

LOOK WHAT'S INSIDE

CHILDLIKE FAITH

ANXIETY

LAST LAUGH

NCF IN ACTION

Fear Not

By Dick Innes

"My sheep hear My voice, and I know them, and they follow Me. And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand (John 10:27-28, NKJV).

"The great Scottish preacher John McNeill told how, during his childhood, he had to walk a long distance home every evening, and his route led through a forest with a large ravine. Reports said that wild animals and gangs of robbers were often seen in that area. Great fear would seize his heart as he made his way past the spooky looking trees. He recalled, 'One night it was especially dark, but I was aware that something or someone was moving slowly and quietly toward me. I was sure it was a robber. When a voice called out, its eerie tone struck my heart with fear. I thought I was finished. Then came a second call. This time I could hear the voice saying, 'John, is that you?' It was my father. He had known of my fear and had come out to meet me.'"

Being a child of God, one of his sheep, doesn't deliver us from the storms of life, but our faith in him gives us a sure and steadfast anchor, a safe and secure rock to hold on to knowing that God knows exactly where we are even in life's darkest and most scary places.

1. Alan Carr, Sermon: "Fear Not."
<http://www.gileadbc.org/>

A Little Lower Than The Angels

By Bruce Narramore

Thomas Carlyle, the famous English author, was once asked to express his view of man's origin and descent to a group of scholars. "Gentlemen," he declared, "you place man a little higher than the tadpole. I hold with the ancient singer, 'thou has made him a little lower than the angels.'"

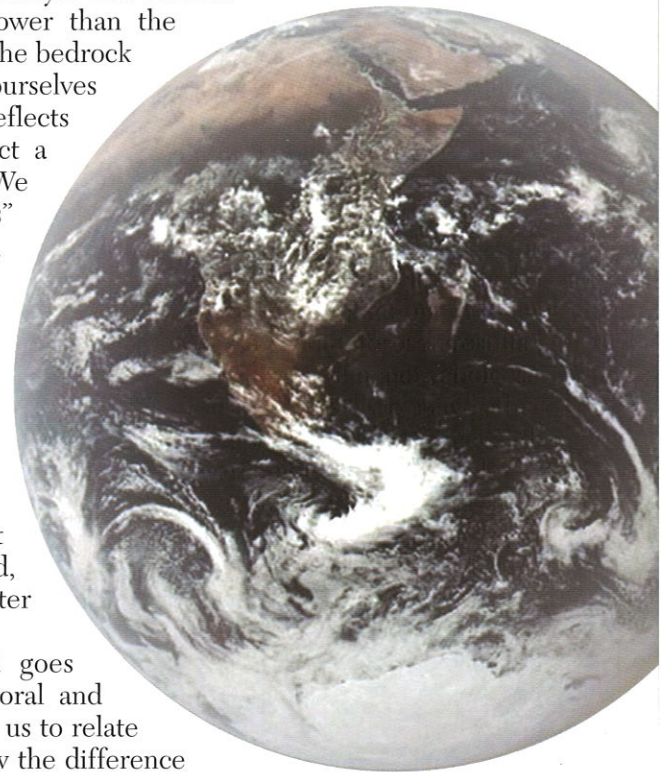
In this simple reply Carlyle put his finger on the problem of humanity's identity. Either we are advanced animals—the highest ones to date—or we are the eternal creations of the living God. Our answer to this question influences our attitude toward ourselves and others as well as issues like abortion and respect for human life. If we are just another link in the evolutionary chain, then abortion shouldn't matter—nor killing innocent people in terrorist attacks, or committing other acts that demean human life. But if each person is a creation of God, we should respect all human life, born or as yet unborn.

According to the Bible, Carlyle was correct.

We are created a "little lower than the angels" (Psalm 8:5). This is the bedrock for our attitudes toward ourselves and others. Just as a book reflects its author, you and I reflect a portion of God's character. We are said to be His "likeness" (Genesis 1:26). Like God, we have the capacity for self-determination. We can plan ahead, foresee results, and make major choices. Like God, we have the capacity for language and creativity. We are able to explore, produce new inventions, and create great works of art. And, like God, we can love others and enter into deep relationships.

But the image of God goes deeper still. We have a moral and spiritual nature that enables us to relate to God Himself and to know the difference between right and wrong. The moral and spiritual nature was stamped into the center of our being by the hand of God. Indeed, we are born to believe and worship God and to treat one another in truly loving ways.

But what about sin? Weren't we ruined and made worthless when Adam and Eve plunged our race into rebellion? No. Sin greatly corrupts our lives and mars the image of God, but it doesn't wipe it out. We are still creations of God with intellectual abilities, a knowledge of right and wrong, the capability to make



Come As Little Children

By Joe Pritchard

I've been spending time with my three-year-old granddaughter. She is a marvelous teacher. She makes sure I have plenty of opportunities to practice what she teaches—patience, kindness, childlike exuberance, and, of course, unconditional love.

She is also teaching me a great deal about what Jesus meant when He said, "Lest ye come as little children." Had she been with the disciples on their boat in the middle of that storm, she would have walked on the water without hesitation when Jesus said, "Come to me."

Faith of a child ...

She has absolute faith in me. When she waltzes down the steps in the mornings, she knows I'm going to be there waiting for her to leap into my arms. We'll have our coffee and watch Barney sing nursery rhymes for a cup or two, then she'll help me scramble our eggs. After a scrumptious breakfast, we'll wash our dishes before getting into some serious play time. At every stop she knows I'm going to be there. Climbing up the slide or clinging to my side, she knows... every time!

What joy I see in her eyes as her faith in me increases. Worries, fears, bumps, and bruises...she turns them over to Papa. He'll fix them. And I do. I fix the hurt and eliminate the fear. How can a three-year-old revel in digging for worms and carrying them in the house to show Granny, yet jump at the sight of an ant? Yet, with each ant episode, we fix it until that look of sheer joy reappears, and then she's ready to move on to the next mountain or monkey bars to climb, knowing Papa will be there every step of the way.

Lest ye come as little children ...

I've heard that verse all my life, yet it took a three-year-old child to teach me its true meaning. That three-year-old I call Sweet Pea has taught me more about faith than I had supposedly learned in forty-two years on this earth.

choices, and the powers of communication and creativity. While these likenesses have been damaged, they continue to exist and, for born-again Christians, will be totally restored in eternity.

Being created by God isn't the only foundation for human dignity and value. The Bible discusses at least five other reasons.

The Culmination of Creation

The Book of Genesis records the order of creation. God started with the heavens and the earth. Then He formed the sun, the seas, the fish, the fowl, the beasts of the field, and everything that grows. After each was created, He pronounced it good. But after finishing the entire universe, there was still something left for God to do. Even with all the grandeur and beauty of creation, something was still lacking. The creation demonstrated God's handiwork, but it could not share His thoughts and feelings. It lacked personality.

So, after all His other creative acts, God created Adam and Eve. He created us to share in His creation. This is why the psalmist could write, "What is man that you are mindful of him, the son of man, that you care for him? You made him a little lower than the heavenly beings and crowned him with glory and honor." (Psalm 8:4-5, NIV).

A Kingly Calling

When God placed Adam and Eve in the Garden of Eden he told them to "be fruitful and multiply, and fill the earth, and subdue it, and rule over the fish of the sea and over the birds of the sky, and over every living thing that moves on the earth" (Genesis 1:28). God did not intend Adam and Eve to be ignorant or passive. He told Adam to name the animals and to rule aggressively over the earth. Adam and his descendants were gradually to bring the rest of the earth under their dominion. God gave us a high task. We are to be the overseers of His created kingdom and responsible for it!

A Pearl of Great Price

One day while Jesus sat by the seaside, teaching, He used a pearl to illustrate what He was saying. "The kingdom of heaven is like a merchant looking for fine pearls. When he found one of great value, he went away and sold everything he

Exercise and Postmenopausal Women

Over 73,000 postmenopausal women recently took part in the multicenter U.S. health study, in which they were asked to report on their weekly exercise. They reported on the kind of exercise they did, such as vigorous, like running, or gentler, such as bowling or golf. The researchers also asked about how much and how fast the women walked each week and how long they spent lying or sitting.

Women who walked or exercised vigorously for at least two and a half hours a



week were about a third less likely to develop heart disease than women who were more sedentary. Exercising for more than two and a half hours a week and walking at a pace of two to three miles an hour, on average, was more beneficial than slower walking. Sitting or lying down for several hours a

day significantly increases the risk of heart disease. So walk your way to a healthy heart. As when starting any new exercise program, consult with your doctor to see what is recommended for you.

—Seasons, Winter 2002/2003

had and bought it" (Matthew 13:45-46).

God chose the pearl, an object of great worth, to communicate the value He places on you and me. Not long after that, Jesus proved He meant what He had said. He paid the highest price—His life—to purchase us from slavery to sin. Peter puts it this way: "For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your forefathers, but with the precious blood of Christ, a lamb without blemish or defect" (I Peter 1:18-19, NIV).

What a foundation for healthy self-esteem and human dignity! The purchase price tells us the value of an object. Christ did not die for the animal or vegetable kingdom. Of man alone, it is said, "You were bought at a price" (I Corinthians 6:20). What a sense of worth and value He placed on you and me!

Celestial Guardians

If this is not enough to establish human dignity and value, the Bible also tells us that God has angels watching over us. The psalmist David writes, "For He will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone" (Psalm 91:11-12, NIV).

You've Got a Mansion

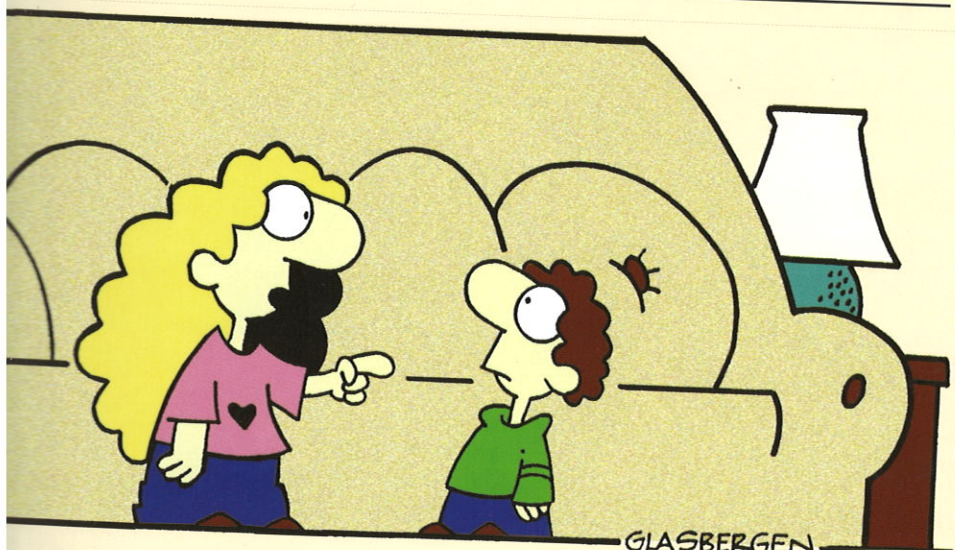
Shortly before Jesus was crucified, He addressed His disciples: "I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am" (John 14:1-3, NIV).

According to the Bible, those of us who have established a personal relationship with Christ will spend eternity in heaven. God's eternal purpose will be fulfilled. Man, created in God's image to glorify Him and to receive His love and fellowship, will spend eternity in fellowship with Him (I Corinthians 15:51-58).

Firm Foundations

Unlike secular perspectives, the Christian view of human life is in a category by itself. It alone elevates man above the animals. It alone speaks with godly authority to humanity's origin and destiny. It motivates us to value every human life, including our own. A little lower than the angels? Yes, we are. And we also have the privilege of becoming God's own sons and daughters! †

LAST LAUGH



GLASBERGEN

When Mom says 'act your age', what she really means is act her age."

ELECTRONIC COMMUNICATION



Web Site "Wisdom"

Things My Mother Taught Me

- My mother taught me to **PRAY**. "You better pray that will come out of the carpet."
- My mother taught me **LOGIC**. "Because I said so, that's why."
- My mother taught me **STAMINA**. "You'll sit there until all that spinach is gone."
- My mother taught me about **RECEIVING**. "You are going to get it when you get home."
- My mother taught me **MEDICAL SCIENCE**. "If you don't stop crossing your eyes, they are going to freeze that way."
- My mother taught me **HUMOR**. "When that lawn mower cuts off your toes, don't come running to me."
- My mother taught me **GENETICS**. "You're just like your father."
- My mother taught me **HOW TO BECOME AN ADULT**. "If you don't eat your vegetables, you'll never grow up."
- My mother taught me **WISDOM**. "When you get to be my age, you'll understand." †

PSYCHOLOGY FOR LIVING

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Training Christian Counselors In The Philippi



Dr. Bruce Narramore and Dr. Bill Kirwan team teaching in Manila.

By Bruce Narramore

Dr. Bruce Narramore returned recently from the Philippines where he taught a Christian Counseling course in the doctoral program at the Asia Graduate School of Theology. The program, under the direction of Dr. Fred Gingrich of the Alliance Biblical Seminary, is offered jointly by the nine major evangelical theological seminaries in the greater Manila area.

Fifteen students met with Dr. Narramore and his colleague, Dr. Bill Kirwan, for four hours each weekday for two weeks. "The students in the program are doing exceptionally well", Dr. Narramore reports. "A year ago, the students were dealing with introductory issues on the relationship of the Bible to psychology and basic principles of Christian counseling. This year they were ready to consider the causes and dynamics of severe



Doctoral Students in counseling at the Asia Graduate School of Theology.

ippines



Dr. Kirwan dialogues with student.

emotional problems like suicidal depression, paranoia, narcissism, homosexuality, and schizoid and borderline personality disorders. These problems have deep roots in early childhood and test the skills of even very experienced psychotherapists.”

Most of the students in the doctoral program have strong biblical backgrounds. They are already involved in ministry and have a great deal of experience helping others. One serves as Dean of Students at his denomination's training seminary. Another directs a key portion of Campus Crusade's ministry in Manila. Several serve on the staff of local churches. And another is a high school counselor. But until now they have had practically no training in how to work with the more severe problems that appear in ministries, schools, and congregations, as well as many families.

“The lack of training in Christian counseling is part of an even larger problem throughout the Philippines,” Dr. Narramore reports. “There are practically no doctorally trained psychologists (even non-Christians) available to do personal counseling. The few clinical psychologists that are available spend most of their time teaching, or overseeing drug rehabilitation programs or other institutional programs, instead of actually offering ongoing counseling and therapy.”

An exciting factor is that when these students finish their degrees, they will be equipped to take significant Christian leadership positions throughout the Philippines. They will be able to offer Christians a level of service that is simply not available at this time. They will also be able to train other Christians to minister to thousands of hurting individuals and families throughout that strategic nation! †

Training Opportunities for Families in Ministry

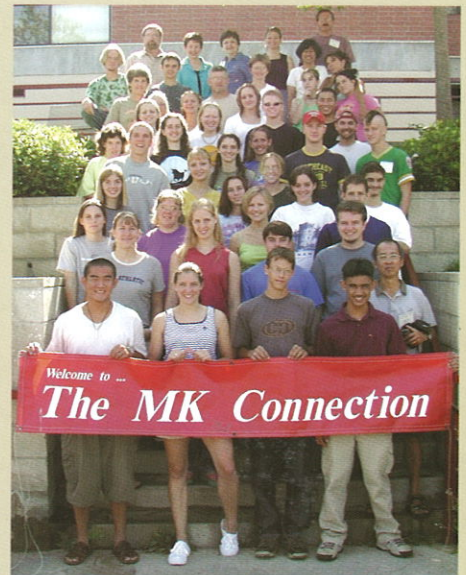
MK Reentry Program

What? A creative, cross-cultural, social, emotional, and spiritual program designed specifically for MKs by the staff of the Narramore Christian Foundation and Barnabas International.

Where? Southern California, on the campus of Biola University.

When? June 30 to July 11, 2003 and July 14 to 25, 2003.

Cost: The only fee is a \$150 non-refundable registration. The remainder of each participant's expenses is covered in the form of a \$900 scholarship provided by the Narramore Christian Foundation.



Registration and additional Information:

e-mail: mkreentry@barnabas.org †



Refresh Program for Missionaries

What? A program specifically designed for singles and families who minister across cultures. Under the guidance of staff from the Narramore Christian Foundation and Heartstream Resources, the program offers opportunities for renewal in stimulating classes and discussions on topics like stress, marriage, parenting, and fitness

Where? Camp of the Peaks in the French Alps near Grenoble, France.

When? June 14-27, 2003.

For additional information: email heartstream@compuserve.com †

Anxiety ... The Nagging Emotion

By Clyde M. Narramore

Mrs. S. lived in a constant state of nervousness and apprehension. Her Christian friends began to tell her what she should do to overcome her anxiety. One suggested, "Maybe if you spent more time helping others, you would feel better." So she tried to busy herself with a variety of good activities. But it did little to solve her problem. Her nervousness continued.

"You need to pull yourself together," counseled another well-meaning friend. But as Mrs. S. shared with me, "I don't know what or how to pull!"

All people experience some anxiety at times. And that's normal. Family problems, world conditions, severe losses, and other things may unsettle our feelings. But millions feel anxious and fearful nearly all the time. They are rarely free of this nagging emotion. Perhaps the most obvious symptom of persistent anxiety is an intense concern or fear in the absence of actual or impending danger. This is often accompanied by restlessness, difficulty concentrating, sleep and digestion problems, or muscle tension. The person may be fearful in situations in which there are few indications of probable difficulties. He may worry, for example, that something unpleasant is going to happen to him, that he or a member of his family is going to get sick, that an accident will occur in his family, or even about routine daily activities. Generalized anxiety is different from panic attacks which are limited to specific periods of time when the person feels incredibly fearful, often with physical symptoms like choking sensations, dizziness, heaviness in the chest, excessive sweating, heart palpitations, difficult breathing, and nausea. People suffering panic attacks may fear they are going crazy, dying, or losing complete control over their lives.

Causes

Nervousness and anxiety have various causes. Some are physiological, some are spiritual, and some are emotional or psychological.

The fundamental underlying psychological cause of anxiety is the belief that in some way, danger is lurking. Typically those perceived dangers have to do with the concern that we are vulnerable and not in control of either our circumstances or inner thoughts, feelings and



wishes. Anxiety usually relates to one, or a combination of three things: our performance expectations (the fear of making mistakes or not being good enough), distrust of our environment (for example, the fear of being rejected or punished), or to our own unwanted thoughts or feelings (like repressed anger, rebellious desires, or the wish to hurt others). Real threats and danger also take their toll on our peace and tranquility.

Overcoming Anxiety

A person who is anxious and nervous in most situations can realize some relief through a few practical procedures. First, find someone with whom you can discuss your anxieties. All of us do better when we have a caring friend with whom we can share our burdens. Talking brings relief. In fact, the Bible instructs us to "bear each other's burdens" (Galatians 6:2), and to encourage each other and build each other up.

Next, try to identify the culprits in your environment. Make a list of the situations that trigger anxiety in your life. Perhaps in your marriage or your daily work there are conditions which you can avoid. If you know that certain situations will cause you difficulty, do your best to avoid or change them.

Look inside. Since most anxiety comes from longstanding inner conflicts, memories, childhood emotional deprivations, habits and concerns, it is usually necessary to gain greater understanding of the reasons for our anxiety. Sometimes talking several times to a caring friend is enough. But often we need a trained professional counselor to help us uncover the hidden

sources of anxiety and learn to overcome them. Don't keep living with undue anxiety when there is help available.

Rework your childish thoughts. Once you have identified the causes of your fears, decide whether the threat you have so greatly feared is real. Often we have been afraid because we have been continuing to view things through a little child's eyes rather than through the eyes of an adult. The Bible says, "When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things" (I Corinthians 13:11, NKJ). As adults we can put off childish thinking, including childish fears, and see things more realistically. Things are rarely as potentially catastrophic in an adult's eyes as they are in a young child's!

Take time each day to read a portion of God's Word. It will not magically make your anxiety disappear, but if you let it penetrate your life, it can bring unbelievable comfort. God gives us this promise: "For He shall give His angels charge over you, to keep you in all your ways. They shall bear you up in their hands, lest you dash your foot against a stone" (Psalm 91:11,12, NKJ). How comforting to know that God will never leave us nor forsake us.

While we are all products of our past to some extent, we need not be prisoners of it. We don't have to go through life feeling nervous and anxiety ridden. We can turn to God, and we can also have the help of friends, family members, or professional counselors whom God has gifted in doing His will on earth! †

No Longer On The Shelf

By Leone A. Browning

"It's sure cold sitting on the shelf," my retired minister husband shared one day after we reluctantly made an unwanted move to another city to be closer to family. "Do you think we could invite some people from our new church to our house?"

"Sounds great," he replied. "How about our Sunday school teacher and pastor and their families? They have children the age of our great grandchildren. We could invite them all for games and refreshments. It would help us all get acquainted."

After that evening we enjoyed fellowship with other couples by inviting them to our home for meals or a cup of coffee.

One day the pastor surprised us by asking, "Would you folks consider giving a party in your home for our teens? Since our youth director moved, we haven't had much activity for them. We all had such a good time at your home I thought our young people would enjoy an evening of games. Our church will provide pizza for refreshments. Think about it and let me know."

"We'd love to," we both agreed. "Are you sure, though, that the youth would attend a party in the home of an 80-year-old couple?"

"I'm sure," the pastor assured us.

Preparing for the event, I was very apprehensive, wondering if anyone would come. When sixteen young folks filled our small liv-

ing room, we were delighted. We played good old activity games and lively table games. Our pastor and wife participated heartily as did my husband and I. I tried not to show that I shielded my two artificial hips while playing activity games, and the teens didn't seem to notice the three-generation gap.

When it was time to leave, they begged, "Please let us play one more game."

"We promised to end the party at 9:30," I explained. "It's important to keep our word to your parents. We'll have another party sometime."

When we attend church now, moms and dads tell us how much fun their youth had, and we are greeted with teenage hellos and hugs. Some ask, "When are you going to have another party?"

We now feel we belong and are needed. The pastor has asked my husband to lead mid-week Bible studies. I mentor a teenage girl. The Senior Adult group asked me to speak at their monthly luncheon, and I substitute teach for the teen Sunday School class. We still enjoy entertaining and are glad God allowed this move and we are trying to bloom where we are planted and be thankful to no longer say, "It's cold on the shelf." †

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

Breaking The Generational Cycle

I just read your October letter regarding generational blessings and curses and want to thank you for writing about this very real, but rarely mentioned, problem.

The Lord opened the eyes of my understanding to this truth some years ago, and I realized that the enemy from generation to generation had victimized our family. Incest, adultery, drug and alcohol abuse, depression, and suicide were "family traditions" that just kept on keeping on from one generation to another. When I realized this, I made a declaration in my heart that my bloodline would be that of my Lord and Savior, Jesus Christ. And I encourage other family members to do the same whenever I have the opportunity. Someone has to stop the "tradition" of evil from spreading from generation to generation. Your letter is very appropriate and much needed. I wish there were more teaching on this subject from godly men and women with an audience.

It was because of and through the Narramore Christian Foundation that God set me free from generational curses, many years ago, and I owe your ministry a debt of gratitude that I can never fully repay. Above my church tithe, I have been contributing to NCF ministries on a regular basis for a long time, and will continue to do so, so that others may receive the help that they need, as I did. I believe in your ministry with all my heart and thank God you are there doing what you do. NCF was the missing link for me between wanting to have a vibrant, personal relationship with the Lord and knowing how. May God continue to bless and use you for His glory in the lives of people precious to Him. †

—M.M.

TRIBUTE GIFTS

**Gifts In
The Honor Of:**
My 15 Great-Grandchildren

Presented by:
Rev. Fred Brand

**Gifts In
The Memory Of:**
George Bozlinski
Ben Klassen

Presented by:
Margaret L. Minson
Bruce & Kathy Narramore

In Honor or Memory of:

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Arcadia, CA 91066-1900

Pillars Of Salt

Old News: The more salt you eat, the greater your chances of getting high blood pressure.

Latest news: High sodium intake may not lead to high blood pressure—unless you are sodium-sensitive. But since it's impossible to know who's sodium-sensitive in advance, it makes sense to consume less than 2,400 milligrams of sodium a day—a little more than a teaspoon of table salt. This means avoiding highly salted processed foods, such as chips, crackers, and most canned soups. Another salt fact: a high sodium intake might reduce bone density.

—UC Berkeley Wellness Letter,

Coffee is Off The Hook

Old news: Coffee, and caffeine, are bad for your health.

Latest news: By now the most thoroughly studied beverage in the world, coffee is not known to cause heart disease or to promote any kind of cancer or stomach ulcers. It can cause coffee nerves and jitters if you drink too much of it. Most people like the brief lift that caffeine provides, and it is not known to be harmful for healthy people. But if you decide to stop drinking caffeinated coffee, do so gradually to avoid the headache that caffeine withdrawal temporarily causes.

—UC Berkeley Wellness Letter

Not A Corny Idea

Old News: Corn is not as nutritious as whole wheat.

Latest news: Corn is also a "whole grain." Yellow corn is rich in such carotenoids as lutein and zeaxanthin, which may help keep your eyes healthy. And popcorn made from yellow corn has these same nutrients. White corn, while tasty, is less nutritious.

—UC Berkeley Wellness Letter



FOUR FACTS YOU SHOULD KNOW ABOUT YOUR FINANCES

✓ If you are 55 or older, you can receive, depending on your age, annual returns between 5.5 % and 11.5 % for as long as you live, through an NCF Annuity and receive a tax deduction as well.

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

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

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

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