

# PSYCHOLOGY FOR LIVING

SEPTEMBER-OCTOBER 1999



by Dr. Henry Cloud  
& Dr. John Townsend

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## FIRST THINGS FIRST

by Bruce Narramore, Ph.D.



**N**EARLY 45 YEARS AGO MY UNCLE AND AUNT, Dr. Clyde and Mrs. Ruth Narramore founded the Narramore Christian Foundation. NCF grew from a small outreach based in Clyde and Ruth's home to an international ministry. I am so grateful to God for the way He gifted and led Clyde and Ruth to develop the many ministries of NCF including *LIVING*. And I deeply appreciate the wonderful job Ruth has done in producing such a practical magazine of high quality in her role of Editor during the last 20 years.

As the new President of NCF, I am humbled by the opportunity to continue the life-changing ministries begun by

Clyde and Ruth, and I trust that we can continue to make *LIVING* a top-quality Christian publication that ministers to the practical, spiritual, and emotional needs of the Christian community.

I have asked Richard Innes, Founder of ACTS International, a worldwide Christian publishing ministry, to step into the gap created by Ruth relinquishing her position as editor. Dick and I are so pleased that Clyde and Ruth will both continue to be actively involved by writing articles, consulting, and assisting with the editing and production of *LIVING*.

As I begin my new responsibilities, I would like to share a few thoughts about the importance of first things—of beginnings and foundations. During one of Jesus' encounters with Jewish leaders of His day, Jesus was accused of being a demon-possessed Samaritan. In His forceful reply, Jesus informed His hearers, "Before Abraham was born, I am!" (John 8:58). Jesus didn't quibble about whether He was a Samaritan or not. He went back to the beginning. He told them that before Abraham was born, He lived!

The first four verses of the book of John tell us more about Jesus' claim. "In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through Him all things were made; without Him nothing was made that has been made. In Him was life, and that life was the light of men."

Notice four things: First, Jesus, as the living Word, not only existed before Abraham—He existed from the beginning of time! There is nothing earlier, more basic, or more foundational to all of life than Jesus. He is the single most important fact of the universe. Nothing makes sense apart from Him and His eternal existence.

Second, Jesus was not only with God from the beginning, He *was* God. Jesus wasn't just a good man. He wasn't simply the most intelligent person to ever walk the earth. And He wasn't only the most loving person that has ever lived, He was fully divine. *He was God!*

Third, Jesus created everything that exists. "All things were made by Him" (Colossians 1:16). How can we hope to understand the stresses and strains of human living apart from Jesus who created us in His own image?

Finally, in Christ is life and light. Without Christ, life is a walk in the dark. With Him, we know the way, the truth, and the life! We can know the truth and the truth shall set us free (John 8:32).

As our NCF staff carries on our work, we do it with the continual awareness that if we are going to help people live fruitful, fulfilling lives, we must keep first things first. In the beginning was the Word! The Word was with God. The Word was God. All things were made by Him. He is our light and our life. He is truth, and truth will set us free! □

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# When Johnny Can't Concentrate

## Understanding Attention Deficit Disorder

by Dr. Grant L. Martin

**J**ACOB IS IMPULSIVE and can't sit still. He has trouble following rules, even when he is disciplined regularly. Lisa is easily distracted, forgetful, and inattentive. And Tim is distracted by every little thing and doesn't seem to learn from his mistakes. Jacob, Lisa, and Tim have a collection of problematic fea-

tures called Attention-Deficit/Hyperactivity Disorder (ADHD).

Professionals estimate that as many as two million school-age children suffer from ADHD. That's an average of one in every classroom in the United States. ADHD makes family life disruptive and stressful. No matter how hard parents of ADHD children try, their children persist in daydreaming, missing homework assignments, and neglecting chores.

### Types of ADHD

There are at least two types of ADHD. Some children are primarily impulsive and hyperactive, while others are inattentive and distractible. A third group has both impulsive and inattentive characteristics.

Hyperactive children exhibit aggressive conduct problems, bizarre behavior, and appear impulsive. They are noisy, disruptive, messy, irresponsible, immature, and have a higher risk for serious aggressive behavior and antisocial actions.

In contrast, attention deficit children who are predominantly inattentive tend to be anxious, shy, socially withdrawn, moderately

unpopular, poor in sports, and have low school performance. They may often be seen staring into space and daydreaming, and are often forgetful and appear to be low in energy and sluggish or drowsy. These children seem to have difficulty becoming sufficiently aroused and vigilant enough to pay adequate attention to academic tasks.

Sometimes they are described as "space cadets" or "couch potatoes" because they seem to be lost in thought, apathetic, or lethargic. They are less aggressive than the impulsive, hyperactive child, and have fewer problems in peer relationships. They probably make up the largest number of ADHD children, yet may be the most underdiagnosed.

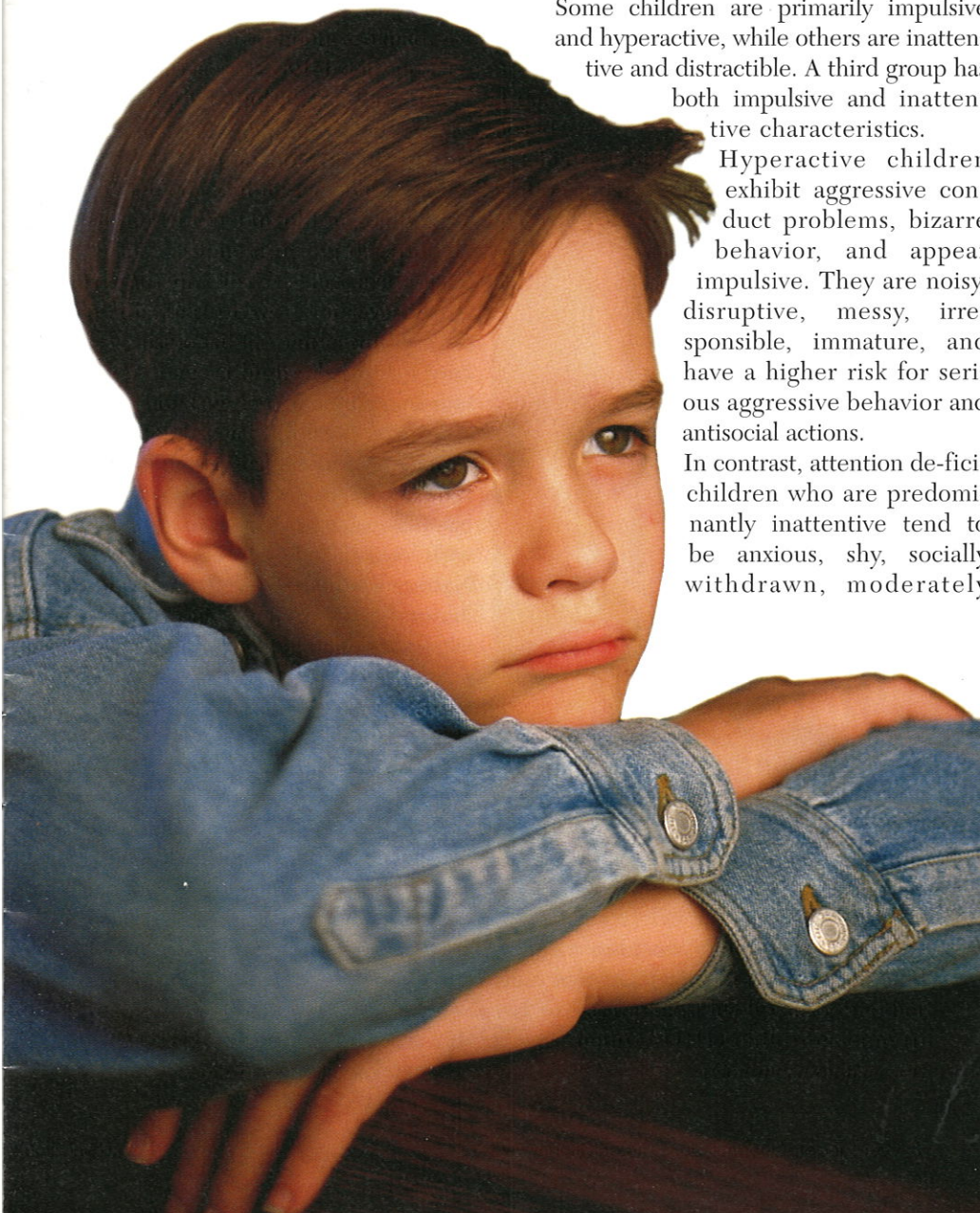
Children with a combination of inattention and hyperactive-impulsive behaviors will have most of the manifestations of inattention such as failure to give close attention to details, careless mistakes, and being easily distracted by extraneous stimuli. They also have trouble with hyperactive-impulsive actions such as fidgeting with their hands or feet, inability to remain seated, always on the go, interrupting others, and difficulty awaiting their turn.

All children are occasionally inattentive, impulsive, or have high energy levels. But attention-deficit children are this way day in and day out. Their frustrating behaviors can occur at school, church, Grandma's house, the grocery store, as well as at home. The general rule is that these children are consistently inconsistent!

### Causes of ADHD

ADHD is one of the most thoroughly researched conditions of childhood, yet the exact causes are still not known. Major evidence points to diminished activity in certain brain regions and heredity as the most likely cause. In other words, many ADHD children seem to

*(Continued on page 14)*





# BOUNDARIES *in Marriage*

Dr. Henry Cloud  
Dr. John Townsend

**O**NENESS. It is the word that romance is made of. It is the word that couples dream about when they first meet. In fact, it is the Bible's description of marriage. As Jesus told us, "the two shall become one."

Imagine two young people in love gazing into each other's eyes with the fantasy of total oneness. What they don't under-

stand is that oneness is not something that automatically happens when two people gaze into each other's eyes. It is something that is built over time as a relationship grows and as the two individuals become one pair.

There is a huge difference between the mature intimacy and oneness of two emotionally mature marriage partners and the so-called "oneness" that many people are searching for in marriage. Many people enter marriage looking for a relationship that gives them what they want at the expense of their mate. That's not oneness. It is a psychological fusion that violates the selfhood of the mate. Here are five characteristics of mature marital unity. They are prerequisites for true oneness in marriage.

*First, seeing the other as a separate person to be loved, not an object to be used.* Mature marital oneness is built on the ability to see the other person as a separate person, distinct from me with his or her own thoughts, needs, and feelings. In other words, you don't exist just to meet my needs. A very young child believes that his every wish should be his mother's command. It never occurs to him that his mom might have a life apart from him, or feelings apart from what he needs at the moment.

That kind of mindset in an adult spouse can be a relationship wreck-er. Sally and Jim came to see me with "conflicts," as they put it. Neither one could see the other in his or her own right, with a valid experience of their own. When Sally needed something from Jim, she could not see that he had been working hard and was tired, and unable to talk that night. She interpreted his need for sleep as not caring about her.

When Jim wanted Sally to do something for him and she didn't, he would get angry. "Where is my blue shirt?" would be more of an accusation than a question. He didn't understand that Sally was taking care of a thousand other things that day, like her own work, and was not able to get around to what *he* needed. Jim and Sally had to learn that they each had their own lives with their own responsibilities before they could work together. Until this, they were just demanding



things from each other and expecting others to give them what they wanted, like children. That's not love. It is demand.

*Second, allowing the other's experience.* Empathy is the ability to understand someone else's experience, to identify with his or her experience and to have compassion in that experience. It is one of the bedrocks of intimacy. Immature spouses often confuse true oneness with a kind of emotional merger, expecting their spouses to feel just what they are feeling. When they are upset, they expect their spouse to be upset. When they are excited, they expect their mate to be excited. And when they like something, they expect their spouse to like it. Mature people don't try to force their mates to feel the same way they are feeling. They learn to share in each other's experiences, but they also respect each other's right to have their own feelings.

*Third, the freedom to be different.* What does a couple do when they differ? Can they have oneness when they differ? The answer depends on how OK it is to have two opinions, moods, tastes, or needs in the relationship at once.

What if you feel like going out and your mate doesn't? What if you want a big house and your spouse wants to save the money and not have financial pressure of a bigger mortgage? Your success in navigating these differences depends on the level of ability you and your mate have to tolerate differences in each other.

In a good relationship, differences are valued and treated with respect. The couple understands each other, listens, reasons, compromises, and sometimes gives up his or her own wishes. But they don't deny their needs and let resentments build. They talk things through until they find agreement, or at least agreement on how to disagree!

*Fourth, freedom to have space.* Rich had been single for a long time, a confirmed bachelor. All of his friends had pretty much decided that he was a hopeless case in terms of ever getting married. A successful attorney, a spiritual guy, a nice person—he was a desirable catch. Many single women pursued him to no avail. And then it happened.

He fell head over heels in love with Daphne. Everyone was amazed, but no one was convinced. After two years of dating, instead of Rich "bailing out," he proposed. Describing Daphne on his wedding day, he said something that is a message to all married people, male and female. He said, "I am so thankful for the fact that Daphne doesn't try to control me. I can feel free to do things at times with my friends and have some time on my own for my own interests. She was the first woman I ever dated that did that."

Daphne, too, liked her connection with Rich but allowed him to be his own person with his own time and space as well. This was not a "sacrifice" on her part. It was part of her "completeness" as a person. For she had her own interests as well.

Proverbs 31 gives a great picture of this kind of relationship. It describes a woman who has lots of activities of her own apart from her husband, while he at the same time does the same. This balance of being deeply connected as well as being free to be individuals is one of the most important aspects of marriage unity.

*Fifth, complementing instead of completing each other.* Complementing means bringing different perspectives, talents, abilities, experiences and gifts to the table and forming a partnership. This enriches ourselves and our marriages. Completing

is different. Completing means to make up for one's immaturity by attempting to use another person to balance an imbalance in one's own character.

Each of us has areas of his life that we need to develop on our own and then bring those abilities to the relationship. For example, a rather stoic spouse that doesn't feel many emotions may marry someone who is quite expressive to try to complete his personality. And an impulsive person may marry a thoughtful person to balance his impulsiveness. But completing never works because a good marriage needs two people who are sensitive to their emotions, and two people who can think. Two halves don't make a whole in marriage. It takes two whole people to make one great couple.

Here is a partial list of characteristics that both partners must possess

and cannot be "borrowed" or completed from his or her mate: the ability to connect emotionally. . .to be vulnerable and share feelings. . .to have an appropriate sense of power and assertiveness. . .to be able to say "no". . .to have initiative and drive. . .to have a minimal amount of organization. . .to be "real" and not perfect. . .to accept imperfections and have grace and forgiveness. . .to be able to grieve. . .to think for oneself and have opinions. . .to learn. . .to take risks. . .to grasp and use one's talents. . .to be responsible. . .to be free and not controlled by external or internal enslavement. . .and to have sexuality. . .spirituality. . .morality. . .and an intellectual life.

If you and your mate are developing these spiritual and emotional abilities, you will find that you are growing together as a couple. As you become a complete person, you and your spouse can truly "become one." And the oneness you two create will surpass anything either of you would have been on your own. □

*Psychologists, Drs. John Townsend and Henry Cloud, well-known popular authors and radio personalities, are co-founders and co-directors of Cloud-Townsend Communications, Inc. They were also the co-founders of the Minirth-Meier Clinic West and served as co-directors for nine years.*

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**A good marriage needs two people who are sensitive to their emotions, and two people who can think.**



# Why Do Some Christian Kids Leave The Faith?

by Tom Bisset

**W**HAT'S GOING ON WHEN CHILDREN of loving Christian parents lose their faith, turn their backs on God, or live against the values and beliefs they learned at home and in church?

After five years of talking with prodigals, some returned and some still on the journey, I believe that Christian kids drop out for five basic reasons:

1. They have troubling, unanswered questions about their faith.
2. What they have been taught about the Christian faith doesn't match what they are experiencing.
3. They have distorted views of God based on negative experiences.
4. Other things in life become more important than their faith.
5. They have a secondhand faith and have never personally received Christ as Savior.

I'll elaborate on these, but let me begin with several observations about prodigal experiences:

*First, prodigalism is a process rather than an event.* Leaving takes time. Yes, there's usually a definable moment when your son or daughter makes it clear they do not want to be practicing Christians. But the truth is, that moment was coming for months, even years.

*Second, prodigalism is diverse.* In a family of four kids, you might have one rebel, one doubter, and two followers of Christ. Same parents, same spiritual environment, yet dramatically different results. You simply can't predict which kids, or even which homes, will struggle with issues of faith rejection.

*Third, there's personality.* Kids are different. Some are compliant while others resist almost everything you do and say. A cookie-cutter approach to child rearing runs the risk of creating resistance to the gospel in the child who doesn't fit the mold.

*Finally, most leaving is temporary.* The good news is that at least 90 percent of all prodigals come back to live dynamic Christian lives. Persistently and unfailingly, God seeks and finds His lost sheep in ways that are beyond belief.

Ready for a closer look at reasons kids leave the faith?

## Problems and solutions

### 1. Kids drop out because they have troubling,

unanswered questions about their faith. This is a common reason for faith failure among high school and college students. Their questions can be personal, intellectual, or theological, but the bottom line is that these young people believe they can't be honest and remain committed to the Christian faith.

When I was in Bible college, a friend named Paul began to have doubts about his faith. He struggled with what he called the intellectual and cultural "narrowness" of Christianity. He wrestled with questions of science and evolution.

At the end of his second year, Paul transferred to a secular university and majored in psychology. Not long afterward, he gave up his faith.

Would Paul have been better off staying in Bible college? Maybe. The point is, he was a serious young man who dropped out because of his intellectual struggles. He wasn't a rebel who used doubt as a smoke screen for doing his own thing. He simply couldn't find answers to his questions.

**S**ometimes we call doubting anti-Christian. We want our children to believe the Bible because we tell them to. But doubting is a part of human experience. Early in life we learn to "test" evidence before believing anything. It's the way our minds work. When our sons and daughters have doubts about their faith, we should try to answer their questions and give them time to find their own.

**2. What they have been taught about the Christian faith doesn't match what they are experiencing.** A second reason people leave the faith is because it doesn't seem to be working. In short, there's a disconnect between what they believe, or profess to believe, and what's actually happening.

Typically, these are the most earnest of all prodigals. They try. They do everything they know to get it "right." Bible study and prayer. Witnessing. Christian service. But for whatever reason, it doesn't "happen" for them. And so they go, mostly by default, full of confusion and self-recrimination about their personal and spiritual failure.

Often these prodigals are older, sometimes a married with families. In many cases, they've been involved in





ministry. They've tried as hard as they could for as long as they could and they just can't do it any more.

**T**hese prodigals don't need more preaching and teaching. "Been there, done that" is their new creed. What they need is lots of grace and understanding from family members and friends who will love them unconditionally as Christ loves us. Our love becomes an analogy that demonstrates faith and speaks to their doubt and discouragement.

**3. They have distorted views of God based on negative experiences.**

Counselors have found that many people feel towards God, their Heavenly Father, much the same as they do towards their earthly parents. If a parent, no matter how well-intended, is emotionally distant, cold, punitive, or uninvolved, the child tends to grow up feeling God is much the same. Or, if a child grows up in an overly strict, rigid, or legalistic church or family, the same thing happens. He learns to see God as a controlling heavenly killjoy or a narrow-minded authority who doesn't want him to think for himself or enjoy life. Children growing up with these perceptions don't want to relate to that kind of God.

**4. Other things in life become more important than their faith.** The fourth reason Christian kids leave the faith is because other things in life become more important. The bottom line is that their faith, which was once primarily for them, is now secondary. Consciously or subconsciously, they have changed their minds about what is important in life.

**Y**ears ago, this was called *backsliding*, and so it is. Prodigals who leave this way are usually not hostile toward spiritual matters. They just don't care any more, or at least they don't care as much. They've lost what the Apostle John calls their "first love."

This kind of leaving is mostly benign. In fact, these prodigals usually have an "I'm OK, you're OK" outlook. They may even drift in and out of church. But the bottom line is clear: their hearts are elsewhere.

How should parents deal with kids who leave the faith? Begin by not being judgmental. It's better to live consistent, caring Christian lives. This stability will help prodigals see how their own lives have changed. Forcing the issue doesn't work. In most cases, these drifting prodigals eventually recognize that their aimless wandering isn't what they want.

**5. They have a secondhand faith and have never personally received Christ.** The fifth reason kids leave is because they never owned the Christian faith for themselves. In short, they never made a personal decision to receive Christ. They got out in the program and performed their faith, but it wasn't real.

When trouble came, their house on the sand blew down, leaving them unsure of what they believed, if anything at all.

It's something we all know: without authentic faith, there isn't enough moral strength, intellectual courage,

or spiritual zeal in the world to pretend being a Christian.

Parents need to encourage their children to choose Christ for themselves. Jesus will be real to your children only when they make the decision. Talk to your kids. Ask them if they understand what it means to be a Christian. In so doing, you can help prevent

**Without authentic faith, there isn't enough moral strength, intellectual courage, or spiritual zeal in the world to pretend being a Christian.**

the kind of prodigalism that happens when kids grow up thinking they're Christians but really aren't.

**A**bove all, parents need to model what it means to be a Christian. If children feel their parents are hypocritical and don't live the life they profess, they can get turned off very quickly.

**More solutions:**

Even the best parenting doesn't guarantee that our children won't go through a prodigal experience. Still, we must try. What can we do?

1. *Love them unconditionally.* Fill their love tanks. Tell them, show them, touch them. Let them see God through you.

2. *Teach them God's truth.* In words and deeds, demonstrate what it means to be a real Christian.

3. *Provide safe havens.* In every possible way, at home, in church, with other Christian kids, give them sanctuaries from the incredible peer pressure they feel every day.

4. *Keep the lines of communication open.* Encourage your sons and daughters to talk and to share their feelings no matter what they are saying, and accept their feelings without becoming defensive or judgmental. Most of all, don't become preachy.

5. *Pray for them.* In the end, we must give our children to God. He alone protects and keeps them. □



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This article is adapted from Tom's book, *Why Christian Kids Leave The Faith*. He is also the author of *Good News About*

*Prodigals*. Both books are available through your local Christian bookstore or from the publisher, Discovery House, phone 1-800-653-8333 or at their web site [www.dhp.org](http://www.dhp.org).

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# Avoiding The Perfectionistic Trap

Excellence, Mediocrity, And  
"Sloppin' Through"

by Jeenie Gordon

we tend to bend our heads in shame when everything we attempt is not superb. The very best.

Whoever thought this one up had to be a perfectionist who worked frantically trying to keep up unrealistic standards. Probably died young.

"So, you don't believe in excellence?" you ask.

Yep, I do. Excellence under control. Actually, if we are going to live life well, we need to divide our responsibilities into those we do with excellence, those we do with mediocrity, and those we just slop through!

## A Job Worth Doing

It is imperative we have two or three things in our life we do with excellence. But we can't do *everything* with excellence or we put ourselves under incredible pressure. So pick two or three areas where you will invest most of your time and energy.

Mine are: counseling, writing, and speaking. Even though they are intertwined, I spend time, energy, and prayer to perfect my skills. It's my passion. Also, I believe this is God's call for this time in my life, and I want to bring honor to Him by not doing a shoddy job.

Think through a passion or two of yours. Determine whether God has gifted you (naturally or spiritually) in this area. If you are unsure, seek the counsel of a friend, perhaps attend a seminar, or do some specific reading to get further direction. There are various tests to determine spiritual gifts.

Myrna found her mission in life. It's hospitality. Though working full-time, Myrna takes joy in having a house (and basement) full of guests year round. Not only does she change beds, fix healthy meals, keep her fridge full, and have gourmet treats ready

**M**Y HOUSE WAS PILED high with junk. Twenty-three people were sitting in my living room waiting for Christmas dinner. There was no ham in the oven or prepared delicacies in the

fridge. Unkempt hair hung down my make-up-less face as I flopped around in worn-out slippers and my old ragged robe.

Then I woke up!

A panic dream — you can

fill in your own scenario. What is your worst fear about being unprepared or messy or less than perfect?

You've heard the adage — "If it's worth doing, it's worth doing well." Like excellent! So



in the freezer, but she sings while she is working. (I would be grumbling!)

Myrna's mission statement could be: "I want to honor Christ by serving others through hospitality."

Twelve years ago I went to a seminar in which we wrote out our Life Mission Statement. Here's mine:

"I exist to bring glory to God by my willingness to listen, to be honest, encourage, counsel, confront, and give to others from my professional and experiential knowledge through counseling, writing, and speaking."

Not long ago I was asked to plan, execute, and oversee all the food for a two-week Vacation Bible School. Because it was from a wonderful person, I hated to say "no." As I was pondering, I read my Life Mission Statement and realized it didn't fit. My "No, thank you" came easily.

On to the next category of activities — those we should do with mediocrity.

### **Doin' an O.K. Job**

There's a bunch of things in our life (most) which need only a moderate amount of effort—like myriads of paperwork. Don't try to do it perfectly. You will overwhelm yourself with work and worry. Just get the stuff done.

"Handle a piece of paper only once or twice," is advice I try to live by. I sort mail in the garage over the trash barrel. Most of it I dump.

At my desk, I open and sort into piles. Within the next day or two, I take care of the important things—bill paying, correspondence, telephone calls, forms to be filled out . . .

Many of the tasks we think as needing a good job actually only need moderate effort. Just do it. Fast.

Carefully look at your "To Do" list at work and at home to determine how much effort

is realistically mandated. You may be surprised how little effort is needed to do an adequate job.

Now, for my third category:

### **Just Getting It Done (or Sloppin' Thru)**

When I mention this category to perfectionistic people, they cringe. But if you have a full life of work, family, church, and other activities, you can't do it all. And unless you can afford a maid, you will have to do some things minimally or let them go entirely. Here are some slop-through tips which work for me:

Drawers and closets: clean one each week (15 minutes).

Clutter control: my motto is, "Use it—put it back."

Yards: Pick weeds 15 minutes daily. That's it. Weed free—almost.

House cleaning: Weekly run the vacuum around the furniture—not under it! (I do major cleaning once or twice a year by taking one room at a time. In a half day, I vacuum every nook and cranny, clean woodwork, wash windows, launder curtains, polish furniture, and wash knick-knacks.)

Shampoo Carpets: I clean carpets twice a year—once with shampoo and once with hot water and 1/2 cup Borax (it removes the residual soap and freshens carpets). I do half the house at a time.

Guests: I scour the bathrooms and kitchen. That's it. I clean up after they leave.

Floors: No more mops. I wet a cloth, spray with cleaner and fold in one-fourths. On my hands and knees, use one-fourth of the rag for each section. My large kitchen and entry hall takes about six minutes.

Car wash: (A 15-minute job) Hose down car, wipe on cleaner, and hose down. Squeegee windows. Wipe car. With this simple method, my

red car is always clean and shining.

Dusting: I grab a back bathroom hand towel which needs laundering. On my way to the laundry basket, I dust as I go through each room. Voila.

Most of life, I'm convinced, is filled with tasks which don't have to be done perfectly. Once your jobs are categorized, you can get on to the important things.

### **Prioritize What's Important**

Mike Platter, keynote speaker at a Singles Conference, gave this illustration:

On the table is an empty aquarium. Place five or six large rocks on the bottom. Next build several layers of smaller rocks. Now comes the pebbles, which are sprinkled liberally in the crevices. Grabbing a bucket of sand, carefully pour in all the nooks and crannies until it reaches the top. Lastly, pour in water until every fissure and gap is filled.

Turn this around. Start with the water, add the sand, then the pebbles. When it's time for the small rocks, few fit into the tank. Of course, there is absolutely no room for the large rocks.

Often this is how we live life. We fill our hours and days with the small, non-essential things—never getting to priorities (the big rocks).

Only when we plan our day beginning with the significant endeavors/projects, will we be productive people with a balanced lifestyle.

I can't tell you how many times I've put off doing an important task by cleaning out my top desk drawer. Again.

In my office is a handwritten note stating, "BIG rocks first." It's a reminder to keep my priorities straight.

On Sunday evening I plan my weekly schedule around the jobs which are "important" but "not urgent."

It helps me:

1) Make goals and gradually work toward them

2) Look for possible problems and plan solutions

3) Continue working on long-term projects

4) Allow time for God, myself, and people

My schedule also allows time for "divine appointments"—things which are often seen as interruptions. Like ministry.

My weekly plan also encourages the use of margins. Just as this written page has margins (sides, bottom, top, paragraphs, sentences), so we need spaces in our daily life.

### **Our Example**

I view Jesus as one who was never in a hurry, yet always worked toward the goal His Father had for him—to be the Savior of mankind. He took time to be with kids, his friends, and His Father. Nurturing Himself, He valued solitude.

I am certain He was a carpenter of excellence. He taught and healed the multitudes, guided and nurtured His disciples. All with excellence. But He also left a lot undone for His followers to do!

Practice a balanced life: "Excellent," "Mediocre"—and don't forget to occasionally "Just Slop Thru." □



*Jeenie Gordon is a licensed Marriage, Family and Child therapist, popular author and keynote*

*speaker. Her books include, **Turbulent Teens Of Panicking Parents, There's Hope After Divorce, and If My Parents Are Getting Divorced, Why Am I The One Who Hurts?** All can be ordered through your local Christian bookstore.*

*For speaking engagements call Jeenie at 626-330-2564 or email [JeenGordon@aol.com](mailto:JeenGordon@aol.com).*



# NCF's New Director of Publications

## WELCOME TO DICK INNES

### An Interview by Dr. Bruce Narramore



When Dr. Clyde Narramore and the Directors of the Narramore Christian Foundation asked me to lead NCF into the next century, I immediately started praying for the leadership team God would have us build. Since Ruth Narramore would soon be relinquishing her position as editor of *LIVING* magazine, our first need was for someone to head up our entire publication ministry. Within a few weeks the Lord brought an outstanding Christian leader to my mind, Mr. Dick Innes. There was only one problem. Dick was already president of a worldwide Christian literature ministry—ACTS International! But the sense that Dick might be God's choice wouldn't go away. Over lunch I laid out NCF's vision for the future. Before we finished eating, Dick told me, "I have known for over a year that God was preparing me for something new and I believe this may be it!"

Dick has now joined our staff as Director of Publications. In that role he has responsibility for all of NCF's publications as well as our new Internet ministry. NCF is also partnering with Dick to continue ACTS' exciting publications ministry. It is a great pleasure to introduce Dick to you through this interview. Please pray for him as he carries out his important responsibilities.

**Dr. Bruce:** You had an established, worldwide ministry that has distributed nearly forty million pieces of Christian literature. Why did you decide to join the staff of the Narramore Christian Foundation?

**Dick:** For the last year or so, I had been sharing with friends that I knew God was preparing me for something new. For instance, I

had already made major changes in ACTS International by assigning the North American publishing rights for all of our gospel literature to Living Message Fellowship of Grand Rapids, Michigan. They are using this material in strategic ways to share the gospel with thousands of business and professional people as well as in a very effective follow-up ministry designed for local churches.

Letting another organization distribute my literature freed me from most of my administrative responsibilities so that I had much more time for direct ministry. When you called and told me about the need in NCF, I had a sense that this could be the change for which God was preparing me. After much prayer and consideration, I was confident God wanted me involved in this ministry.

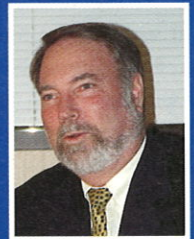
**Dr. Bruce:** How did you first get started in literature ministry?

**Dick:** I often say that God "calls" some people and "shoves" others. I'd say I was "shoved!" In the late sixties I was the South Australian Director of Youth for Christ when I helped organize meetings for the late Oswald J. Smith of Toronto, Canada. Dr. Smith was a missionary statesman and had a heart for gospel literature. When he preached on the importance of this, I felt a great sense of God's leading me in this direction. However, I was already very busy teaching religious instruction classes in the public schools—classes that were organized by local churches. I told God that some day I might do something about literature, but right now I was too busy with my high school ministry.

Two weeks later the churches in South Australia voted to discontinue teaching religious instruction in the public schools! In one night 90 percent of my ministry was gone! For something to do I condensed what I had been teaching in the schools, printed it, and mailed it with a letter to some 500 student leaders from 50 high schools. To my sheer amazement, 150 of these students indicated that they had read the gospel literature, understood its message, and prayed to invite Jesus Christ into their lives. I've been involved in literature ministry ever since!

**Dr. Bruce:** Tell us about your ministry through ACTS International.

**Dick:** Our philosophy of evangelism has been "the application of the gospel and Christian message to the healing of the whole person." Our approach has been to reach people at their point of need—the way we believe Jesus ministered. We publish millions of copies of small booklets on topics like *Conquering Fear*, *Winning Over Worry*, *The Power of Love*, and *Resolving Grief*. All of our literature speaks to practical life needs and presents a clear gospel message.



*I laid out NCF's vision for the future. Before we finished eating, Dick told me, "I have known for over a year that God was preparing me for something new..."*



I have also been heavily involved in working with people in pastoral counseling, leading spiritual/emotional growth groups, and conducting seminars on relationships, wholeness, communications, and the integration of our emotional and spiritual life.

**Dr. Bruce:** *What have been some of the most rewarding experiences in your literature ministry to date?*

**Dick:** The most rewarding aspect of our literature ministry has been seeing several thousand people establish a relationship with Christ as a result of having read our materials. While more have trusted Christ from Australia, New Zealand, and North America, we have also heard from new Christians in a number of other countries around the world.

Another exciting aspect has been the way U.S. military chaplains have used the ACTS gospel brochures. They have been used on ships, submarines, and aircraft carriers as well as in military hospitals and on land bases around the world. They were used extensively in Operation Desert Shield and Operation Desert Storm. We have received large orders from the Chief of Chaplains in the Pentagon.

**Dr. Bruce:** *You recently began an Internet outreach for ACTS. Can you briefly describe that outreach and tell us the kind of responses you are getting?*

**Dick:** In April of last year I started two free e-mail services: *Daily Encounter* which is a week-day devotional, and *Weekend Encounter* which is a weekend inspirational message. Combined, there are now more than 9,500 subscribers from around the world for these messages. The results to date have been incredibly encouraging. Almost every day we hear from someone who has received Christ from somewhere in the world—including Saudi Arabia and China!

**Dr. Bruce:** *Why is the Internet so important?*

**Dick:** It took the Internet only four years to grow almost from scratch to reach 50 million users! We can now reach millions of people in all parts of the globe instantaneously through the Internet. For example, *Back to the Bible* radio broadcast used one of our ACTS gospel brochures, *How To Be Sure You're A Real Christian*, for the gospel message on their web site. They have already received over 2,660 salvation responses as a result of people reading this message on the Internet!

**Dr. Bruce:** *What is your web site address if our readers would like to see Daily or Weekend Encounters?*

**Dick:** ACTS web site is <[www.actsweb.org](http://www.actsweb.org)>.

**Dr. Bruce:** *You have already gotten NCF up and running on the Internet. What do you envision for this ministry in the coming years?*

**Dick:** I see us having a four-fold objective: *First*, to reach people at their point of felt need with articles that will help bring healing and wholeness for their human hurts.

*Second*, to let people know about the various ministries of NCF such as our Ministers and Missionary pastoral care training seminars, our re-entry seminar for Missionary Children returning to the U.S. and Canada to attend college, and the availability of

NCF's literature including *Psychology For Living* magazine.

*Third*, to provide resources for both professional and lay Christian counselors.

*And fourth*, to bring people to Christ by applying the gospel and Christian message to the needs and issues readers struggle with.

**Dr. Bruce:** *You took training at our Ministers and Missionaries seminar some years ago. How did that training impact your life and ministry?*

**Dick:** The training I took at NCF a quarter-century ago was a major turning point in my life. I had been in full-time Christian ministry for a few years and was doing all the "right" things outwardly, but inwardly my life was empty. I didn't know what was wrong with me. Even though many were coming to Christ through my work, I felt like my world was falling apart. My training for Christian ministry had taught me how to minister, but not how to live.

At NCF I received training, teaching, and counseling that set me on a course that has revolutionized my life and my ministry. I realized that if I were to effectively reach people for Christ, I needed to not only understand the Bible, but also to understand people — as Jesus did. I also saw how I had buried and hidden many hurts from my childhood that needed to be resolved.

**Dr. Bruce:** *What have you found here at NCF as a new staff member?*

**Dick:** I have always had great appreciation for the ministry of NCF because of what I personally gained from the training here. To be given the opportunity to help take the organization into the new millennium is a very exciting privilege.

I have seen that the NCF staff are also excited about NCF's vision as we enter the new millennium. They are pleased to be building on the pioneering work of Dr. Clyde and Ruth Narramore. With

today's modern means of communication, we have an unprecedented opportunity for ministering to the needs of people and bringing many to Christ from around the world. I am also pleased that Ruth Narramore will be continuing to work with me on a part-time basis.

**Dr. Bruce:** *What are some of the greatest challenges that you see in our literature and Internet ministry?*

**Dick:** I think the main challenge will be to never become program-centered. In our relationship to God, we need to be Christ-centered. In our beliefs, we need to be Bible-centered. And in our ministry we need to be people-centered. By this I mean: (1) We don't first design programs and then try to make people fit into them. (2) Instead, we want to constantly be aware of the real needs of people, and then, (3) we need to tailor-make NCF ministries to address those needs and provide answers that are not just theory, but are practical, Christ-honoring, and people-healing.

**Dr. Bruce:** *Dick, it is such a pleasure to have you join us in this ministry. We are looking forward to many years of ministry together.*



*The training I took at NCF a quarter-century ago was a major turning point in my life.*



*Our philosophy of evangelism has been "the application of the gospel and Christian message to the healing of the whole person."*



# Winning Over Worry

**I**T'S MONDAY MORNING. The weekend is over. The alarm clock blares out its hideous jangle and suddenly you are snapped into the world of reality.

First comes the struggle to get out of bed, and then the rush

to get to school or work on time.

Is this how your week starts? And aren't these pressures mild compared to the ones you face as the day and week wear on?

We live in a world of ever-increasing stress and worry with school, work, family, financial, and social pressures. Not many people are free from worry of some kind.

Worry or anxiety is a major problem of contemporary society. In excessive amounts it can take years off your life.

Some people like to think that things don't bother them. "No problem," they say as they put on a brave front and reach for the aspirin or alcohol bottle to deaden their worries and anxiety.

However, this is no solution. Their concerns will just reveal themselves in other ways.

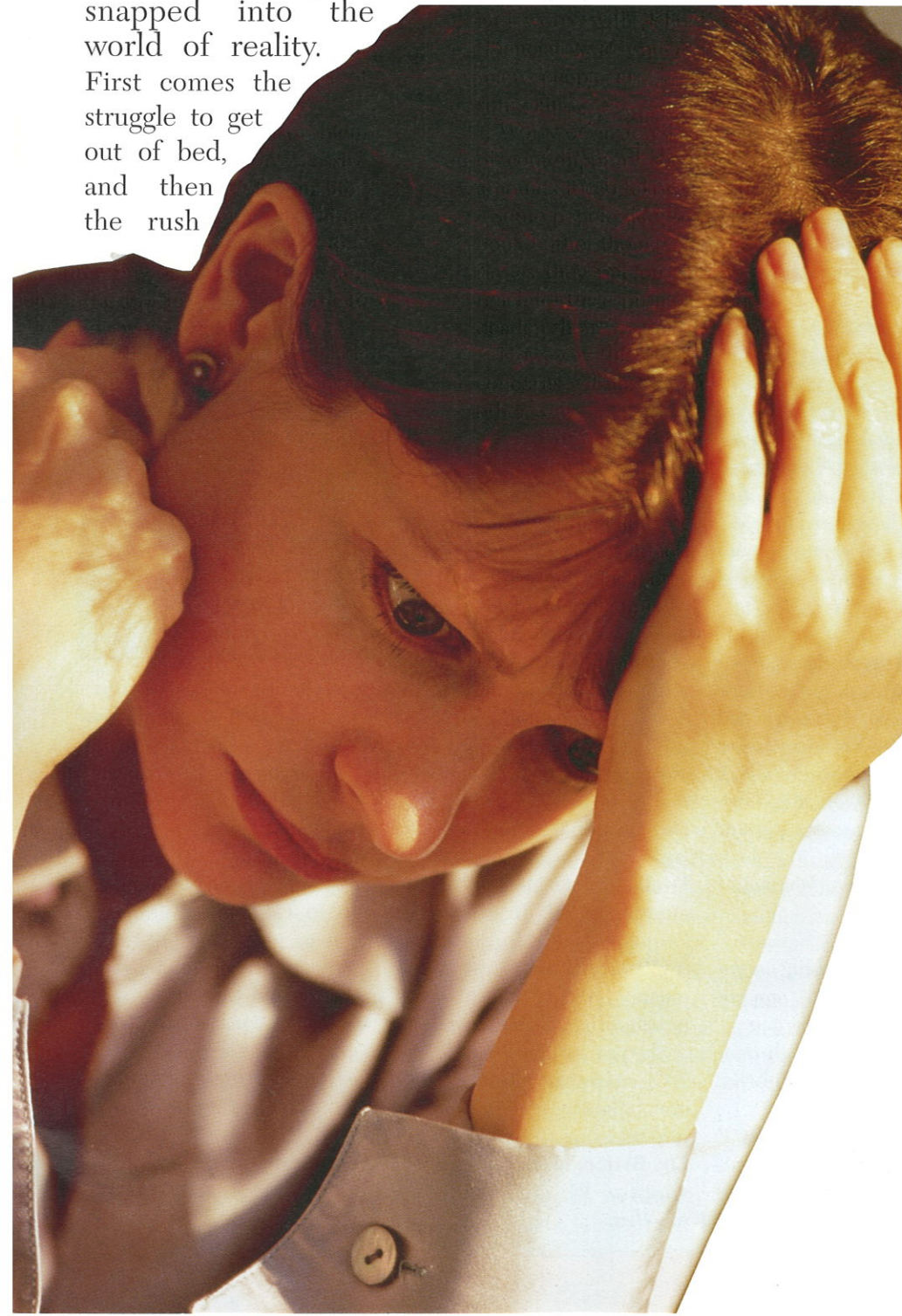
**G**eorge withdraws when he is upset, hurt, or uptight. Susan talks endlessly to cover her anxiety. Bill chain smokes to avoid facing his. Harry attacks when he feels threatened. Jack dominates. Joy procrastinates. Dennis is a constant complainer. Joan is a compulsive eater. Fred is a compulsive drinker, Tom is a compulsive worker, and Frank is a compulsive gambler—all because of unresolved worry and anxiety.

Anxiety also expresses itself in physical ways. Stuttering, abdominal pains, high blood pressure, a twitch, allergies, ulcers, nervous stomach, tension headaches—all have been named by doctors as symptoms of anxiety and worry.

Yes, sooner or later anxiety will win out. If we don't talk out our worries, we will act them out in one way or another.

Long ago the Bible pointed out that "a relaxed attitude lengthens a man's

*by Dick Innes*





life.”<sup>1</sup> Jesus himself said, “Don’t worry about things—food, drink and clothes.... Don’t be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time.”<sup>2</sup> And the Apostle Paul wrote, “Don’t worry about anything; instead, pray about everything; tell God your needs and don’t forget to thank Him for His answers. If you do this you will experience God’s peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and hearts quiet and at rest as you trust in Christ Jesus”<sup>3</sup>

**H**owever, it’s one thing to know about God’s peace and another to experience it. It begins with being able to see and admit your real fears, by facing and resolving them, and by learning to surrender or trust them to God—and not take them back.

The causes behind worry are many and varied. The following are some of the major ones with some helpful tips for winning over them.

*First: If anxiety is situational—that is, caused by adverse circumstances or too much work, I find it helps to list all my worries, concerns and responsibilities on paper.* This is half the battle. I then eliminate the least important matters, prioritize, and work on the things I can do something about! I am learning to accept the things I can’t do anything about and to stop worrying about them.

*Second: If the problem is caused by repressed, pent-up feelings, such as resentment, hurt, anger, guilt or grief, those feelings need to be acknowledged and expressed in healthy ways.* If you’re nursing a grudge, you will need to put things right with the other person concerned and work through the process of forgiveness.<sup>4</sup> Some feelings can be talked out with a trusted friend. However, if super-charged repressed negative feelings from unresolved past experiences are at the root cause of one’s worry and anxiety, help from a qualified Christian professional counselor may be critical.

Sometimes it can help to go for a drive in your car with the windows closed and talk to the person you are angry with or

feel hurt by, as if they were with you, or go to the bedroom and cry out your grief, or write your feelings out as David often did in the Psalms.

One night when I was worried and couldn’t sleep, I got up and typed a letter to God, sharing all my feelings with Him.



**“A relaxed attitude lengthens a man’s life.”**



Within a half-hour I had released my pent-up feelings. I then read them back to God, tore up the page, went back to bed, and fell asleep immediately.

Good, hard physical exercise is also helpful when you’re feeling worried, anxious, or stressed.

*Third: If your worry is caused by unmet emotional or spiritual needs, you can remedy this by growing in your relationship to God and other people—both of which are keys to vital, worry-free living.* A spiritual growth group or a good twelve-step recovery group can be a big help for this. As you open up to others and to God and feel their love and acceptance, you can slowly change feelings of fear, guilt, anger, inadequacy, anxiety, and worry for feelings of hope, confidence, peace, and love.

“Perfect love drives out fear,”<sup>5</sup> writes the Apostle John in the Bible. So we need to ask God not only to help us overcome our fears, but also to fill us with love—and to lead us to the help we need to get to the true cause of our worrying.

It’s not easy but it is true, the more we can learn to love and trust God, the less we will fear man and circumstances. Every day, I pray and commit

and trust my life to God.

In 1929, business tycoon J.C. Penney was in the hospital because of his severe anxiety. One night he was sure he was going to die, so he wrote farewell letters to his wife and son.

But he survived the night, and hearing singing the next morning in the chapel, felt drawn to go in. A group was singing, “God will take care of you,” after which followed Bible reading and prayer.

**P**enney said, “Suddenly something happened. I can’t explain it. It was a miracle. I felt as if I had been instantly lifted out of the darkness of a dungeon into warm brilliant sunlight. I felt as if I had been transported from hell to paradise. I felt the power of God as I had never felt it before.

“I realized then that I alone was responsible for all my troubles. I know that God with His love was there to help me. From that day

to this, my life has been free from worry. The most dramatic and glorious minutes of my life were those I spent in that chapel that morning.”<sup>6</sup>

The cause or causes of our anxiety and worry always lie within ourselves. At best, they are triggered by outside circumstances. Only when we admit to and resolve these causes, are we free to fully surrender our worries and anxieties to God and experience His peace.

Whether this peace comes instantly or over a period of time doesn’t matter. The important truth to remember is that God is always there. His love and power are constant and available to all. As we reach out to Him through the fog of our worry and damaged emotions, we discover that He is waiting to help us if only we will respond to His love and give Him the chance. □

<sup>1</sup> Proverbs 14:30. (TLB)

<sup>2</sup> Matthew 6:25,34.(TLB)

<sup>3</sup> Philippians 4:6-7. (TLB)

<sup>4</sup> See Matthew 5:23-24.(TLB)

<sup>5</sup> 1 John 4:18. (NIV)

<sup>6</sup> S.I.McMillen, *None Of These Diseases*, (Westwood, N.J.: Fleming Revell Co., 1963), p.98.



## Can't Concentrate

(Continued from p. 3)

arrive in the world with temperaments that leave them difficult to manage.

Apparently the dysregulation of certain neurotransmitters in the brain make it harder for the ADHD child to sort out or regulate certain internal and external stimuli. These deficits in brain neurochemistry make it harder to concentrate and focus because the child is bombarded by too many stimuli.

Distractibility and inattention, from a brain function perspective, are the failure to "stop" or tune out unwanted internal thoughts or outside stimuli such as a voice in the other room, or a bird outside the window. Rapid mood changes and hypersensitivity appear to result from the brain having more difficulty moderating those parts of the brain which regulate motor movements and emotional responses. And children with a combination of hyperactive and impulsive behavior may have frontal lobe deficiencies which make it hard to wait, delay gratification, or inhibit actions. All of these characteristics can then interfere with a person's memory and ability to learn.

### If you suspect ADHD

If your child has several symptoms of ADHD, don't immediately rush out and obtain professional evaluation. Take the time to read a few articles or books on ADHD. Talk to other parents who have an ADHD child. Prayerfully evaluate what you have learned about attention disorder and compare the information to the consistent behavior of your child, not to just his or her occasional style! If the descriptions match up, professional evaluation is appropriate. Here are some conditions or characteristics that suggest an evaluation is in order:

- \* If the ADHD symptoms are prominent in the day-to-day life of your child

- \* If other parents or relatives have suggested that there might be something out of the ordinary going on with your son or daughter

- \* If a teacher or caretaker has told you of frequent problems with inattention, distractibility, forgetfulness, noncompliance, daydreaming, impulsivity, problems with peers, underachievement, or incomplete assignments

- \* If, as a parent, especially the mother,

you have had a nagging concern for a period of time that there might be some type of problem based on the high maintenance requirements of your child.

- \* There are too many days when you find yourself continually frustrated and angry with your child, even to the point of not liking him or her very much

- \* You see the self-esteem of your child plunge lower and lower because of difficulty with self-control, social or school failures, or the inability to sustain an interest in activities which occupy most children.

Each of these are telling you something. While most of them can also be caused by emotional or family pressures, when they form a group or are consistently present, it is wise to seek professional help in determining the causes and pointing to the direction of treatment and help.

### Diagnosing ADHD

There is no simple test that determines a child has ADHD. Diagnosis is a complicated process that requires the skill of a psychologist, psychiatrist, pediatrician, pediatric neurologist, or some other mental health professional that deals in these special needs of children. A thorough diagnosis will help you and your child understand the exact nature of your child's difficulties. It will provide information about his strengths and weaknesses. It will clarify the specific problems with attention, overarousal, and impulsivity. And it should also reveal your child's learning style and academic capabilities with direction and recommendations for you and his teachers.

The most helpful professional is one who will gather information from multiple sources and arrive at a diagnostic decision based on integration of information from your child's behavior at home, school, and in the community. As the primary advocate for your child, you will need to take the initiative to secure the best help available. Don't be afraid to challenge and ask about those things that don't make sense to you. You need to be an active collaborator in the process of diagnosing and assisting your child, and you should not expect all psychologists, educators, and psychiatrists to be thorough and competent in diagnosing and treating ADHD. When you call or meet with a professional, ask if he or she has had specific training and experience in the diagnosis and treatment of ADHD.

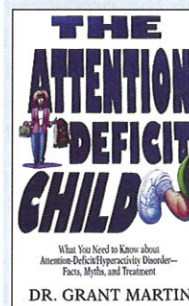
How many children has she or he evaluated? How involved does he or she become in the monitoring of treatment?

You need to feel comfortable and confident with your practitioner. If he or she won't answer your questions or gives unclear answers, look elsewhere. And if you are uncomfortable with a practitioner's personality or professional approach, find someone else. Your child's future is at stake and you need a highly qualified professional that you will feel comfortable working with for several years.

If you need help finding a specialist, ask your local school principal or counselor about conducting an assessment for your child. You may also be able to obtain diagnostic help through a Christian counseling center in your area, other mental health agencies, university clinics, or home school associations.

Another great resource is a group called Children & Adults With Attention Deficit Disorders (CH.A.D.D.). Local chapters of CH.A.D.D. can help you locate resources in your area for both diagnosis and multi-modal treatment. You can contact the national office in Plantation, Florida at (800) 233-4050, or find them on the Internet at [www.chadd.org](http://www.chadd.org).

In coming issues we will look at various types of intervention and treatment for ADHD children. This will include the place of medication, parenting tips, and educational help. While there is no complete cure for ADHD, we now know a great deal about how to help the child and his family. There is every reason to have great hope for these fine children! □



Grant L. Martin, Ph.D., is a child psychologist associated with Heritage Counseling Associates in Edmonds, Washington. He is the author of *THE ATTENTION DEFICIT CHILD* (Chariot Victor Publishing, 1998), and *HELP! MY CHILD ISN'T LEARNING* (Focus on the Family, 1995). He may be contacted at 555 Dayton St., Suite C, Edmonds, WA 98020, phone 425/774-4673.



# TO THINK ABOUT

## The Beginning of Knowledge by Ruth E. Narramore



Five-year-old Byron was in kindergarten learning the letters of the alphabet and the various sounds they represent.

"Grandma," he said looking up at me, "I'm almost to the letter Z, and when I finish that, I'll be all through learning."

Well, Byron is now six and being launched in first grade. I'm sure by this time disillusionment has set in as he is confronted with the fact that there is much, much more to be learned.

As we well know, learning is a God-given lifelong process. In today's world with computers and the Internet we are experiencing a knowledge explosion unprecedented in human history. We will certainly be entering the new millennium on the information highway.

While there is a myriad of very helpful educational information available, there is, unfortunately, much that is degrading and some that is extremely harmful—such as pornography and instructions on how to make bombs.

All this means we need to be sure that what we see and read will pass the litmus test of God's Word. The Apostle Paul speaks about the unregenerate in their lopsided quest for knowledge. In 2 Timothy 3:7 he says that they are "ever learning and never able to come to the knowledge of the truth."

Those who distort truth lack a solid foundation when they ignore God's Word which reminds us in Proverbs 1:7 that "the fear of (reverence for) the Lord is the beginning of knowledge."

That is why many parents opt to send their children to Christian schools. This is not to say that all secular education is bad. Not at all. However, children in secular schools need parents who are aware of what their children are being taught so they can counteract any non-Biblical teaching.

A few nights ago I heard the television commentator, Wolf Blitzer, tell his audience: "Christians are upset about not allowing prayer or the Ten Commandments in our schools. They do not like having their children taught evolution."

Then he added, "But all that stuff doesn't matter. It's not important! What is important is to care for the homeless and to feed the children who are starving around the world. These are the important issues; not whether a student is allowed to bring a Bible to school!"

At that point I did something that I often do: I talked to the television. "Mr. Blitzer," I said, "you don't understand, do you? If Christianity were allowed to flourish, the world would be filled with many more caring people. Homelessness would disappear and children would no longer go hungry. Yes, Jesus is the answer to the world's problems."

But without a spiritual awakening this is not going to happen. When our schools and secular media expel God and insist on wandering on their man-made detours, they have a real problem.

Sadly, much of the knowledge imparted to our youth in classrooms, on television, MTV, the Internet, and popular music lacks the most important component of all — "the fear of (reverence for) the Lord."

Let us pray as we enter the new millennium that God will bring in a great spiritual renewal and put in the heart of man a thirst for the knowledge of and reverence for God. □

**Learning  
is a  
God-given  
life-long  
process.**

# READERS WRITE

## GODLY WISDOM

We read, enjoy, and endorse the helpful godly wisdom in the materials we receive.

Thank you and may a continual blessing be yours.

*M/M Earl Dennis  
Tulsa, Oklahoma*

## KEEP EVERY MAGAZINE

I can't tell you how much hope and support you have given to me over the past 15 years. I am so grateful for your dedication and commitment. I have kept every pamphlet and magazine from you and share them with several others.

*Linda Vavra  
Coulterville, California*

## NEVER ANY DOUBT

Your many published booklets, magazines, and full-length books have meant so much to me through the years. I always appreciate that you stand firm on the whole Word of God and write so that anyone, young or old, can understand the meaning. There was NEVER any doubt about what you believe, and you say it clearly.

*Lynn Molchan  
Phoenix, Arizona*

## MEANS A LOT TO ME

Your magazine and booklets mean a lot to me and they have helped me understand some of the things that have happened in my life. Thanks!

May God bless you.

*Virginia Fallon  
Turnersville, New Jersey*

## THANKS FOR YOUR FAITHFULNESS

I wish every young family had access to your literature as I have always been blessed by your magazine. I pray for the grace of God on all of you. Thanks for your faithfulness.

*Mrs. Lois L. McKinstry  
Mercer Island, Washington*

## MINISTRY TO PEOPLE IN NEED

May God bless you as you continue to present this wonderful ministry to people in need.

*D. Taylor  
Forest Hills, New York*



# REFLECTIONS BY DR. CLYDE NARRAMORE

## On The Ranch

*Dr. Clyde M. Narramore, founder of the Narramore Christian Foundation, has had a world-wide ministry for 45 years. He is currently writing an intriguing book sharing many of his interesting experiences as a pioneer in the field of Christian psychology. For the next several issues Psychology For Living will be running this feature giving Dr. Clyde's reflections and perspectives on a variety of experiences. In this first article he shares a little of his background growing up on a ranch in Arizona.—Editor*

**W**HEN PEOPLE ASK ME where I came from, they're often surprised when I tell them I was raised on a ranch in Arizona. Somehow, I suppose they think psychology and cowboys don't seem to go together. But on the other hand, maybe there are few places where a kid has a better opportunity to see things in a practical way, and has time while riding horses to think about people and life.

There were seven of us children—six boys and one girl; my sister being the oldest and I the youngest. My father died two years after I was born so I don't remember him. Mom never remarried but dedicated her life to raising one girl and six ornery boys!

As a child or teenager, I never thought about not having a father. It seldom crossed my mind. I just knew it from the beginning and that was it. I never felt disadvantaged. Also, I had five brothers who were making suggestions, telling me what to do, and expecting me to obey. I was never mistreated, and my mother was one of the most stable, well-adjusted and encouraging people I could imagine!

"But," you may ask, "don't you think you missed out by not having both parents?"

Of course! I'm sure my life would have been different and better if I had known a father. However, my family told me that during those first two years when I did have him, I was the apple of his eye. So that period undoubtedly left a positive impact. We know that the pre-talking months of human development are especially important whether we remember



*A young Clyde Narramore on the ranch.*

them or not. All of us would benefit from having loving, encouraging and godly fathers. It's a definite loss to have only one parent. God has intended that fathers and mothers both contribute significantly to a child's best development. And these influences last a lifetime.

**P**eople sometimes ask, "Were you raised on a horse?" I guess I'd have to say yes.

We had a number of cattle and work horses, as well as one or two riding horses. In the early days, motorized machinery was not common on American farms and ranches. As a result, horses assumed an important role. If you wanted to get somewhere, you'd jump on a horse and do what you needed to do; and I enjoyed that.

Like all other teenagers, we ranch kids had our occasional fantasies. I remember one time we thought we should put on a local rodeo and charge everyone twenty-five cents so we could make some money. Eight or ten of us got together and decided who'd do the roping and who'd do the bulldogging and the rest of it. We had a couple of trial run-throughs, but eventually the idea got lost because we had to get busy and work.

We were up early in the morning milk-

ing cows, and we worked until late in the evening. On top of that, as teenagers we had to walk (or run) half a mile or more each morning to the main road where we caught the school bus to ride seven miles to the nearest high school. So we were busy, with no time to get into trouble.

**M**y interests seemed to follow those of my brothers. Beside ranching, we were all interested in sports, music, and in people. Our family was musical, and four of the boys were soloists. One brother, Earl, was an exceptionally good pianist, and even as a child, accompanied all of us as we gathered around the piano and sang. This was an important part of our development. It introduced an artistic element into our lives which was a contrast to the hard work we did on the ranch.

Did I like cattle? They were OK—that's how we made a living. But I was much more interested in helping people, and I knew that I could never influence a cow!

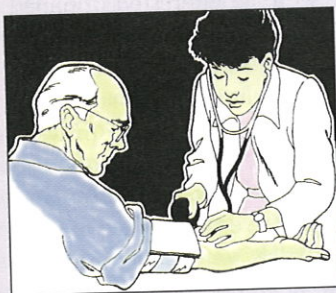
My brothers tried to teach me about ranch life—raising crops, breeding cattle, treating sick cows and horses, breaking horses, butchering cattle, harvesting crops, taking care of harnesses, milking cows, repairing farm machinery, and whatever. Since there were no "consultants" or "resources," we had to do it all ourselves! Naturally, I absorbed a lot. But I'm afraid I was a rather disinterested learner. My mind seemed to wander, thinking about people and why they acted the way they did. I enjoyed growing up on the ranch. My brothers treated me fairly, and church and school (our only meeting places) were a delight! We lived in a productive valley just a mile from the desert. In fact, I felt sorry for kids who didn't live near a desert. I wondered how they could have much fun!

There weren't many people in our little community of Palo Verde—maybe less than a hundred. I knew them all and they all knew me. In a sense, we were accountable to one another. So between them and my family, plus a dynamic faith in Christ, I managed to grow up behaving myself, with a lot of hope and excitement about the future! □



## BLOOD PRESSURE AND DEMENTIA

Lowering blood pressure may prevent dementia, according to the results of a trial conducted in Europe. Those people over age sixty with high systolic blood pressure received blood-pressure-lowering drugs or a placebo. Those on a placebo were twice as likely as those on



medication to develop vascular dementia, which occurs when blood flow to the brain is blocked. The researchers estimate 19 cases of vascular dementia could be prevented for every 1,000 hypertensive patients who control their blood pressure with drugs for five years.

(*Health After 50*)

## BACK PAIN AND PSYCHOLOGY

It's hard to say which comes first—back pain or depression—but studies have suggested that the two may go together. Money problems and high-stress jobs are risk factors for back pain. Overweight and sedentary lifestyles can also be factors. If you suspect depression as an element in your back pain, consider psychological counseling. This does not mean, however, that the pain is “all in your head.”

A study from the North Carolina Back Pain Project in 1995 found that the benefits from treatment provided by

primary-care physicians, chiropractors, or orthopedic surgeons were about equal.

Becoming active, losing weight, and overcoming a sedentary lifestyle may be important steps in overcoming back pain.  
(*UC Berkeley Wellness Letter*)

## WARNING SIGNS OF SUICIDE

Certain warning signs may indicate serious depression and the possibility of suicide. Always take any threat of suicide seriously, even if the person is currently being treated for depression.

Danger signals:

- \* Pacing, agitated behavior, frequent mood changes, and sleeplessness for several nights.
- \* Actions or threats of assault, physical harm, or violence.
- \* Delusions or hallucinations, such as hearing voices.
- \* Threats or talk of death or suicide, such as “I don’t care any more,” or “You won’t need to worry about me much longer.”

\* Withdrawal from activities and relationships.

\* Putting affairs in order, such as saying goodbye to friends, giving away prized possessions, (combined with) writing a will.

\* A sudden brightening of mood after a period of being depressed.

\* Unusually risky behavior, such as buying or handling a gun, or driving recklessly.

If you see any of these danger signs, call a doctor, mental health clinic, or suicide hotline immediately.

(*Mayo Clinic Health Letter*)

## VITAMIN B12 DEFICIENCY

Anyone with any unex-

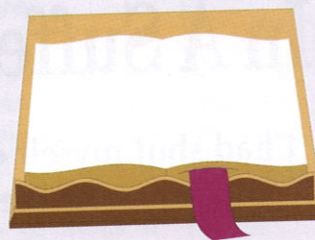
plained neurologic problems such as confusion, memory loss, hallucinations, or muscle weakness should be tested for a vitamin B12 deficiency.

Bringing vitamin B12 levels up into the normal range is usually done with injections of the vitamin. Once the deficiency has been corrected, monthly injections of vitamin B12, or weekly nasal sprays, or even daily pills can keep levels in the normal range.

(*HealthNews*)

## BIBLE STUDIES REDUCE REPEAT CRIMINAL OFFENSES

James Peterson, imprisoned for embezzlement and scheduled for release from prison in Texas, turned down his opportunity for parole and requested to remain jailed. Peterson says it was because his life is being transformed from the inside out in a program known as The InnerChange Freedom Initiative, launched two years



ago in Houston and operated jointly by the Texas Department of Criminal Justice and Prison Fellowship, a Christian ministry founded by former Watergate figure (and convicted felon) Chuck Colson.

Texas officials operate the program’s “hardware” (cells, guards, uniforms, etc.) while Prison Fellowship leaders, using private funds, fund the program’s “software” (Bible studies, mentoring, tutoring

programs, and worship services).

Peterson says the “tough love” he received at InnerChange helped him own up to his misdeeds and to make things right with others. He wrote a former employer seeking forgiveness for lying, stealing, and deceiving him, and the employer came to visit Peterson in prison where they were reconciled “to the glory of God.”

InnerChange leaders realize the ultimate test of their effectiveness will be in the post-prison behavior of InnerChange graduates, which is part of the reason InnerChange has volunteer mentors who help inmates make the transition to post-prison life.

A recent study at Vanderbilt University found that inmates who participate in prison Bible studies are far less likely than other convicts to become repeat offenders.

(*USA Today*)

*Note: Prison Fellowship opened its second site for The InnerChange Freedom Initiative in Newton, Iowa, in July.*

## VIDEO TO COUNTER HOMOSEXUAL PROPAGANDA FILM

In an attempt to answer the highly influential pro-homosexual video, *It's Elementary: Talking About Gay Issues*, which is being shown in public schools throughout the U.S. and which portrays Christians as hate-filled bigots, American Family Association (AFA) has produced a video titled, *Suffer the Children*. This video may be obtained by calling (601) 844-5036.

(*AFA Journal*)



AS THE DAILY NEWS carried story after story of the suffering throughout the world, I thought to myself, *It's too much! I can't stand to take on the pain of all those people!* And I walled off my feelings from the wars, the starvation, the homeless, the orphans, and all the hurts I saw on the news and read about in the newspapers. *I won't think about all that misery any more!* I thought, *After all, we have problems in our own town and family, too.*

Then one day I realized that I felt dead inside! I had anesthetized myself to the hurts and pain in our troubled world. Unable to care about even the problems of people close to me, I prayed desperately, "Lord, what has happened to me? I seem to have lost my compassion! Nobody's suffering seems to touch me any more! Help me, Lord, to be able to feel again!"

The Lord heard my cry and used a pair of tiny red shoes to begin tearing down the wall I had built around my emotions. That day television carried news of a bombed city, and the camera zoomed in on a small grave. Beside it stood a mother with her hands covering her face, grieving for her lost child. On the little mound was a pair of small canvas shoes. The mother had no flowers to bring to that grave, but she did have the red shoes her little one had loved. My heart began to melt, and I dared to feel some of the mother's grief and loss.

"Thank you, Lord," I cried. "It hurts, but I don't want to live behind that wall any more." I had been safe from pain there, but drying up my emotions was too high a price to pay.

Television and other news media bring unthinkable scenes into our lives—thousands of starving people, bombed homes and buildings,



## Walled-Off Feelings In A Suffering World

**I had shut myself off from all the pain  
of the world.**

*by Venus E. Bardanoue*

refugees caught in abject misery, and all sorts of suffering caused by men and by natural disasters.

I had shut myself off from all pain and excused myself by thinking, *I'm too old to bear all this burden. I fought battles for others for years, and it's now someone else's turn to bind up the wounds of the hurting—here and far away.*

But was that what my Lord

wanted me to do? I had to admit that I knew the Master had not absolved me from reaching out to needy people. But how could I do that if I only peeked over the wall at them and called, "God bless you," and then retreated to the safety of my own inner life. I needed to allow the Lord to make me vulnerable again.

Paul wrote to the Ephesians about Jesus, "For Christ

Himself has...broken down the wall of hostility that was to separate us" (2:14). I had become ready to say, "Lord, if You can break down the walls that separate Jews and Gentiles, You can break down this one, too. Let me feel the needs of others, no matter how much it hurts, and make me strong enough to be your hand extended. You never shut Yourself off from those who needed you. Master, I want to be like You."

When I allowed myself to feel the pain of others, I was obliged to help. But what I could do seemed so little in a world of overwhelming hurt!

"Dear Lord," I prayed, "touch the lives of the refugees with Your love and hope. Give them grace to bear the trials sent their way. Turn the hearts of their enemies to You, and as only You can do, take this pain and suffering and cause good to come out of it." Then I wrote out a check to support a Christian organization which provides food and clothing to refugees. I thought, *It's only a drop in an ocean of need. But even a pebble tossed into the ocean changes its shape.*

An old Russian proverb says, "If everyone gives one thread, the child will have a coat."

From the rubble of the torn-down walls of my heart, from the shared pain of the hurting, may I always be willing to feel the need of the world—and in the name of the Savior, give a thread! □

*Dr. Venus Bardanoue is a retired speech pathologist and audiologist who now writes full-time from her home in Harlem, Montana. She has authored over 600 articles, and Bible studies which are widely distributed. She and her husband, Francis, a retired legislator, each hold honorary doctorates from the University of Montana.*



# NCF NEWS UPDATE



Dr. Mary Hower

## NCF Associate Ministers in Albania

Christian psychologist Dr. Mary Hower, supported by the Narramore Foundation, traveled to Albania in June to assist with the Kosovo refugee crises. Dr. Hower accompanied a team of four Christian psychologists from England and the United States. This ministry had two purposes: First, they ministered directly to refugees in various camps counseling hundreds of refugees in five different camps throughout Albania.

The second purpose was to offer intensive training in dealing with post traumatic stress disorders to national pastors and Christians leaders. Although evangelical Christians make up only a small portion of the population of Albania, they carried out a very substantial portion of all the relief efforts. When government and volunteer workers from a Muslim country were given responsibility for one of the camps, the Muslim refugees signed a petition asking the Christians to come back! One refugee said to Dr. Hower, "We will remember you forever. You came to us when we were in need."

## NCF Appoints International Missionary Member Care Representatives

In expanding NCF's world-wide ministry, Dr. Bruce Narramore recently announced the appointment of Drs. Kelly and Michelle O'Donnell as NCF's International Missionary Member Care Representatives.

Kelly and Michelle are Christian psychologists ministering out of London, England, to missionaries throughout Europe, Africa, South America, and Asia. During recent years the O'Donnells have partnered with NCF on several occasions to provide counseling and consulting to

missionaries in crisis or other difficult situations around the world. Most recently, Michelle traveled to Tien Shan School in Almaty, Kazakstan (in the former Soviet Union), to speak and consult with parents of the 90 missionary children from seven countries that are enrolled in this new missionary school.

In addition to their current ministry of writing, consulting, and counseling missionaries throughout the world, as NCF's Missionary Member Care Representatives, Kelly and Michelle will help Dr. Narramore identify and meet critical mental health needs in the international missionary community. Please pray for the O'Donnells and NCF as together we serve the churches world-wide missionary outreach.



Drs. Kelly and Michelle O'Donnell

## New Partnership Pays Eternal Dividends

As shared in both *Psychology for Living* and *Special Insight*, NCF has partnered with ACTS International to intensify the ministry and outreach of both organizations.

One of the specialties of ACTS is evangelistic outreach, not only through the printed page, but also through the revolutionary Internet communications.

According to a study report from eMarketer, "Worldwide Internet use will grow by 35.2 million people this year to 130.6 million. By 2003, Internet users will reach 350 million, a 67 percent increase from the end of 1998."

This will present unlimited ministry opportunities for NCF for many years to come. Already it is proving to be very fruitful. In July, for example, there were forty-seven salvation responses from this outreach. Your prayers for this work will be greatly appreciated.

# LIVING MEMORIALS

## My Gift of Love

### TO HONOR THE MEMORY OF:

### PRESENTED BY:

James Bruce	Mary E. Bruce
James Bruce	Lee and Gloria Bendell
Opal Jenkins	Deborah Dugal
Margie Johnson	Lee and Gloria Bendell
Marie Parthenis	Virginia P. Elmendorf
Mrs. Judson A. Rudd	Mary Frances Carlson
Charles Weikel	James & Ramona Weikel

(Gifts received after August 16, 1999, will appear in the November/December 1999 issue of *Psychology For Living*.)

In Memory of:

Amount \_\_\_\_\_  
Given by: \_\_\_\_\_  
Name \_\_\_\_\_  
Address \_\_\_\_\_

Mail to:  
NARRAMORE CHRISTIAN FOUNDATION  
P.O. Box 661900, Arcadia, CA 91066-1900  
Send acknowledgement to:

Name \_\_\_\_\_  
Address \_\_\_\_\_

## COMING NEXT ISSUE

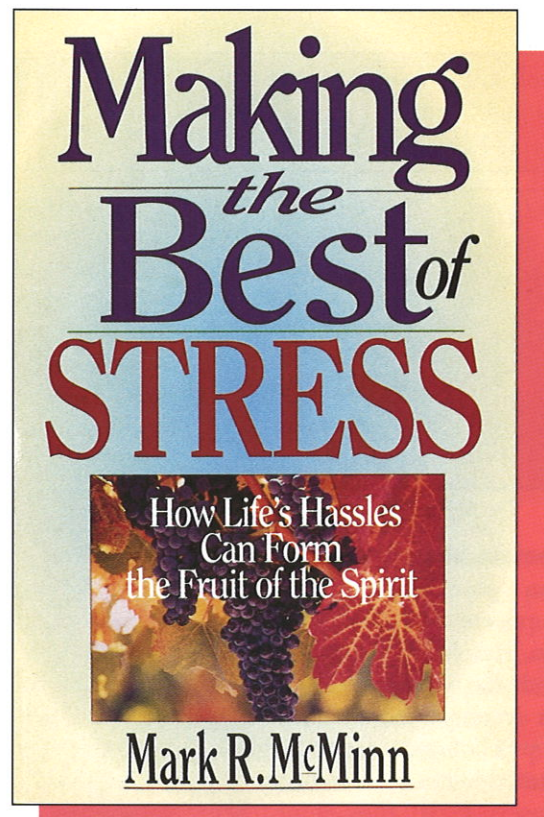
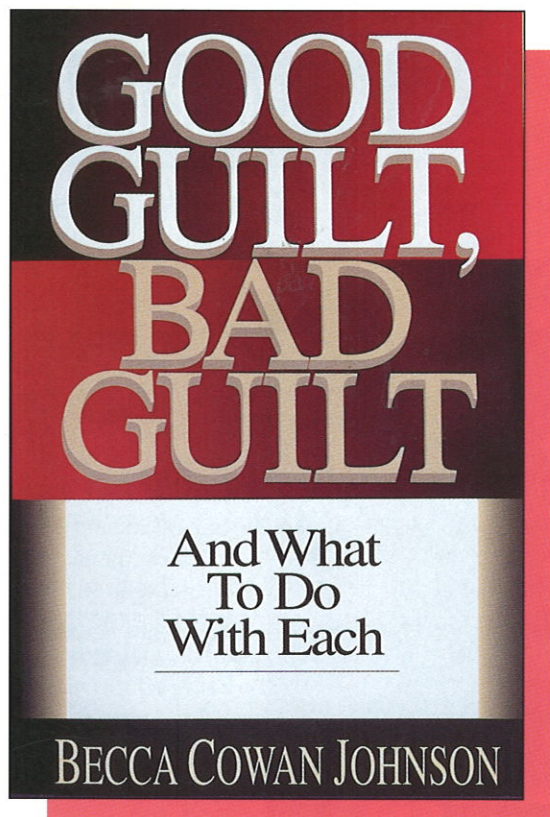
### ❖ The Big Marriage Myth

### ❖ Health & The God Factor

### ❖ In It For The Long Haul

### ❖ Healing From Post-Abortion Syndrome





## Two Insight-Packed Books That Will Inform and Enrich Your Life

### **Good Guilt, Bad Guilt** by Becca Cowan Johnson

Do you feel guilty? Are you envious of your neighbor's car? Were you rude to a coworker? Have you neglected time with your children?

Most people feel guilty in these areas—and many more. Some of the guilt we experience is part of having a healthy conscience. Our guilt, properly understood, can show us the sin in our lives and lead us to repentance. Bad guilt, however, undermines our emotional and spiritual growth. It is destructive and even immobilizing.

The difficulty is that it is hard to tell the difference. But this book will help us unmask bad guilt and get rid of it. Once we learn to identify this unnecessary guilt, God will begin to work powerfully in our lives. And we'll discover how good guilt can challenge us to glorify God in all we do. If you struggle with guilt, this book will set you on the path to freedom.

### **Making the Best of Stress** by Mark R. McMinn

We are flooded with bills, expectations, deadlines, exercise routines, church responsibilities, investments, the needs of our children and much more. It can be hard, and we listen eagerly to gurus offering the secret for escaping stress.

But psychologist Mark McMinn thinks trying to eliminate all stress from our lives is a bad idea. For one thing, that attempt only adds to our stress, since it's nothing but a fantasy that we might live stress-free lives. But for another, stress gives us opportunities we would otherwise never find for growth and insight.

In this surprising, hope-giving book, McMinn shows how we can use the inevitable hassles of life to become stronger in the fruit of the Spirit. *Making the Best of Stress* helps us turn the unavoidable pressures of daily living to our advantage—and to the service of discipleship.

## Special Fall Sale

**Include both of these books for \$15.95—a value of \$28.90**

Price includes tax, postage, and handling. To order by phone using credit card call TOLL-FREE 1-800-477-5893, or mail a check or money order to

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