

PSYCHOLOGY FOR  
**LIVING**

JULY-AUGUST 1998

**A PLEA  
FOR  
AMERICA**

**A HOUSE  
DIVIDED  
BY RAGE**

**LONELY?**

**WORKING  
THROUGH  
THE PAST**

**CHRIST-  
CENTERED  
PSYCHOLOGY**

**WHY DO  
SOME  
CHILDREN  
KILL?**



by Clyde M. Narramore

## RECOVERING FROM WRONG MESSAGES IN CHILDHOOD

**I**N THE LAST ISSUE OF *LIVING* we discussed harmful impressions received in childhood. We started the article by saying, "Childhood misinterpretations and fears carry over into adulthood and are often the cause of serious problems later in life." Then we listed ten common negative messages that children hear:

1. "I'm no good." 2. "I can't do anything right." 3. "People don't like me."
4. "I'm stupid!" 5. "I'm no match for my brother or sister." 6. "I'll never amount to much." 7. "People aren't interested in what I think or say." 8. "God is not pleased with me." 9. "I don't have any talent." 10. "I don't look right," or "I'm ugly," or "I'm too fat."

No two adults react exactly the same even though they may have had similar childhood experiences. You may have seen the wall hanging which reads something like this: "If you do such and such to a child, he will grow up to act in this way. If you treat a child like thus and so, he will grow up to be thus."

At first glance, we are impressed that it is probably true. But when we consider it carefully, we realize that it isn't necessarily correct. In other words, one type of mistreatment in childhood doesn't always produce one specific reaction when a person grows into adulthood. However, it does stand to reason that if you put "garbage in" you will get some kind of "garbage out." In other words, if a child is verbally abused, he may grow up to react in any of a variety of ways. He may become **verbally abusive**, or he may be **depressed**, or he may become **withdrawn, manipulative, or jealous**. You cannot be sure how he will act in adulthood, but you can be certain that it will affect him negatively in some way.

**Don't Make the Same Mistake:** One thing which we can learn from recognizing and scrutinizing the negative childhood experiences we endured in our own growing-up years is not to make the same mistakes with our children.

To be sure that we do not do the same thing to our children, we need to be honest and candid about what really went on during our childhood. Many people



sweep their negative experiences under the carpet where they don't have to think about them. But this doesn't provide much insight. And we are likely to unconsciously repeat the same mistakes our parents made with us.

**We usually raise our children much the way we were raised.** This is quite natural. If a child goes through about eighteen years of being raised in a certain way, it usually becomes a rather permanent aspect of his personality, and he continues to behave in the same way with his own sons and daughters.

**What Talking Does:** If we are to accurately understand our adult behavior, we need to understand what truly went on in our childhood, and we need to talk about it. Such talking helps to clarify what did and did not happen. It helps us to gain a more balanced view of those experiences. Talking also helps to relieve strong feelings. I'm sure we've all had the experience of feeling upset, or fearful, or angry about something. Then, as we had the opportunity to talk about it, our feelings became much less exaggerated. They settled down.

I remember a lady calling me from Texas. She got into her problem and talked and talked and talked. I realized that this was beneficial to her and that **she did not need my counsel as much as she needed my ear.** Near the end of

our conversation she said, "Thank you so much for listening to me. You know, down here where I live, no one will listen. They all want to do the talkin' themselves!" After we hung up I smiled, realizing that what she said was probably not only true of the people in Texas, but of people in every state in the Union!

**Walking in Their Shoes:** Another thing that can bring relief from childhood hurts is to understand the shoes in which your parents were walking. As children, we were probably most interested in eating, sleeping, playing, and going to school. But we had little understanding and concern for the things our parents were facing. Many parents did the best they knew how, considering their backgrounds and experiences. When we understand their dynamics, we are able to look at things quite differently, and, of course, also feel differently. In many cases, what we were told about ourselves was not accurate.

**But it was harmful to us just the same because we believed it!**

**What God Can Do:** We who are born-again have a tremendous resource. When God saves us, His Holy Spirit invades our very being and remains there. Then, as we study the Bible and learn more about God, we realize that He loves us regardless of our backgrounds, and that in a miraculous way He can change us as we come to Him day by day in prayer. **As we understand the extent of God's love and forgiveness, we can then forgive others.**

Millions of people have received wrong messages in childhood. Nevertheless, they have been able to overcome their hurts. They have learned to feel and act differently because they have taken their hurts to the Lord and asked Him to make them happy and healthy. (See II Corinthians 5:17.)

God can more than make up for any early emotional deprivations that we may have had. Yes, we *can* recover from the wrong messages of childhood!

*Clyde M. Narramore*

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**T**HEY CAME IN DROVES — a long procession of people of all ages and from all walks of life. Many were ill or handicapped, but it didn't deter them from following Jesus as He and His disciples wound their way up the grassy slopes of a treeless mountainside. There, overlooking the azure blue waters of Lake Galilee, Jesus sat and taught this motley multitude. It was estimated that there were about 5000 men in addition to all the women and children.

All day they stayed listening to the wonderful truths that Jesus expounded about life and the Kingdom of God. After many hours, the sun began to sink lower into the west. By now the people were tired and hungry, but Jesus was tuned into their needs. He always is. He knew it was important to provide them with sustenance before sending them on their way. But Jesus was also aware that there were no supermarkets nearby or any stores in that

## TO THINK ABOUT

by Ruth E. Narramore



unpopulated area where they could buy food for such an enormous open-air congregation. As He discussed this dilemma with His disciples, Andrew spoke up. "There is a lad here who has five barley loaves and two small fish," he said, "but what is that among so many?" (John 6:9).

How Andrew knew about this food leaves us wondering if perhaps the lad may have offered his lunch to the disciples to give to Jesus. It is interesting that among such a great sea of people, this young boy was the only one who had expected to be there long enough to need some kind of snack. Could it be that the others hadn't planned on spending that much time with Jesus? Perhaps they hadn't yet learned that when sitting at the feet of the Son of God,

time seems to evaporate.

"Five loaves and two small fish." It seems impossible — even preposterous to think it would be enough to do any good. "What is that among so many?" Andrew had asked.

But Jesus never answered Andrew's question. "Have the people sit down," He said. Then Jesus took the loaves, as well as the fish, gave thanks, and distributed it among His disciples who, in turn, served the multitude. You know the story: everyone ate until they were full, and amazingly, there were 12 baskets of the food left over — much, much more than they had started with.

One of the most meaningful things about this incident, other than the ability of our Lord to do the miraculous, is the fact that God wants humans to be involved in His

work. In reality, Christ had no need for that boy's lunch to help feed the immense crowd gathered there that day. Had He merely spoken the word, the food would have appeared. But Jesus wanted that boy to be personally involved. He wanted the lad — and all of us — to know that He desires us to be in partnership with Him. It doesn't matter how much, or how little we have to offer. The important factor is that we give it over to Him. Completely. No strings attached. Then as God takes our puny little talent, limited abilities, small bank account, or whatever, and He blesses it, the little becomes a LOT.

God never wants us to hesitate to serve Him because we feel inadequate. In fact, it's only as we do face up to our weaknesses that God can perform the miraculous.

That is why He tells us through the Apostle Paul, "His strength is made perfect in (our) weakness" (II Corinthians 12:9). □

## WHAT PEOPLE ARE SAYING

### NO IDEA WHERE I'D BE

Thank you for the help I have received in past years. Had the Lord not led me to counseling through you, I have no idea where I'd be today. The struggles were many, but He brought me through with your help. Thanks again. *B. M. Napa, California*

### HONEST AND DECENT

I am pleased to support an honest, decent Christian organization like the Narramore Christian Foundation with the best of integrity in these dark days of immorality.

Your magazine is the best

and greatly appreciated. With utmost thanks.

*Mrs. Martha E. Watters  
Eureka Springs, Arkansas*

### GRANDSON HOLDING THE CAT

Thanks for the guidance you give us. It is so helpful.

Thought you'd be interested to know that we have the picture of your grandson holding the cat on our refrigerator (from your Christmas newsletter). I'm sure you enjoy him. *Sarah Criswell  
Riverdale, Maryland*

### "I FOUND A FRIEND"

We praise God for you as

you reach out to hurting people. Thank you for the encouragement. We love you and hope one day to come visit you.

God has been so good to us. I want "I Found A Friend" sung at my funeral. It truly is a testimony of what Christ does for us.

I will continue to pray for you and your ministry.

*M/M Loyle Van Horn  
Ashland, Missouri*

### MINISTERED TO MY HEART

Thank you for your encouragement. Your letter with the receipt for my recent contri-

but ion arrived on a day when a situation in my life was causing real concern. But your reference to Nahum 1:7 truly ministered to my heart. God bless you.

*Richard D. Golly, Jr.  
Palmdale, California*

### WE HAVE TO BE CAREFUL

I am thankful for your *Psychology For Living* magazine and the *Letter of Blessing*. Both are compatible with God's Word. Nowadays we have to be careful of what we read.

*Mrs. Judith K. Brown  
Charlton Heights, West Virginia*



# A PLEA FOR AMERICA

Please don't throw your precious heritage away. There is so much at stake.

by Joan Clayton

I AM MAKING A PLEA FOR AMERICA. Please hear me. You see, I have known freedom. I have lived in an age when people saluted the flag with a tear in their eyes and a lump in their throats. Now I have tears in my eyes because I see "Old Glory" being dishonored, disrespected, trampled upon, and even burned!

I have lived in a time when men and women proudly served their country and even gave their lives to preserve it and its freedoms.

We have seen two generations appear who, for many, have never known the meaning of patriotism, honor, integrity, or responsibility. We have logically come down to the real concept that destroys a nation: "Character does not count." This

concept has led to blatant immorality, distrust, betrayal, corruption, and I might add to this list, the plague of the century — AIDS!

The American character is severely flawed when an overwhelming majority of people reveal apathy and unconcern for sexual immorality, even in our highest levels of government. The "hippie" generation with their flower power and free love has come full circle. I believe it will come to haunt us! History proves that nations are brought down by moral decay.

"But who cares?" I hear this over and over. Believe me, they will care. They'll care when their freedoms are gone. They'll care when their right to live is gone. In an immoral society there will no

longer be an option to be treated for certain illnesses. They or their loved ones will go home to die, or the physician will terminate their lives. What's more, it will be called "legal."

They will care if that long-awaited child is murdered in the womb because an immoral government dictates the number of children a family is allowed.

They will care if their possessions are taken away and their income mainly goes for taxes.

I hear you ask, "All of this as a result of immorality?"

A resounding yes! Let's look at the seeds of immorality. What exactly happens? First there is distrust. With distrust comes disrespect and dishonesty. Dishonesty leads to deception. With

deception comes lying, anger, strife, malice, and greed. This kind of degradation takes a little time, but eventually these evil seeds germinate and grow into full-blown fruition.

Sooner or later come the cover-ups...then the cover-ups to cover the cover-ups. Little by little, erosion undermines the whole country. Finally, people lose faith in the democratic process for which so many died. The right to vote is soon taken away and they find themselves ruled by a dictatorship controlled by the elite few. Freedom is gone. People are left wondering how it all hap-

pened. They will give anything to have their freedoms back, but they gave them away. They lost them when they voted for immorality.

It is so disheartening...so sad. It hurts!

Please hear me, America! Please do not throw your precious heritage away. There is so much at stake. Your children and grandchildren need it!

The demise or success of this country depends on you!

"Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body" (1 Corinthians 6:18 NIV).

"The good influence of godly citizens causes a city to prosper, but the moral decay of the wicked drives it downhill" (Proverbs 11:11 TLB).

"Where there is moral rot within a nation, its government topples easily; but with honest, sensible leaders there is stability" (Proverbs 28:2).

Pray for America. More than ever before, our beloved country needs the prayers of godly citizens! □

*Joan Clayton is a freelance writer in Portales, New Mexico. She also has a regular column in The Portales News-Tribune.*

# CHRIST-CENTERED PSYCHOLOGY

Daniel gives us a model for the correct way to handle the question of how psychology and Christianity should relate.

by Bradley Thomas

"WHAT! YOU WON'T EAT THE FOOD OF THE KING?"

I can imagine that this reaction is probably not far from what actually occurred when Daniel refused the king's rich food. The king's stewards were likely astonished that Daniel and his four companions chose to eat vegetables and drink water instead of the best the Babylonians had to offer!

Daniel, along with many of the young men of Israel who had been taken captive by the Babylonians, were singled out to be reeducated. They were given the best Babylonian education consisting of Chaldean language and literature. Daniel took full advantage of the education provided him, but refused to defile himself with the king's food. That which was inconsistent with his religious beliefs, he refused.

There are some who feel that psychology and Christianity are not compatible. These people believe that psychology and professional counseling have no place in the life of a Christian. They claim that to use psychological principles is equal to "eating the king's rich food." It is true that many unsaved psychologists hold the warped opinion that faith in God is unhealthy. They may argue that such belief is irrational or neurotic.

But not all psychologists are anti-Christianity. There are many who know the Lord and have found a solid point of inte-



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gration that can be delineated between the two disciplines. These Christians seek to define a commonality within the purpose of psychology and their Christian faith.

In my education I have devoted much time reading and thinking about this issue. As an ordained minister, teacher, and marriage and family therapist, it is important for me to have a system of belief and thought about this issue which is consistent with the Word of God.

Daniel gives us a model for the correct way to handle the question of how psychology and Christianity should relate. Daniel took the best education the

Babylonians had to offer and made it his. Later the Bible tells us that Daniel continued to worship God despite the threat of being thrown into the lion's den.

In the same way, I believe that we should learn what psychology has to offer. This is what I encourage students to do in my classes. We recognize, however, that secular psychology may have some elements that are not biblical, and that we, as Christians, must oppose.

An appropriate model of integration holds God and His revelation to us as the central tenet. All other teachings come under subjection to God and the Bible. The revelation that our

(Continued on p. 14)



# A HOUSE DIVIDED BY RAGE

If spousal abuse physically endangers a woman and her children, they should flee, even as David fled from his murder-bent father-in-law.

*by Gayle Garner\**

**T**he storm came up suddenly. When he punched me the first time, I couldn't believe it! After crying out in pain and shock, I just sat there in the front seat of our car staring at him.

"Why did you do that?" I gasped.  
"Shut up!" he shouted angrily, glaring at me. One look at his face told me I'd better do as he said.  
What amazed me was that such a small thing had

## ***With his abuse, he killed my love and respect for him. Our marriage became a hollow shell compared to what it was when we first wed.***

triggered this violent response. But later I rationalized, *Well, he's been under a lot of stress lately. He'll probably never do anything like that again.*

How wrong I was!

During the five years that followed, his temper never reached that explosive level again, although when his anger flared, he verbally abused me with curses and filthy names. At our daughter's fifth birthday party, however, the lid blew off at some small incident—and he ripped her beautiful new organdy dress right off her back in front of all her little guests! She never forgot that.

During the years that followed, verbal, emotional, and physical abuse of me freely erupted whenever some little thing would trigger his temper. And I never knew what would bring it on. I simply knew that when his anger fell on me, I'd better shut my mouth, be quiet, and keep out of the way.

### **Deliverance**

With his abuse, he killed my love and respect for him. Our marriage became a hollow shell compared to what it had been when we first wed. We were a house divided by rage.

Then one day I saw him flying toward our younger daughter in a rage while she covered fearfully in the corner. I knew then that I would have to do something before she was emotionally damaged, and perhaps even physically maimed. So when my husband went to visit relatives in a distant state, I wrote him a letter telling him not to come back.

When he returned to our area, he tried to persuade me to take him back. I said I would if he would first seek help from a Christian psychiatrist. He agreed. After he had gone for several sessions, the psychiatrist requested that I come in for a private session. When I finished telling my story, she shook her head and exclaimed, "You're not the one who is sick! He is! Sick, sick, sick!"

She wasn't sure she could help him and urgently warned me not to return to him until she could assure me that he would not become violent again. Shortly after that he decided to stop seeing the psychiatrist. We never got back together. It's been a number of years since then but he is still the same tormented man, at war with others and himself.

For three years after the separation, our younger daughter was beset by fears. I prayed diligently and felt certain God would handle the problem. Then my little girl received Christ as her Savior, and that night

her fear left her. I knew God had answered my prayer.

Six months later my brother told me I was a changed person—and I was. No longer did I live in fear of a rage-filled tyrant. I lived in peace and joy, so grateful that the Lord had delivered our young daughter and me from trying to survive as victims of rage.

Ever since, I have lived my life for Christ.

### **To Leave—Or Stay?**

It is estimated that there are over five million battered wives in our nation today. According to the U. S. Surgeon General's office, more American women sustain serious injuries from their husbands or "lovers" than in vehicle accidents, falls, and all other perils combined. And that's only the tip of the iceberg. It doesn't include all the women and children who have been emotionally damaged.

One reason so many marriages are ending in divorce today is because in former years, women were less able to support themselves and often had many children. If their marriage turned out to be "for worse," they just endured it, and they and their children all suffered. But even in this day, the heartfelt cry of many when their "happily-ever-after" dream is shattered is, "How can I make my marriage work?" or "What do I do now?"

What criteria can we use to make the right decision?

### **Is It Dangerous To Stay With An Angry Man?**

As a committed Christian I stayed in my abusive marriage because I didn't believe in divorce; I felt God's Word was against it. I hated the idea of becoming a divorcee, of perhaps being kept from serving the Lord if I became one. (Fortunately, many Christians have adopted a more understanding attitude toward women who leave abusive marriages.)

So I rationalized—*I don't love or respect my husband any more, but I have to stay with him because of the children; furthermore, marriage is for better or worse and Jesus is against divorce.*

But when I realized that for the sake of my child's safety I should leave my husband, I prayed for biblical guidance—and the Lord gave it to me: "*Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared*" (Proverbs 22:24 NIV). My children and I had associated with that angry man for too long!

"Many abusive men were themselves victims when they were children," writes James Hilt in his book,



**“Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared”**

*(Proverbs 22:24 NIV)*

*The Abusive Man.* “As a result they have, perhaps unknowingly, harbored feelings of hostility and bitterness, feelings that have remained with them into adulthood.”

Furthermore, Paul said in I Corinthians 5:11, “I have written to you not to keep company with anyone named a brother, who is sexually immoral, or covetous, or an idolater, or a reviler....not even to eat with such a person” (NKJ). Certainly my verbally-abusive husband was a reviler...in spite of the fact that he was a professing Christian who served the church in various capacities.

#### **Degree of Abuse Is Relevant**

If a spouse's abuse physically threatens the safety of a woman and her children, she and the children should flee for their lives, even as David fled from his murderous father-in-law. (When he did that, he left his wife behind. Her father, King Saul, then gave her in marriage to another man.)

If a spouse is verbally or emotionally abusive, but not yet too physically abusive, counseling may help to halt the abuse and bring about a change in the angry person. The trained counselor knows that outbursts of anger spring from such problems as hostility, depression, frustration, perfectionism, and low self-esteem. In addition, it is often found that the abuser's behavior stems from a neurological impairment. An electroencephalogram (E.E.G.) is important in diagnosing such a condition. This hidden problem can bring years of frustration to a person, worsening the original condition.

A qualified Christian psychologist can help an abusive person work through the source of his anger and deal with it. Because he or she is a Christian, the therapist has the added help of godly wisdom and guidance from the Holy Spirit.

#### **Pray for Wisdom, Healing, and Salvation**

Many a wife has prayed fervently for her husband to come to know Christ as his Savior. When men who abuse their wives while under the influence of alcohol or drugs truly come to know Christ, they are not only delivered from the grip of alcohol or drugs, but also the drunkenness or fogged mind that turns them into out-of-control abusers. Many have been washed clean of the hostility that once controlled them, and are now filled with the love of Christ.

I know from personal experience that religious men can sometimes be abusive to their wives. But have these husbands ever really known Christ, or have they

allowed hostility to reclaim them through entertaining hate-filled thoughts about others?

God answers prayer—and He can change lives. We know also that the Lord will give us wisdom and guidance as we pray. He did it for me! □

*\*Gayle Garner is a pen name. The author who went on to become a Christian psychologist herself, prefers to remain anonymous.*

## **Where To Get Help**

*by Gayle Garner*



1. Most communities have a *Department of Social Services*. You can learn from them what help is available to women and children in an abusive situation. They can inform you of financial, practical, and counseling aid in the area, as well as of “safe houses” or places of refuge. They may help you find another place to live, a job, and care for your children while you work. Your church or pastor may also give guidance and practical help in various ways.

2. *Share your problems* with a dedicated, sympathetic Christian friend or acquaintance—or with your pastor, Sunday School teacher, or a trained Christian counselor—someone who will let you do most of the talking and will keep your conversations confidential. A trained counselor knows that in many instances, just listening is as helpful as giving advice. Often when you talk about your problems in depth, you are able to think them through. This, in turn, will help you gain insights as to what course you should follow.

3. *Pray to the Lord and seek His help.* In addition, pray with your confidant and ask God to give you direction. He will guide you and supply all your needs—just as He did for me!

“Trust in the Lord with all your heart, and lean not on your own understanding. In all your ways acknowledge Him, and He shall direct your paths” (Proverbs 3:5 and 6 NKJB). He certainly does! □

# WHY DO SOME CHILDREN KILL?



**Is your child giving off danger signals in the way he behaves?**

**by Clyde M. Narramore**  
*Christian Psychologist*

**R**ECENTLY OUR NATION has been shocked to learn about children who are violent to the point of shooting and killing their teachers and classmates. We look in horror as we see the evening news on television. We hear about boys eleven and thirteen years of age in Jonesboro, Arkansas, who bring a shotgun to school and go on a shooting spree. Then there's the high school sophomore in Paducah, Kentucky, who brings a revolver to school and shoots, killing and injuring several of his classmates who have gathered around the flagpole before school for a few minutes of prayer. Just this past May we were stunned when a fifteen-year-old boy in Springfield, Oregon, shot and killed his parents, then went on a shooting rampage in Thurston High School, killing and wounding his fellow students. "Why?" we ask. "What has made these children so violent that they engage in such unthinkable crimes?"

As we read the Bible, we find that violence, even between brothers, was a tragedy experienced by the first family on earth. We read in the fourth chapter of Genesis that Cain was Adam and Eve's firstborn. Afterward Abel was added to the family. Cain and Abel evidently were young men when the first murder took place. Verse 8 says, "Now Cain talked with Abel his brother and it came to pass when they were in the field, that Cain rose against Abel his brother and killed him." So violence has been with us from the beginning of human existence here on Planet Earth.

For 13 years I had the privilege of serving as a psychologist on the staff of the Los Angeles County Superintendent of Schools. During

that time I traveled to numerous school districts throughout the county. One of my responsibilities was to work with boys and girls who had rather serious problems, often conferring with teachers and parents. I also talked with many boys and girls to whom I gave personality tests to determine the causes of their problems.

I would like to suggest the following possible causes of violence in children:

1. **Unsaved natures.** *"The heart is deceitful above all things, and desperately wicked; who can know it?"* (Jeremiah 17:9).
2. **Not biblically taught**
3. **Unhappy home, a lack of love and caring**
4. **Little relationship with parents — especially the father**
5. **Lack of desirable friends**
6. **Few, if any, Christian friends**
7. **Insufficient supervision and discipline**
8. **Violence on TV, Internet, motion pictures, magazines, etc**
9. **Neurological impairments**
10. **Availability of firearms**
11. **No effective extended family love and care**
12. **Few, if any, work responsibilities**

In nearly every case where a child has acted violently, there were negative characteristics which should have been detected. The 25 symptoms listed below are definite danger signals in a child's behavior:

1. *The child who gains satisfaction from destroying property*
2. *The child who is sadistic in his treatment of pets and other animals*
3. *The child who continually demands attention*
4. *The child who cries easily and often, and feels that others are picking on him*
5. *The child who seems unusually serious and unhappy*
6. *The child who has recurring mood swings*
7. *The child who is seldom chosen by other children*
8. *The child who is consistently "out of step" and resists complying with rules.*
9. *The child who frequently lies*
10. *The child who takes things that do not belong to him*
11. *The child who tends to boast about himself, often fabricating big stories about his so-called "exploits"*
12. *The child who is not respectful of adults or other children*
13. *The child who most always blames others for his own wrongdoings*
14. *The child who shows compulsive behavior*
15. *The child who is often fearful*
16. *The child who withdraws and spends much time alone*

***If a youngster continues to reveal these danger signals, there is reason to be concerned.***

17. *The child who is inordinately preoccupied with sexual matters*
18. *The child who often uses foul language*
19. *The child who is not progressing well in school*
20. *The child who shows little interest in spiri-*

*tual matters*

21. *The child who often complains of not feeling well*
22. *The child who tires easily and is lacking in energy*
23. *The child who continually accuses others, fights and acts negatively*
24. *The child who tends to be sneaky and non-communicative*
25. *The child who seldom feels remorse for his own wrongdoing*

It is important to say that almost any child may show some of these symptoms occasionally. But if a youngster continues over a period of time to reveal these danger signals, parents need to take notice for there is reason to be concerned. Today professional help is readily available, including many licensed Christian psychologists. In working with the family of a problem child, a Christian professional counselor will look at three causative areas: the physiological, the spiritual, and the emotional. Sometimes the easy way out is to lump all causes into one category. But that is not the nature of human beings, and it seldom answers the question of why a child behaves as he does.

Fortunately, most all children can be helped. But often it requires the services of a licensed Christian psychologist who is trained to detect the causes and can help to remedy them.

**What Can Parents Do?** I would strongly suggest that parents review the 25 symptoms mentioned in this article and ask themselves if they are addressing the 12 possible causes of their child's undesirable behavior. If they see a pattern involving many of the characteristics listed above, they should not delay in getting professional help for their child. And the sooner the better.

**What Can Churches Do?** To prevent criminal acts by children, churches and Sunday Schools can do much. First, they can *make sure that each child knows Christ personally.* This is basic to all good human behavior. When a person is born again, he is indwelt by God's Holy Spirit, and parents and teachers have a basis on which to appeal to the child. Churches can also *help children grow in the Lord.* It is not enough to take a child to Sunday School or church or to a summer Christian camp and see that he has trusted Christ as his Savior. It is important that teachers, as well as parents, help the child grow in the Lord by encouraging him to

*(Continued on p. 14)*



# WORKING THROUGH THE PAST

One woman's story of her journey toward emotional healing.

by Ann Nolan

SOME YEARS AGO I ATTENDED a seminar at the Narramore Christian Foundation called, "Reaching Your Full Potential." There we took psychological tests, heard lectures by Dr. Narramore and others, and had group therapy. During that time, I had a few sessions with one of the psychologists who told me I had swept my feelings under the carpet. He recommended that after the seminar, I should see a Christian psychologist in the area where I lived so I could continue to work through my problems.

When I returned home, my pastor recommended a local Christian psychologist. In therapy I thought back over my childhood. I grew up in a large house located on the outskirts of town with my mother, father, and sister who was two years older than I. We were involved in church and I loved Jesus. My father attended a downtown church, but my mother, sister, and I

attended a church in our local area.

My mother was sociable and well-liked. My father, a respected lawyer, was active in *his* church and in civic organizations. However, at home I remember times of chaos. Mother seemed to be the one in charge, and there was a great deal of verbal fighting between my parents, including yelling and door slamming. During these times when my parents were having arguments, I felt distress and sometimes had an upset stomach.

I remember my mother as being a scolding, sarcastic, critical person. I especially remember her criticizing the way my hair looked and what I wore. I felt self-conscious when attending dress-up social events. There was a fun side of Mother, too, and I saw this when our family took trips to New York to see shows. I also remember her being attentive to my needs when I was sick.

My father seemed very busy working, but I do remember times of his playing

softball with my sister and me and walking in the woods with us. However, his spankings seemed overly severe whenever I had been naughty or had started a fight with my sister. He told me not to cry and to be a good soldier. My father also had a critical side and often critiqued my school papers and corrected my grammar when I spoke.

After college I attended business college in another state, and then worked for an insurance company. During this time I met a man who was friendly and outgoing. It was nice being with him, and I encouraged his attentions toward me. I wanted to be close to him and feel his touch. We married about a year later, even though there were significant differences in our backgrounds and education. My father was strongly opposed to our marriage. But, you see, I was emotionally starved and was looking for someone to love me.

At first things went well. Our first son

was born the following year and our second son two years later. At times though, if I were to inadvertently make some mistake, my husband would overreact with outbursts of anger and scolding. I remember one time when I had overlooked the payment of an insurance premium. My husband's strong reaction caused me to feel both surprise and disbelief, but I passed it off.

As time went on, however, we went through a period of financial strain, and he became very jealous. He imagined things that were not there and misinterpreted my actions. Once I took our car in

for maintenance and needed a ride home. A serviceman drove me home and my husband happened to be home when I got there. He became violent when I got in the house, accusing me that there was something going on behind his back. The way he vented his rage was by throwing things. There were other nights when he would yell at me for my failure as a wife and would hit me with his hand or belt.

The only person outside the family who knew this was going on was the counselor whom we both saw individually. Things would go well for awhile, but

unexpectedly, these times of abuse would flare up.

To me it was almost OK because, in a sense, I felt it was what I deserved. I also thought God was pleased with how well I endured these times and for my submissive and forgiving spirit.

In the early 80's my husband was diagnosed with lung cancer and he died three years later at the age of 58. It was some time later before I felt anything, and by then it was mostly relief.

In my therapy I was encouraged to be open so I could grow and mature and

*(Continued on p. 14)*

# LONELY?

You need never be lonely. There is a solution.

by *Vernon C. Lyons*

**L**ONELINESS IS THE COLD, invisible space that separates us from the warmth of other people.

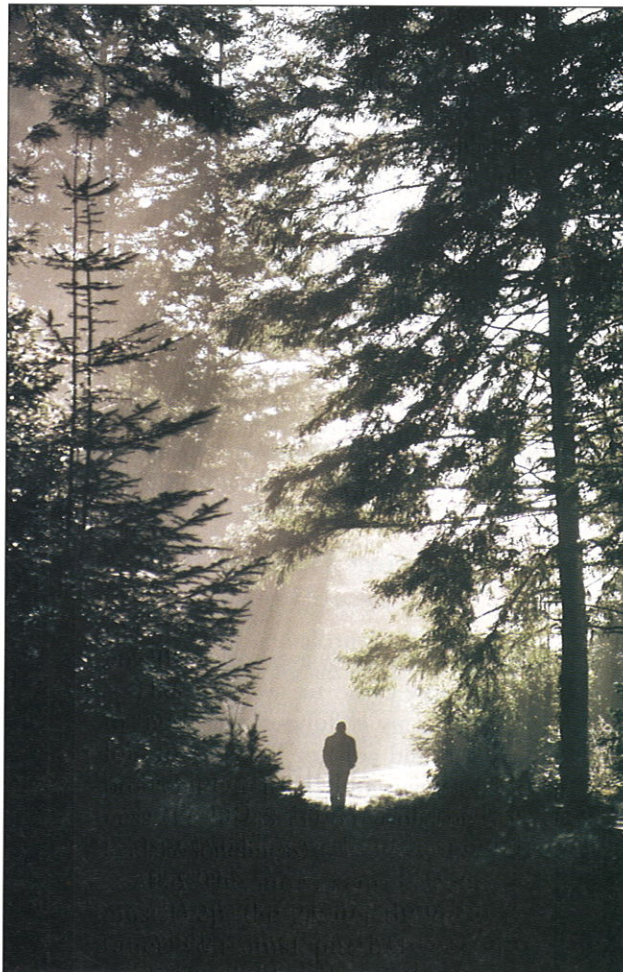
Loneliness is no one to talk to, no one to touch, no eye to catch your glance.

You are lonely when your time is not taken by another and the chair nearby is unoccupied. But most of all, loneliness is not outward, but inward — *an emptiness of the heart.*

You try to drive off loneliness by listening to the radio, watching the television, reading a book; but these mock us by not meeting our innermost needs. Loneliness is the ache caused by the absence of someone we love. Loneliness is a house that's not quite a home; food without fellowship; words without warmth.

Loneliness is a gift without a recipient; an occasion and no one with whom to share it; a special day without a special person.

You experience loneliness when someone dear is swept from your life by distance, death, or disagreement. Life is no longer the same. There is a table, but not for two; a car, but not a companion; a melody without a harmony; a phone that does not ring; a mailbox that is empty.



## Guests

Everyone who suffers from loneliness feels himself to be a victim, but that is not true. There is something you can do! Life is a parade of people, they come and go. If some go, we must find others. *Loneliness is not cured by waiting for people to come into our lives, but it is relieved by our going out and bringing them into ours.*

A once-empty table can have guests seated about it. A holiday can become festive by inviting others. Look around for others who are alone. Loneliness scoffs at mathematics. When you add two lonely people you do not get twice as much loneliness, but now there is none at all.

Then also, we need to be alert to those times in our lives when loneliness can be the greatest problem. Often in a time of sickness (Psalm 38:11) our isolation leads to loneliness.

Also, the more secrets you must keep, the greater the distance you must put between yourself and others lest they discover what you want to keep hidden.

One who has secret sins often suffers from loneliness because he cannot afford friends. Tragedy may drive people from your life. When Paul was imprisoned and tried, he said

that nobody stood with him, and all had forsaken him (II Timothy 4:16).

Our disagreeableness can also lead to loneliness. Robert Louis Stevenson tells of two maiden sisters in Edinburgh who lived in a single room. One day they had a bitter argument and from then on they never spoke to each other again. Their Scotch frugality kept them in the same room, but a chalk line drawn from the doorway to the fireplace separated them as they lived in silent loneliness all the rest of their days.

We seek to avoid loneliness by enjoying the warmth of our families. But every family is temporary. Parents die and children grow up and leave, and then comes loneliness.

### A New Family

However, you never need to be lonely. There is a solution. By the new birth (John 3:3) you can be born into the Forever Family of God. When you receive Jesus Christ as Savior, you get the authority from God to become a child of God (John 1:12).

You can be part of God's family and you can become a member of the Lord's church. In His church you will find caring people and loving friends. As you trust in Christ for salvation and turn your life over to Him, you discover that many others share your experience. You are not alone! In the great public services you have the inspiring experience of being in the midst of a multitude of believing people, and in the intimacy of a small Bible class you have the joy of finding close friends who can turn your loneliness into a memory. In the service of the Lord through His church you will find the fulfillment that dispels the emptiness from your life.

The key to curing loneliness is Christ and His church. □

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*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.*

### Psychology

(Continued from p. 6)

God gave us through the Bible should be a filter through which we determine the elements that are consistent with Christianity and those that conflict. As Christians we use the principles of psychology that coincide with the Scriptures,

while rejecting those views that are inconsistent with the Word of God. What remains is a Christ-centered psychology.

Is this not what Daniel did when he took the education of the Babylonians but refused to compromise himself with the rich food of the king? The Bible tells us that after three years of education, Daniel and his companions proved to be ten times wiser and more intelligent than the best Babylonian magicians and sorcerers. They had taken the education without the rich food, yet exceeded the expectations of the king.

In a Christ-centered approach, we take psychology, filter the contents through God's Word, and exceed anything that secular mental health professionals have to offer. Christ-centered psychologists and counselors can point people to a vital relationship with the living God through right relationships with his or her fellow man. This requires integrating God's Word with psychological principles. It also means holding people accountable by encouraging them to take responsibility for their own actions.

**I believe that God can do great things through men and women who faithfully use the Christ-centered approach.** Anyone willing to take the challenge must realize that it's not an easy path. A Christian therapist must discern and stand up for that which is consistent with biblical principles. That is the challenge. The rewards are eternal! □

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*Dr. Bradley Thomas earned his doctoral degree in Psychology and Counseling from New Orleans Baptist Theological Seminary. He is a member of the American Association of Marriage and Family Therapy.*

### Working Through Past

(Continued from p. 13)

become increasingly aware of my feelings. I have now come to see that what was missing in my childhood was a sense of closeness and genuine love from my parents. I never felt that my mother and father were *for* me or that they were *there* for me. I have now learned to nurture myself and have practiced by talking soothingly to a doll that represented the child in me, "I love you," I'd tell her, "You're a precious little girl." While saying these things, I did so with my face reflecting love.

As I continued my counseling sessions, I began to see my therapist as someone

who, unlike my parents, was there for me and not just a distant authority figure who towered menacingly above me. I began to experience feelings of closeness and acceptance—a sense of being connected.

In time I began feeling a closer relationship with God, letting His words warm my soul like the sun warms my body. Words like, "I love you; you are precious to me; be kind to yourself" taught me to sense God's smile upon me.

I am getting to know myself better—what I feel, think, like, and want—and I'm learning to be assertive and less of a doormat. With God's help, I believe I am becoming more the person He created me to be. I am feeling my deep emotional pain—feelings of abandonment and neglect, but I am also becoming sensitive to the pain of others. I am learning to be honest with God as well. I look to Jesus, and in a deeper way than ever before, I sense His unconditional love. I am very aware that He is there for me, and I see Him with His arms open wide! □

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*Ann Nolan is the pen name of this author who prefers to remain anonymous.*

### Why Some Children Kill

(Continued from p. 11)

read the Bible faithfully, memorize Scripture, and pray. As he grows in the Lord, he has the power of the Holy Spirit to assist him.

Churches and Sunday School teachers should give special attention to children who are vulnerable. This includes children who are from unhappy families, children who come from broken or divorced homes, and children who seem to have special physical and personality problems.

Of course, the church should continually consider increasing its outreach to children in the community. Many who otherwise would grow up to spend a lifetime in prison can be effectively reached through a bus or calling ministry by a church that has a dynamic outreach.

There is much more to be said, but the limited space in an article such as this does not allow for a full discussion of the problem. Nevertheless, I do feel the attention to the factors listed above is extremely important. Positive action can change a troubled child's life immeasurably and can help him become a happy, productive Christian. □

by Kevin Narramore

## PREPARING CHILDREN FOR THE WORLD OF WORK

**W**OULD YOU LIKE YOUR SON OR granddaughter to grow up to smoke four packs of cigarettes a day? Rhetorical question! Yet did you know that today's most stressed, conflicted, and burned-out employees also have a real health risk?

Most people without vocational direction follow an accidental career path, daily repeating unpleasant tasks until it's finally time to cash in the IRAs. In other words, people tend to "stumble" or "slide" into a job routine!

**Research indicates that parents have the greatest influence on their children's career outcome.** There are other influences, of course, such as friends and teachers. But parents are the ones who are most likely to tip the balance toward one career or another. This means that moms and dads have a serious responsibility for career guidance.

**First, parents need to be emotionally well-adjusted themselves** so their children don't absorb their hang-ups and anxieties. A troubled child will grow up to be unhappy in almost any kind of job.

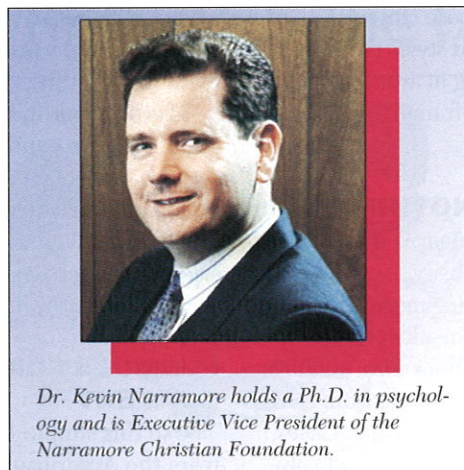
And since most Americans spend from 40 to 70 hours on the job each week, personality problems inevitably spill over into the work setting, mix with work difficulties, then flow back into the home.

**Second, parents should be alert to recognize and encourage a child's giftedness.** The Bible tells us, "Do not neglect the gift that is in you" (I Timothy 4:14). This places a responsibility on parents in guiding their children. Don't neglect the gifts that are in them.

In examining giftedness, vocational specialists often look at six main categories or types of interests and skills:

**"Realistic"** children tend to be keen observers and often show better mechanical than social skills. They like to play with tools and machines. As adults, they often thrive as mechanics, aircraft controllers, surveyors, electricians, or in other such vocations. They are "hands on" practical people who tend to "fix" things and get things done.

Other children may be keenly interested in investigating and exploring, con-



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

stantly thinking or asking the "why" of this or that. Parents may recognize their scholarly interests or independence.

**"Investigative"** children often do well as biologists, chemists, physicists, anthropologists, geologists, or medical technologists. As adults their inquisitiveness may lead them to spend hours or even months in research, understanding "why."

**"Artistic"** children, on the other hand, enjoy creative expression, reading stories, music, designing, acting, and writing. They may seem disorderly because they dislike routines and regulations. Many artistic types enjoy creative vocations. They may have talent as a musician, dramatist, stage director, writer, interior decorator, floral decorator, or the like. With training they often grow up to express themselves in creative ways and make life entertaining and beautiful for others.

**"Social"** children, as the name implies, are nurturing and altruistic. They enjoy helping and giving advice to others, but usually dislike mechanical and technical things. As adults they may find fulfillment working as teachers, Christian workers, counselors, psychologists, or speech therapists. They are "people" persons and enjoy being with others.

**"Enterprising"** children are fearless doers who have a knack for directing and persuading others. They often tend to avoid abstract philosophical topics unless these subjects are pertinent to their immediate goals. As children, they are noticeably ambitious, energetic, and

shrewd. As adults, they often feel comfortable in sales, management, and various types of entrepreneurial and promotional work.

**"Conventional"** children may be recognized by their attention to order, routines, and standards. They value efficiency and practicality. They may not be particularly artistic, but they are sticklers for accuracy. As adults, conventional types usually do well in procedural and systematic jobs such as bookkeeping, stenography, financial analysis, banking, or accounting. They like their world to be orderly and correct. *Why all the mess? Let's get things straightened out!*

As you begin to observe your child or grandchild, you may find that he or she is gifted in two or three of these general types. So encourage him to explore his various interests, and don't force her to be a type she is not. Don't be disappointed if your child is not like you in every area. God has given each of us a unique set of gifts.

But what should you do if you tend to be one type, but your child is the opposite? Is one wrong and the other right? No, not at all. What we must realize is that there are more than just two people (mother and father) who are affecting the child. He has inherited traits which are genetically influenced. (His grandparents and great-grandparents have passed on their genes, too.)

During the growing-up years a child may show interest in a variety of areas. This is actually the beginning of career exploration and should not be discouraged. In high school it is wise to find a Christian career assessment center which can give a number of aptitude, personality, and interest tests. A career assessment professional will not only look at one or two job-type preferences, but he will examine the interaction of several factors. Make sure the career planner uses personality measures with multi-factor designs.

Preparing children for their future in the world of work should begin early. This is one of the finest contributions a parent can make! □

# HEALTH WATCH

by Eva Hallam Solberg

## TO LOSE A POUND

A pound of body fat yields 3,500 calories. To lose a pound of fat in a week, you must on average consume 500 calories less or burn 500 calories more per day than is necessary to maintain your current weight. To lose 10 pounds in a year, it takes a deficit of 96 calories a day.

(UC Berkeley Wellness Letter)

## AVOIDING CATARACT RISK

People are advised to avoid tobacco smoke, limit sun exposure, wear sunglasses, take a multivitamin, and eat at least three servings of fruit and vegetables daily to minimize cataract risk, according to a doctor at Brigham and Women's Hospital in Boston.

The right sunglasses can protect your eyes from chronic sun damage, which can contribute to cataracts or macular degen-

eration. Check the label to be sure sunglasses block 99 to 100 percent of both UV-A and UV-B light. Choose close-fitting or wrap-around styles to keep light from shining in around the sides of the frames.

(HealthNews)

## SWEET NOTHINGS

**Myth:** Sugar is the leading cause of obesity.

**Fact:** Eating more calories than you burn adds pounds to the body, and for most people excess calories come from eating too much fat, not sugar. Cakes, ice cream and cookies actually get most of their calories from fat, not sugar. Thus, many a "sweet tooth" is a "fat tooth."

**Myth:** Sugar makes children hyperactive.

**Fact:** Though for years parents have been blaming a high sugar intake for their children's uncontrollable behav-

ior, studies have found no evidence for this.

**Myth:** You can become addicted to sugar.

**Fact:** There's no scientific evidence for this.

**Myth:** Sugar in fruit is good, sugar in candy is bad.

**Fact:** The sugar in most fruit is primarily fructose, which has few, if any, advantages over sucrose.

(UC Berkeley Wellness Letter)

## FORMULA FOR FAT CONTENT

Use this simple formula from the American Diabetes Association to determine how much fat your foods contain:

(1) Add the number of grams for carbohydrates and protein on the food's package label. (2) Find the number of fat grams and multiply by five. (3) Compare results. If the total of carbohydrate and pro-

tein grams is greater than the total of fat grams, then the food is a healthy choice.

(Your Health)

## SPECIALISTS MAKE A DIFFERENCE

According to a study published in the journal *Stroke*, stroke patients do best when they are cared for by neurologists during the critical three months following a stroke.

Research from Duke University indicates that elderly heart attack patients were 15 percent less likely to die within a year if they were first treated by a cardiologist as opposed to a family physician.

More and more studies suggest that people with asthma, particularly those with moderate to severe cases, gain better control of their conditions when allergists are involved with treatment.

(Your Health)



## Living Memorials

My Gift of Love



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(Gifts received after May 4, 1998, will appear in the September/October 1998 issue of PSYCHOLOGY FOR LIVING.)

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## COMING NEXT ISSUE

☛ Safe Surfin' On The Internet

☛ How To Be A Successful Failure

☛ Tales Out Of School

☛ Humility: The Unwanted Character Quality

☛ Piece Of Mind

☛ How To Handle Emotional Pain



by Clyde M. Narramore

## How Can I Get My Husband to Spend More Time With The Family?

### QUESTION:

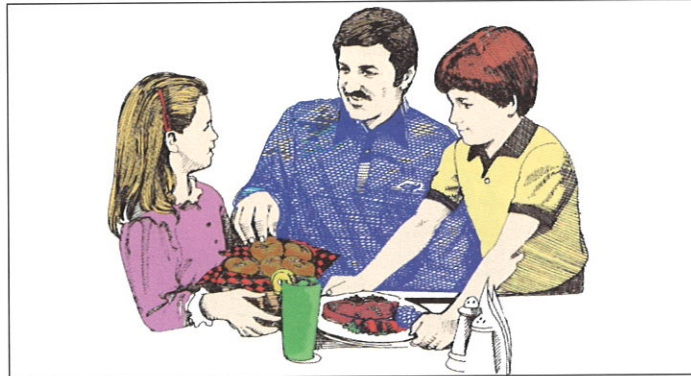
*My husband and I have three children — two boys, ages ten and seven, and a girl who is five. Both my husband and I are Christians and the two older children have also accepted the Lord. Our problem is that my husband is involved in so many activities that he's too busy to spend time with the family. I realize he has heavy commitments at the office, but he hardly ever gets home in time to eat dinner with the family. Two nights a week he's involved in committee meetings at church. On Saturdays, the one day we could spend some time together, he takes off for the golf course. If I say anything, he tells me he works hard and needs the relaxation. But I feel like a widow, raising the children alone.*

*Am I selfish for wanting my husband to spend time with the family? I feel the children need more input from their dad. Is there any solution for this kind of problem?*

### ANSWER:

You're asking about a common problem. I suppose in every evangelical church in America there are wives who could echo, "Ditto!"

It is not unusual for men to be engrossed in their vocation or profession. It's one of the main drives in their lives. If a man has talent for the job he's in, it's natural for him to direct most of his attention toward his work. There's satisfaction in expending energy in areas where one has ability.



Another principle to bear in mind is that **men tend to be competitive**; that's the male nature. In elementary school, high school, and in college, boys enjoy competitive sports — wrestling, playing basketball, beating the other team at football, and winning over the next one in baseball. From the time they're very young, they're competing — and usually very hard. In their teens and early twenties they unconsciously feel they're gaining the attention of the opposite sex by winning over the other fellows.

This desire to dominate and win doesn't suddenly cease when a man marries or steps into a good job. So when your husband devotes a lot of time at work and becomes more and more successful, you can understand the dynamics involved.

Another point is this: **Many husbands do not realize the importance of a father's role** in shaping the lives of their children. Probably most men feel that their responsibility as a husband and father is to work, be successful in business, and provide the family with enough money. They may

consider that the wife's job is to care for the home and raise the children. Consequently, it's often an uphill pull to get a husband to alter his thinking and change his feelings so he will spend more time with his wife and children.

For years I've stressed that **the climate of the home is created largely by the father**. This means he has a duty to see that every department of the home is developing properly. A home with a father's godly leadership usually moves along beautifully, but if a Christian man fails to assume leadership, that family will suffer.

How can you as a wife help your husband put less emphasis on his job and more on his family? Why not begin by letting him know that you really appreciate him. Without making it sound like a guilt trip, tell him how important he is to you and the children. Be sure to compliment him whenever he does spend time with the family. Tell him how well he works with the children and how they respect his leadership. Tell him how much you love him, but that you feel cheated when you have so little time together. If

your approach continues to be positive, chances are he'll respond in a positive way.

Talk with your husband lovingly about getting home from work earlier. Ask him about his work overload. By talking it over together, it will give you a better understanding of his situation and will help him think through his priorities. In all probability, your husband will come up with a solution himself.

In addition, discuss the advisability (when you're both feeling happy) of relinquishing some of his committee assignments at church so at least one or two nights could be devoted to the family. Pray together about this decision. God can show your husband the importance of making his own family his personal ministry.

See if you can think of some recreational activities all of you can share together — walking, biking, playing games, going on outings, whatever you all enjoy. But be sure your times together are happy ones. If being with the family means putting up with whining, bickering, and stress, it's easy to see why he cops out by opting for fellowship with his buddies on the golf course.

**Whatever you do, don't give up.** Your marriage and your family are too important. You have a good Christian husband. You need to help him gain more insights so he'll honor Christ by adequately filling his role as a caring husband and father. He needs to see his family as a high priority. □

by Lee and Gloria Bendell

## OUR FAITH AND BELIEFS

**I**N A RECENT ARTICLE in *Christianity Today*, J. I. Packer, the British author of *Knowing God*, tells of the realization that led him into a vigorous study of the Scriptures. He explains that many Anglicans, as he knew them in his day, "didn't know what they believed and didn't think it mattered."

**What do you and I believe?** Our beliefs include our faith that certain propositions are true. Hebrews 11:1 defines faith: "Now faith is the assurance of things hoped for, the conviction of things not seen." A dictionary definition of belief is, "The state or habit of mind of one who believes; faith; trust...a conviction or persuasion of truth." It adds, "Belief and faith differ chiefly in that belief as a rule, suggests little more than intellectual assent; faith inspires also trust or confidence."

As evangelical Christians we believe such statements as: "The Scriptures, both Old and New Testaments, are the inspired Word of God, without error in the original writings, and complete revelation of His will for the salvation of men, and the divine and final authority for all Christian faith and life" (First article of Statement of Faith of Evangelical Free churches).

In my own experience, the conviction that the words of II Timothy 3:15-17 are true led me to salvation through faith: "And that from childhood you have known the sacred writings which are able to give you the wisdom that leads to salvation through faith which is in Christ Jesus. All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; that the man of God may be adequate, equipped for every good work."

Perhaps the best known summary of Bible-based doctrine is the Apostles' Creed. If you or I were asked what we believe, our easiest succinct reply from memory could well be:

*"I believe in God the Father Almighty, maker of heaven and earth; and in Jesus Christ, His only Son our Lord, who was conceived by the Holy Ghost, born of the*



*Virgin Mary; suffered under Pontius Pilate, was crucified, dead, and buried: He descended into hell; the third day He rose again from the dead; He ascended into heaven, and sitteth on the right hand of God the Father Almighty; from thence He shall come to judge the quick and the dead. I believe in the Holy Ghost; the holy catholic (universal) church; the communion of Saints; the forgiveness of sins; the resurrection of the body; and the life everlasting. Amen."*

**Hopefully, our memory reflects the truth of our convictions.** While many denominations are not "creedal," their statements of faith include much of the above content.

Dr. Clyde Narramore has an excellent booklet titled *What Shall We Believe* in which he discusses great basic Biblical truths: the inspired Word of God, the origin of mankind, the virgin birth, the deity of Christ, the sinful nature of mankind, the blood atonement, the bodily resurrection of Jesus, the new birth and the second coming of Christ.\* He concludes, "**Knowing what we believe and why we believe it provides us with emotional and spiritual stability.**"

If you are interested in a more detailed expression of what to believe, obtain a copy of *The Westminster Confession of Faith*. Or look at the questions and answers of either the longer or shorter Westminster Catechisms. The very first question is an excellent sample of what the ensuing questions are like: "What is

*the chief and highest end of man?"* Answer: "Man's chief and highest end is to glorify God and fully to enjoy him for ever." Scripture references then follow.

While denominations have their differing emphases, **as Bible-believing Christians we can join together on basic Scriptural truths.** Hopefully our beliefs will go well beyond what the dictionary calls "intellectual assent." Scripture tells us that "the demons also believe and shudder" (tremble) (James 2:19). To be valid, our beliefs must incorporate a deep and abiding faith of trust and confidence in Christ.

In *A Compact Guide to the Christian Life* by K.C. Hinckley, he defines the meaning of faith as "both a gift from God and an attitude we choose to adopt." He goes on to say, "It is not a 'blind faith' that flies in the face of evidence. It is a decision (enabled by God and chosen by us) to hold onto the truth based on evidence, even when feelings and circumstances tempt us to give up. It is not closing the mind to reality, but opening it to the reality we have been doing our best to deny. Real faith in Christ inevitably leads us to actions that conform to His character and commands, so faith that doesn't affect a person's behavior is 'dead'" (James 2:26).

**Thus, faith that is based on reason is a step beyond reason.** If it were only the result of reason, we probably wouldn't call it faith. Faith must be lived out in Christian behavior and dependence upon Christ. The initial action of faith and belief in Jesus Christ requires us to confess our sins, repent (turn away from our sins and turn to God), and specifically invite Jesus Christ into our hearts and lives as Savior and Lord. **Though doubts may arise, our faith, trust, and confidence in Christ will carry us through!** □

*All Scripture is quoted from the American Standard version of the Bible.*

\* For a free copy of the booklet, "What Shall We Believe?" phone 1-626-821-8400, or write NCF, P. O. Box 661900, Arcadia, CA 91066-1900.



# OUR WORLD TODAY

by Eva Hallam Solberg

## PRIVATE-SCHOOL VOUCHERS

A Wall Street banker plans to donate millions of dollars to help thousands of poor Los Angeles children attend private schools of their choice in the fall of 1999. Theodore J. Forstmann, a multimillionaire, says he is simply trying to give poor parents options like the ones people with money can buy.

The growing movement of privately funded vouchers comes amid debate in Congress over a proposed \$75 million government program to offer vouchers in two dozen cities.

Although vouchers have run into stiff opposition from teachers' unions and the Democratic Party, private efforts such as Forstmann's are harder for foes to stop and less politically troublesome.

*(Los Angeles Times)*

## EUTHANASIA

"I just needed this bed," said a Dutch doctor, explaining why he administered death drugs to a patient with advanced breast cancer despite the fact that she had explicitly said she did not want to be euthanized. "It could have taken another week before she died," said the doctor.

*Note: In the U.S., Oregon leads the way in euthanasia, now having voter confirmation of its assisted death law.*

*(Pulpit Helps)*

## CAR EXPLOSION IN NUMBERS

Since 1969 the number of motor vehicles in the U.S. has grown twice as fast as the number of drivers and six

**The recognition of our duties is more important than the recognition of our rights.**  
—Henrietta C. Mears

times faster than the human population, according to the government's Nationwide Personal Transportation Survey.

The number of cars at least ten years old are up from eight million in 1969 to 52 million.

*(UC Berkeley Wellness Letter)*

## HUNGARY LEGISLATES TEACHING ABOUT JESUS

A new law passed by the Hungarian government requires all children, by age sixteen, to learn about the life of Christ, the origin of Christianity, and three Bible stories.

Campus Crusade for Christ, who several years ago had taught a morality-based abstinence curriculum at the request of Hungary's government, has now been asked to develop a new curriculum to teach their youth about Jesus Christ.

*Note: What an opportunity!*  
*(Campus Crusade for Christ newsletter)*

## HOTEL OUT OF BUSINESS

A hotel in Western Australia's remote outback went out of business after a revival converted most of the area's population of 150. About 100 were Aborigines

who were the main customers of the hotel's bar. Nights that used to be filled with drinking are now occupied with Bible study and hymn singing. The manager of the hotel told the media, "We're empty, but so is the jail, so perhaps we shouldn't complain too much."

*(EP News Service)*

## ONLINE WITH MEDLINE

Medline has a large listing of published medical studies and is available through the National Library of Medicine's Website ([www.nlm.nih.gov](http://www.nlm.nih.gov)). The site can provide sufferers of rare diseases access to information about their ailments and allow patients to confirm that their doctor's advice accords with the latest research. A related site is called Internet Grateful Med ([igm.nlm.nih.gov](http://igm.nlm.nih.gov)).

*(HealthNews)*

## ELECTRONIC GOSPEL MESSAGE

Nineteen cross-denominational para-church ministries, including the Billy Graham Evangelistic Association, have banded together in a coalition to bring concise gospel messages to American radio and television audiences. Each public service announcement invites interested audience

members to call 1-888-NEED-HIM for more information about a personal relationship with Jesus Christ.

Each caller receives a copy of the Gospel of John from the American Bible Society as well as a "Beginning Your Christian Life" pamphlet.

The hotline has access to more than 8,000 evangelical churches nationwide for follow-up calls, if the caller gives consent.

It is estimated that up to 25 percent of an inspirational radio or television station's audience are *not* Christians.

*(NEED HIM National Media Outreach, Inc.)*

## MISSION FACTS

Here are some important statements from the book, MARC (Mission Advanced Research and Communication Center), written by Dr. Bryant L. Myers, executive director of MARC:

"A very large proportion of those who have not heard the gospel are also poor."

"Over 55 million Chinese are living outside mainland China."

"Of the 925 million absolute poor in the world, 211 million (or 23 percent) are Christians."

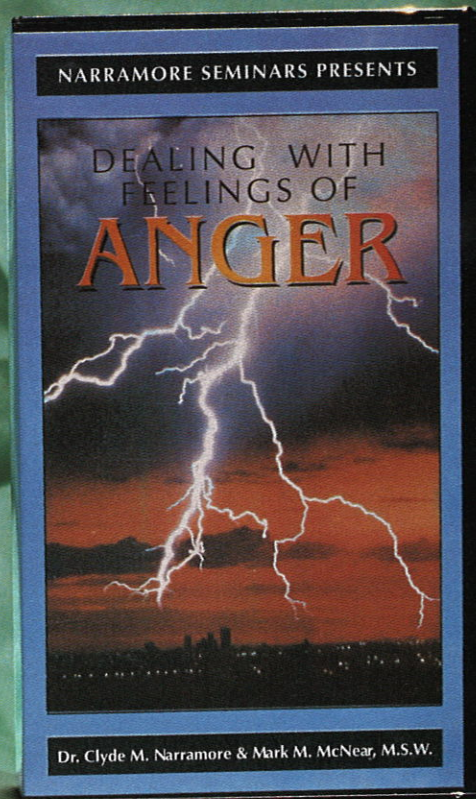
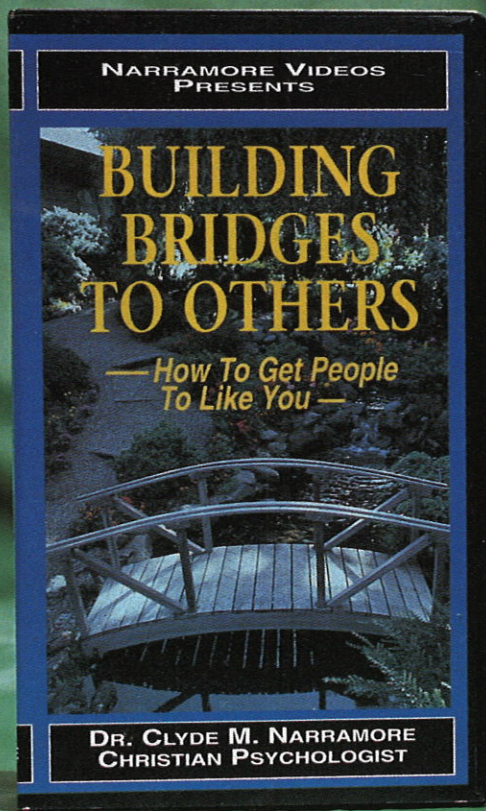
"Nearly 70 percent of all evangelicals live in the non-Western world."

"The percentage of Christians active in some form of mission today is at an all-time high of 36 percent."

"Africa is experiencing the fastest church growth of any region."

"Europe has more nominal Christians than the rest of the world put together."

*(Contact)*



## TWO VIDEOS THAT CAN BRING LIFE-CHANGING INSIGHTS TO YOUR LIFE

### *BUILDING BRIDGES TO OTHERS*

*How to get people to like you.*

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### *DEALING WITH FEELINGS OF ANGER*

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

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

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

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