. Jesus said long ago, "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full" (John 10:10).

Those who seek fun as an end in itself will find it the end of themselves. Strange that those who really want it, won't have it, but those who don't worship it, will have it forever.

Real fun is never sin, but phony fun is Satan's trap for duped sinners who will only discover too late that "the wages of sin is death" (Romans 6:23).

But those who experience the excitement of salvation and the adventure of living a holy life will be able to say with the Psalmist, "You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at Your right hand" (Psalm 16:11). □

*Rev. Vernon C. Lyons has been senior pastor of the Ashburn Baptist Church in Chicago, Illinois, since 1951. Through the years he has also had a ministry in writing, radio and television.*



# MAKING A DIFFERENCE

by Kevin Narramore

## MEET GARNETTE BLACK— NCF'S NEWEST BOARD MEMBER

**F**rom the beginning, God has provided the Narramore Christian Foundation (NCF) with talented and dedicated Board members who oversee the ministries and make key decisions.

Recently a new member was elected to our Board. She is Mrs. Garnette Black, Administrative Vice President of the Evangelical Christian Credit Union (ECCU)—an international financial organization based in Anaheim, California. Mrs. Black is an executive who brings to NCF valuable insight and experience along with a deep devotion to Christ.

Meet Garnette Black:



**Kevin:** Welcome to the Board, Garnette! What is it about NCF that prompted you to join our Board?

**Garnette:** Actually, I have known about the Narramore Christian Foundation for a long time and have always appreciated your unique, Christ-centered ministry. There are two areas in particular where the ministries of NCF match my natural interests. Those are *missionaries* and *children*. I was especially drawn to the orientation seminars you hold each summer for Missionary Kids.

We at ECCU hire quite a few college students, many of whom have been raised on the mission field. Kirsten was one of those. As I talked with her, I learned about the identity issues she was struggling to work through—not knowing whether she was an American or a German. She didn't feel quite at home in either culture and went back to Germany to try to determine where she belonged.

Many MKs have similar problems.

**Kevin:** Since you have worked in a helping capacity for over 20 years, I can see how the ministry of NCF would be a natural extension of your desire to help others.

**Garnette:** As an executive in Human Resources, it's my goal to connect the right person with the right job. ECCU is a unique place to use my abilities in the Lord's work. We do what we need to do so that missionaries, pastors, teachers, and others can focus on what they need to do. We help those on the front lines to be more effective. And that is what NCF is doing too, although in a different direction.

**Kevin:** I understand that ECCU works with numerous Christian organizations.

**Garnette:** Yes, that's true. We provide banking services for hundreds of evangelical churches, schools, and ministries. It's a special privilege to serve thousands of U.S. based missionaries in over 90 countries.

**Kevin:** How did you move into the strategic position you now hold with ECCU?

**Garnette:** Twenty years ago my children were almost grown and I accepted a job with the ECCU. Ten years later I became its Vice President.

**Kevin:** Evidently ECCU recognized that God has given you talent along that line.

**Garnette:** God was the One who placed me in this position: I just walked through the doors He opened. I realized that if the Lord wanted me to be involved in this work, He would give me the needed skills.

**Kevin:** Now that you're a member of the NCF Board of Directors, in what ways do you see NCF making a difference?

**Garnette:** NCF has terrific opportunities to help hurting people. Two important facets of this ministry are to offer emotional and psychological support to missionaries around the world and to help hurting Christians and Christian families here in the U.S.A. Of course, all people need to be born again.

**Kevin:** You receive no pay for being on the NCF Board of Directors, and you are given no perks. What is your motivation?

**Garnette:** To serve the Lord! I'm not looking for financial remuneration. I do receive a tremendous sense of fulfill-

ment. It's stimulating to meet other Christians who are being used of God.

**Kevin:** You've been married 40 years to the same man. Tell me about your family.

**Garnette:** My husband Arthur loves the Lord, and has always been an entrepreneur. He worked for Biola University for 17 years in radio—in fact, most of his career has been spent in Christian radio broadcasting. Just this year Art agreed to come to ECCU as a senior ministry representative. (We love working together!) We have three grown children, and four grandchildren. Our home is in Southern California and we attend a fine evangelical church.

**Kevin:** What do you believe is your spiritual gift?

**Garnette:** I would have to say *administration*. I also seem to have a gift of discernment. I can usually size a person up in short order. This has both advantages and disadvantages. But for the most part, I consider myself to be a trusting person—although not as naive as I used to be. I've also seen significant answers to prayer in my personal life.

**Kevin:** Tell us about the conference you will attend in Geneva, Switzerland.

**Garnette:** Yes. I have the honor of representing NCF at an international conference of missionary executives and Christian counselors which meets in Switzerland. The purpose is to learn about the difficult, life-threatening problems that increasingly face so many of today's missionaries—especially those in high stress areas who have undergone serious trauma. How do they cope? How can NCF help?

The international conference in Geneva is geared to give greater understanding of the psychological and emotional stresses so many missionaries are going through. It fits so well with NCF's present ministry and future vision.

**Kevin:** Thank you, Garnette. Like you, our NCF Board members are not just token figures, but are actively involved in our ministries first hand. □

*Dr. Kevin Narramore is Vice President of the Narramore Christian Foundation.*



# HEALTH WATCH

by Eva Hallam Solberg

## STAYING STRONG LONGER

By age seventy, most people have at least 20 percent less muscle tissue than they did at age thirty. This slow process of erosion is called sarcopenia, Greek for "vanishing flesh."

The effects of sarcopenia (falls, broken bones) can be significantly reduced—even reversed, by moderate exercise. But it's not enough to limit yourself to aerobic exercise (walking, jogging, swimming, cycling—which is essential for strengthening the heart and bones), because the effect of that type of exercise on muscle size and strength is minimal.

Preventing sarcopenia requires adding resistance training to your exercise routine. Resistance training is any type of exercise performed in

one place while standing, sitting, or lying down. It includes leg lifts, arm curls, and abdominal crunches. You can learn how to perform such exercises by consulting the cardiovascular rehabilitation unit of a local hospital, joining a fitness program at a senior citizens center, or becoming a member of a local health club or gym.

*(The John Hopkins Medical Letter)*

## EFFECTS OF THE MIND ON THE BODY

A Stanford University study of women with terminal metastatic breast cancer revealed that those who received psychosocial support lived an average of 18 months longer than women who received no such therapy. And a Canadian study found that people who were

not treated for depression after a heart attack had higher rates of a second heart attack and death.

*(Huntington Memorial Hospital)*

## PREPARING FOR A TRANSPLANT

Researchers continue to make progress in overcoming the problems of graft rejection and side effects of immunosuppressant drugs given to patients following organ transplants.

Patients who might need an organ transplant should begin by looking for a hospital with lots of experience, good survival rates, and short waiting times. For information about transplant centers and survival rates, as well as free pamphlets on transplantation, call United Network for Organ Sharing (UNOS) at 1-800-

24DONOR. The U. S. Department of Health and Human Services Division of Transplantation (301) 443-7577 is another good information source.

*(University of Chicago Better Health Letter)*

## POWDER AND OVARIAN CANCER

Women who use powders or sprays in the genital area may be increasing their risk of ovarian cancer, according to a study in the *American Journal of Epidemiology*. Researchers found that routine powdering after bathing increased ovarian cancer risk by 80 percent, and women who used genital sprays had a 90 percent increased risk of the disease. Women should be cautious about using such products in the genital area.

*(Health News)*



## Living Memorials

*My Gift of Love*

TO HONOR THE  
MEMORY OF

Rya Wanchik  
Tim Moriarity

PRESENTED BY:

Mrs. Shirley Cron  
Dr. & Mrs. Clyde Narramore

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## COMING NEXT ISSUE

So Your Genealogy  
Is Flawed

Grandmothers Are  
Special

When Adult Children  
Divorce

A Senior Servant's  
Prayer

Self-Esteem Or Self-  
Denial

Surviving Suicide

A Case Against E-Mail



# ANSWERS TO YOUR QUESTIONS

by Clyde M. Narramore

## HOW CAN I CONQUER MY FEAR OF WHAT OTHERS THINK?

### QUESTION:

*Will you please discuss the problem of overcoming the fear of what people think about me? I'm always concerned about the opinions of others and what they may be thinking. It seems like I've always been like this, and it bothers me all the time.*

### ANSWER:

Everywhere you turn, you find people who are unduly concerned about what others think. In fact, many people are plagued by the thought. They go through life wondering what they should do to become better accepted by friends and acquaintances. As one lady put it, "I'm really never free from thinking about what others may be thinking about me. It sort of dictates my life."

We can understand why a young child may be concerned about this. After all, he is inexperienced...and he is responsible to nearly all adults around him. He is also at the mercy of older boys and girls. Naturally, he wants others to like him.

We can realize, too, why a teenager may be concerned about what others are thinking. He's no longer a child; yet he's not an adult. He may not have developed a philosophy of life. He's unsure about many things. He's insecure.

But it's not only children and teenagers who have this problem. Adults have it too. The great majority of grown-ups are acutely sensitive to what people think about them. In fact, they may be let-

ting other people shape their own thinking and actions.

I'm amazed, too, at the number of business and professional people who are not sure where they stand. They are very aware of popular opinion. Just recently I was counseling with a young executive. He had been drinking lately and he was disturbed by it, because he didn't really want to drink.

"But what can I do?" he asked. "When I go out for a luncheon with other executives who drink, I feel like I have to drink too."

So the problem of being fearful of what other people think runs through all age and socioeconomic levels.

Why are we so concerned about how other people feel? Why do we try to pattern our lives after others? Why do we disregard our own feelings and intuitions, and instead, bend to the likes and dislikes of others?

### Social Beings

Bending toward other people is, to some extent, natural and normal. God made us as social beings. Ephesians 4:32 says, "And be ye kind one to another; tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."

God has instilled in us a need to belong. For example, we belong to our parents, to our spouse, to our family, to our church, to our neighbors, to our community, to our country, and many other groups. Normal people like to associate with others. In fact,

many of our greatest joys come from being with others. So it's natural that we are happy when others please us and we in turn, please them. This socialization is the fulfillment of our natures which God has created.

### Basic Causes

High on the list of causes are feelings of insecurity. One of the basic emotional needs in life is to feel safe and secure. We feel that unless we are like other people, they will think less of us.

Where do these feelings of insecurity come from? They usually begin in early childhood. If we've not had loving relationships with our parents, we may feel isolated, rejected, and unacceptable.

God has placed deep within each person's emotional make-up, certain needs that must be met in order for that person to be emotionally healthy. Some of these are the need to feel loved, to feel free from fear, to feel that he or she belongs, to feel reasonably free from guilt, and the like.

If during childhood these needs are met on a regular basis by the mother and father, a person eventually reaches adulthood with good healthy feelings about himself and about others. But if these basic emotional needs have not been met in childhood, the opposite is true. Then as an adult, he usually holds a negative image of himself.

What then, can a person do to overcome an undue concern about how others feel? As you study God's Word, you

will find that basic emotional needs are not only met by parents, but also, at a deeper level, by God Himself. We must trust the Lord as our personal Savior, read God's Word, then appropriate the teachings of the Bible to any emotional deprivations we may have. "When my father and my mother forsake me, then the Lord will take care of me" (Psalm 27:10). Memorize scripture which shows that you are special to God, that you are complete in Him.

Some people are characterized by severe emotional deprivations in their childhoods. They can usually benefit greatly by receiving counseling from a godly psychologist.

The person who is overly concerned about what other people think of him needs a new improved self-image—a new Biblical self-image. In this way, he is taking his cues and his feelings of being worthy from his position in Christ rather than from the inaccurate signals of people in his environment.

In conclusion, we need a strong self-concept based upon God's eternal Word. This will cause us to look to the Lord rather than to other people for affirmation. □

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A copy of our booklet, *A New Biblical Self-Image*, is available for the asking. Also, the Narramore Christian Foundation has produced a video on this topic—A NEW BIBLICAL SELF-IMAGE, which can be purchased for just \$19.95. This would be helpful for both young and old. Phone (818) 821-8400, or write N.C.F. at P. O. Box 661900, Arcadia, CA 91066-1900.



by Lee and Gloria Bendell

## THE EFFECT OF OUR WORDS

**W**HAT IS IT THAT tends to form our opinion of a new acquaintance? Usually that person's appearance triggers our initial appraisal. "Man looks at the outward appearance..." (I Samuel 16:7b).

Numerous words of caution are given in Scripture. The same verse continues, "but the Lord looks at the heart." Also Galatians 2:6 states, "God does not judge by external appearance." And, in John 7:24, Jesus Himself warns, "Stop judging by mere appearances, and make a right judgment." Indeed, appearances can often be deceiving.

**Our opinion of others is typically confirmed or modified by a person's words**—not only what he or she says, but also *how* it is said, such as one's tone of voice or facial expression. **Our words and the way we say them "give us away."** They display our ignorance or our intellect. They convey our attitudes and our mood. They reveal our thoughts. They can encourage or offend, comfort or anger, be loving or confronting.

Yet, we are sometimes careless in the way we talk to others. We can be insensitive in what and how we say things. At times, our words are inappropriate, not just to those whom we meet for the first time, but even to people whose friendship we treasure. The result of our carelessness can deprive us of a potential friend. Worse yet, our extemporaneous words can result in impaired or broken relationships—the creation of deep emotional wounds or scars that take a long time to heal.

**Proverbs 15 has much to**

**say about our use of words.** As I meditated on its verses, it renewed my awareness of the need to be more discerning in my speech—to think before I

talk. Perhaps these verses will affect you in a similar manner, as you dwell on their application to your own life.

Proverbs 15:1,2: "A gentle answer turns away wrath, but a harsh word stirs up anger. The tongue of the wise commends knowledge, but the mouth of the fool gushes folly."

15:4: "The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit."

15:7 "The lips of the wise spread knowledge; not so the hearts of fools."

15:12: "A mocker resents correction; he will not consult the wise."

15:18: "A hot-tempered man stirs up dissension, but a patient man calms a quarrel."

15:23: "A man finds joy in giving an apt reply—and how good is a timely word!"

15:26: "The Lord detests the thoughts of the wicked, but those of the pure are pleasing to him."

15:28: "The heart of the righteous weighs its answers, but the mouth of the wicked gushes evil."

15:30, 31, 32: "A cheerful look brings joy to the heart and good news gives health to



the bones. He who listens to a life-giving rebuke will be at home among the wise. He who ignores discipline despises himself, but who-

ever heeds correction joins understanding."

Not only did these verses warn me about carelessness in my speech, but they also cautioned me to listen more carefully to what others have to say. I am too often guilty of thinking of what I want to say rather than listening to the words, thoughts, and input of others. "He who answers before listening—that is his folly and his shame" (Proverbs 18:13). I need to consider carefully any rebuke, correction, or suggestion, especially from those who love and care about me.

Dr. Clyde Narramore lists "two-way communication" as a "basic emotional need" in the evaluation form used to determine how well mothers and fathers have met the needs of their children. As parents, we are usually pretty good at telling our children what to do or what they have done wrong. But we often fall short in drawing out their thoughts and feelings. We fail to really listen to what they have to say. That same form emphasizes the need to compliment and encourage our children, to avoid excessive criticism, and to express our love. As these

needs are met, we help our children to develop good self-esteem and feelings of self-worth. **I believe these same needs apply to the building of good adult relationships** with family, friends, co-workers, and others.

Colossians 4:6 admonishes us, "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone." I Thessalonians 5:11 adds, "Therefore encourage one another and build each other up, just as in fact you are doing."

**What impression do others make upon you by their words? In turn, what impression do your words make on others?** Are you discerning or careless in your speech? Is it full of grace? Are your answers to others gentle? Or are they harsh? Are your words apt and timely? Do you emphasize good news? Are you a good listener—or too quick with a reply? Are you building good adult relationships by consciously meeting basic emotional needs the way you converse with others?

God's Word holds up an ideal for us to follow in our interactions with others. "Pleasant words are a honeycomb, sweet to the soul and healing to the bones" (Proverbs 16:24). And in Proverbs 25:11 we read, "A word aptly spoken is like apples of gold in settings of silver." As we use pleasant, encouraging words, we will not only be a help to others, but we ourselves will also be blessed. □

*All Scripture is quoted from the N.I.V.*





# OUR WORLD TODAY

by Eva Hallam Solberg

## LOOK FOR THE UNUSUAL

Uncommon lodging on a vacation can be fun and inexpensive. Consider a house swap, condos, camping, or college campuses as alternatives to help save money. Intervac of San Francisco (800-756-4663) and Trading Homes International of Hermosa Beach, California, (800-877-8723) organize home-swaps, which keep your home looking lived in while you're gone and provide an economical place for you and your family to stay. Some of the home-swap packages even include the use of a car or a golf membership.

Companies like Condolink (800-733-4445) and Creative Leisure International (800-413-1000) also work with prospective customers to put together travel packages, some with rental cars and maids.

When shopping for travel discounts, use toll-free 800 or 888 numbers to do your comparison shopping. If you don't know a toll-free number, call 800 information at 800-555-1212 to find out.

*(Friendly Exchange)*

## ABUSE OF HARD DRUGS

The National Household Survey on Drug Abuse reported that an estimated 12.8 million Americans now abuse illegal drugs. Since 1992 drug use by teenagers has risen a staggering 105 percent. The survey found that 70 percent of teenagers say they can buy marijuana any day of the week.

Abuse of hard drugs among adolescents is soaring at an especially alarming rate. The number of young people reporting cocaine use rose

**"The dangers of America are not economic or foreign foes; they are moral and spiritual."**

**—Herbert Hoover**

166 percent between 1994 and 1995. Overall use of LSD rose 55 percent during the same time period.

*(Family Research Council)*

## BIAS AGAINST MEDICAL SCHOOL APPLICANTS

In a case study reported in *Issues in Law & Medicine*, two University of Texas-Houston Medical School doctors found significant bias against religious and pro-life students applying for admission at an unnamed medical school.

A review of admissions committee notes revealed that "applicants who were opposed to abortion or were religious underwent a heightened scrutiny and were scored lower than other applicants because of their views." Such views were seen to have a "negative impact" on admission.

*(Incision Magazine)*

## TRAVEL HAPPIER, HEALTHIER, SAFER

Here are steps to take now to better enjoy your vacation or business trip:

1. Know where your passport is.
2. Plan for no food on flights less than four hours.
3. Be kind to your travel agents. You still need them.
4. Tell your travel agent to enter on your personal record your preferences.
5. Create a 3-by-5 card to save your wits in an emergen-

cy. Record doctor, dentist, neighbor's phone numbers.

*(Bottom Line Personal)*

## DO WE NEED YOUTH MINISTRIES?

The following statistics might help answer the question, "Why do we need a ministry program for youth?" Every day in the U.S.A.:

- 2,795 teens get pregnant
- 1,106 teens have an abortion
- 6 teenagers commit suicide
- 372 teens miscarry
- 27 children die from poverty
- 3,288 run away from home
- 437 children are arrested for drinking or drunk driving
- 211 children are arrested for drug abuse
- 1,629 children are in adult jails
- 7,742 teenagers become sexually active
- 2,556 children are born out of wedlock
- 1,512 teenagers drop out of school
- 1,849 children are abused or neglected
- 2,989 children experience their parents' divorce.

*(USA Today)*

## ANCIENT CRAFT OF QUILTING RETURNS

The ancient craft of quilts is seeing a resurgence. Those who don't make them, buy them in this time of renewed emphasis on American crafts as elements of a home's decor—and on the simple tradition of

enjoying home and family.

It's the human quality that makes quilting a personal art form. Quilts reflect the joys and sorrows of the life experience. Quilts are personal gifts of joy, amalgams of shape and color that embody good will and warm wishes. Old quilts are treasured more and more as they are handed down through succeeding generations. Even if the quality of stitching is uneven and scraps of patterned cloth reveal the mundane traces of a hard life, the quilt reminds us of our heritage, of those who came before.

*(Annapolis Quarterly)*

## GLOBAL POPULATION AND CHRISTIAN INFLUENCE

Christianity, the world's largest religion, is no longer keeping pace with global population growth—except in Asia and Africa. By the year 2000, the number of non-Christians is expected to reach the four billion mark, while the number of Christians will grow by half from the current two billion to about three billion people. Ninety-seven percent of all church ministries are directed toward Christians, weakening Christianity's influence on the non-Christian world.

*(EP News)*

## DON'T ASK "WHO STARTED IT?"

When your children fight, avoid the worst three words—"Who started it?" It's safer to assume both are guilty—don't focus on who is to blame. Instead, help them work out a solution with which they can both live.

*(Bottom Line Personal)*