

PSYCHOLOGY FOR LIVING

MARCH-APRIL 1999

**HOW CAN
I HELP?**

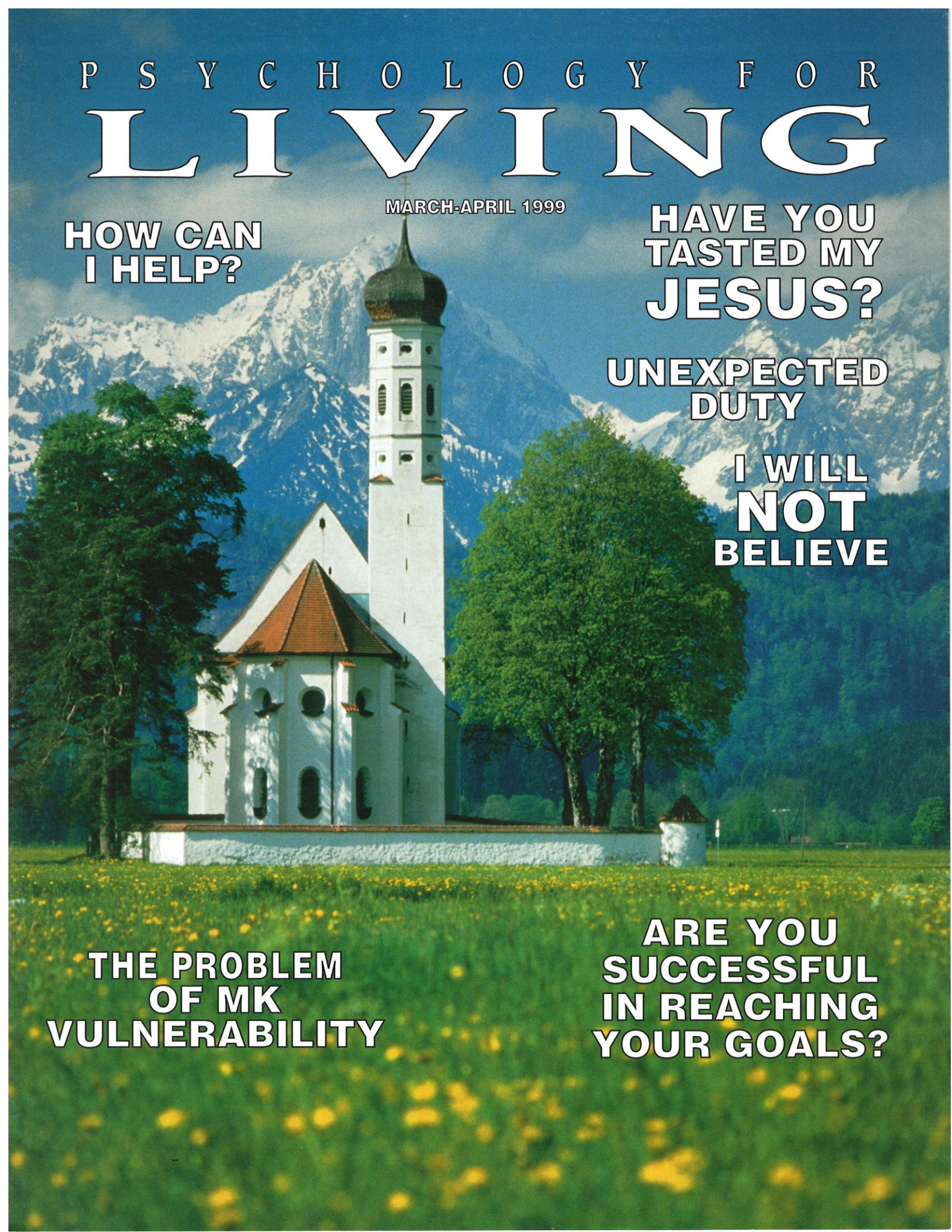
**HAVE YOU
TASTED MY
JESUS?**

**UNEXPECTED
DUTY**

**I WILL
NOT
BELIEVE**

**THE PROBLEM
OF MK
VULNERABILITY**

**ARE YOU
SUCCESSFUL
IN REACHING
YOUR GOALS?**



A PERSONAL WORD

by Clyde M. Narramore

GOD'S WONDERFUL LEADING

A MOST ASSURING SCRIPTURE is Proverbs 3: 5 and 6: "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."

This is truth you can hang your life on. Just as sure as God can save you and me, He can also lead us throughout our lifetime. I believe one of the key aspects of this great promise is, "*In all your ways, acknowledge Him.*" If we live for Him each day, if we acknowledge His supreme guidance, and if we look to Him in faith, He will surely direct our paths.

Years ago when I was serving as a naval officer, and later taking graduate studies at Columbia University, I thought about my nephew, Bruce Narramore, a sincere, bright Christian lad who was growing up in the same farming community where I grew up in Arizona.

Since there were only a few young people in the community and few Christian influences, I wanted to bring additional spiritual direction into his life. So I subscribed to the *Youth For Christ* magazine for him. I felt that as he read the articles and looked at the pictures of thousands of teenagers attending meetings and conferences, it would encourage him in his faith.

During the next few years as Ruth and I completed our graduate studies at Columbia University, I saw Bruce only occasionally when we would visit my folks back home in Arizona. But we continued to pray for him.

You can imagine our joy when at eighteen years of age Bruce showed up at our home in California on his way to Westmont College, a fine Christian school in Santa Barbara. For the next three years he spent many weekends with us during the school year. We were always impressed with his love for the Lord and his interest in the field of psychology, which was his major in college.

During several summers he lived with us and helped us at the Foundation. After graduation from college he continued to live with us during the time he attended Pepperdine University where

he received his master's degree.

It was a happy, yet sad day when Bruce headed out alone for Kentucky where he was to begin work on his Ph.D. at the University of Kentucky.

Although I don't claim to be Cupid, I did write a letter telling him about a young lady by the name of Kathy Rice who was arriving at the University of Kentucky to work with the ministry of Campus Crusade for Christ. I suggested he contact her so he could get to know other Christians on campus. I also phoned Kathy telling her that Bruce was an excellent speaker and a devoted Christian, and might be a blessing to the Campus Crusade work. Well, you can guess the end of the story — in less than a year, they were married. After Bruce finished his doctorate, he and Kathy moved to California where he joined the staff of the Narramore Foundation. He soon became our Vice President and a member of our counseling staff.

A few years later, Dr. Bruce and I founded the Rosemead School of Psychology where he was the Academic Dean. Seven years later after receiving accreditation, we moved the school to Biola University, about 15 miles distance, where he took a leading role in the administration of the school.

Through the years Dr. Bruce has spoken to groups throughout the U.S. He also authored a number of best-selling books including, *Help, I'm A Parent!* My wife, Ruth, and I have always been impressed with Bruce and Kathy and their love for the Lord Jesus Christ and their exceptional competency.

Kathy, the daughter of missionaries in China and Taiwan, became involved in missionary projects, especially after their son and daughter, Richard and Debbie,



graduated from college. In time she began serving on the boards of various missionary organizations. She has also traveled to foreign countries counseling with missionaries.

In recent months while considering a person to work with me and eventually head up the ministries of the Narramore Christian Foundation, we asked Bruce of his interest. He immediately said that he was *definitely* interested. Consequently, our Board of Directors has unanimously voted for Bruce to join our staff.

Dr. Bruce Narramore, with our son, Dr. Kevin Narramore (director of Mental Health Projects), will make a strong team. We pray that God will bless the ministries in the future even more than in the past as we work together.

Indeed, as we trust in the Lord with all our hearts and try not to lean on our own understanding, but rather, acknowledge Him in all our ways, He will certainly direct our paths. Praise God for His eternal Word and His faithfulness!

Little did I realize when I was encouraging Bruce as a boy that some day we would be working together in the ministries of the Narramore Christian Foundation and that we would be calling on him to assume the presidency of this God-blessed and unique ministry.

Clyde M. Narramore

PSYCHOLOGY FOR LIVING

March-April 1999 Vol. XLI No. 2

DEPARTMENTS

- 2 A Personal Word
- 4 From The Editor's Desk
- 4 What People Are Saying
- 14 Making A Difference
- 16 Health Watch
- 16 Living Memorials
- 17 Answers To Your Questions
- 18 Insights And Sharing
- 19 Our World Today

FEATURES

STAFF

Founder and President:

Dr. Clyde M. Narramore

Editor:

Ruth E. Narramore

Editorial Assistant and Staff Writer:

Eva Hallam Solberg

Art Director:

Donald Ensign

Photographer:

Benjamin Burnweit



Published bimonthly by the Narramore Christian Foundation, 250 W. Colorado Blvd., Suite 200, Arcadia, California 91007. All material in this issue is subject to United States and international copyright laws. **Permission to reproduce** may be obtained only by writing the editor. **Change of Address:** When ordering a change, please send your OLD address along with the NEW, enclosing the label, if possible.



HOW TO GET THIS MAGAZINE: A tax-deductible donation of \$18 or more brings *Psychology For Living* (with *Special Insight* on alternative months) to you or a friend. Two years for \$32. Write to Narramore Christian Foundation, P. O. Box 661900, Arcadia, CA 91066-1900, or phone toll free 1-800 477-5893. You may use a credit card.



The Narramore Christian Foundation is a non-profit faith organization dedicated to the prevention and solution of human problems. Dr. Clyde M. Narramore, founder and president, is a licensed Christian psychologist with a doctorate from Columbia University, New York.



Photo and Illustration Credits:
Cover photo, —Comstock, Inc; pp. 5, 8—Jim Whitmer; pp. 7, 12, —Ben Burnweit; pp. 10-11—courtesy of Debbie Narramore

5 HOW CAN I HELP?

BY KIMBERLY MALKOS

Some people were wonderful comforters. Others left us hurt and weakened. What made the difference?

7 HAVE YOU TASTED MY JESUS?

"All I wanna know is, was the apple I ate bitter or sweet?"

8 UNEXPECTED DUTY

BY SYLVIA AFTONOMOS

At last the pieces of her behavior puzzle fell into place.

10 THE PROBLEM OF MK VULNERABILITY

BY LYNN DIXON SIDEBOTHAM

When a missionary's child is being emotionally damaged, it is not right to continue without making changes.

12 ARE YOU SUCCESSFUL IN REACHING YOUR GOALS?

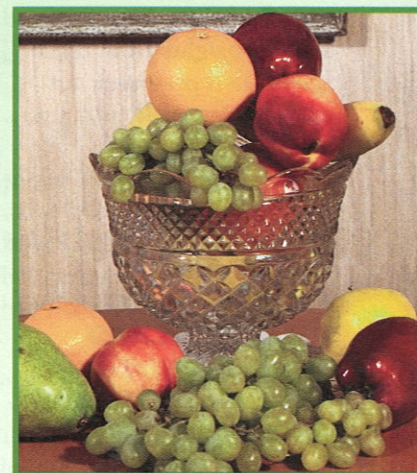
BY CALVIN W. PRATHER

The motivation and desire for change has to come from within yourself.

13 I WILL NOT BELIEVE

BY JACK WILLIAMS

Nobody was smiling on that Easter morning 2,000 years ago!



FROM THE EDITOR'S DESK

TO THINK ABOUT

by Ruth E. Narramore

IN A LETTER FROM THE APOSTLE PAUL to the Christians in Rome, he made the way of salvation crystal clear: "If you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved" (Romans 10:9).

This is a two fold process. It involves both (1) speaking openly about the Lord and standing by Him in every situation, and (2) believing in your heart that Jesus rose from the dead and is alive today. It's not always easy to speak out for the Lord, especially in situations where one can be persecuted and discriminated against for proclaiming his or her faith. But does the second half of this equation present a loophole for when it's unfashionable or not expedient to "stand up for Jesus"?

Not really! To "believe in your heart" is not meant to indicate the acceptability of being a secret, silent believer. Although there are those who believe in their hearts without publicly acknowledging Christ with words, this is not God's plan. He wants His children to be substantial witnesses...to stand up and be counted!

When God speaks about "believing in your heart," He is saying that there must be faith in the soul before there can be any meaningful confession with words. A testimony for Christ that is not spoken from the heart is hollow. It is



mere mockery. Unfortunately, there are those who claim to be believers who have never made a heart commitment to Jesus. Words alone are without meaning. Salvation is a transaction that involves the heart. In verse 10 we read that "with the heart one believes," which implies more than merely an assent of the understanding, but an act of the will.

To believe with the heart means whole-hearted acceptance, not just an academic, head knowledge of who Jesus is. It takes heart involvement and genuine commitment. The testimony that emanates from a genuine heart relation-

ship will have integrity and validity. And it will be evidenced in that person's life.

But that is not all. God is precise about what we should believe and endorse in our hearts. Verse nine distinctly spells it out in saying "believe in your heart that God has raised Him (Jesus) from the dead."

That says it all! Indeed, the resurrection is the fundamental tenet of our Christian faith. To unreservedly believe that Christ was crucified, that God raised Him from the dead, and that He lives today is to affirm that Jesus is the divine Son of the omnipotent God. And when we truly believe this from the depths of our hearts, how can we remain silent? We must be true to our soul's conviction by acknowledging verbally that Jesus Christ is our risen Lord and Savior. □

WHAT PEOPLE ARE SAYING

I LISTEN ON MY WAY TO CLASS

I am a student in Barbados and have been listening to your broadcasts. I have been profoundly blessed by them.

Your program, *Psychology For Living*, is very inspiring and educational. Mostly on my way to classes, I turn it on as it comes on at 8:30 a.m. weekdays. I have gained a lot of insights from these spirit-filled programs and pray that you will continue the good work.

Alvin Charles
St. Michael, Barbados,
West Indies

PASTOR WRITES FROM THAILAND

Psychology For Living is the best magazine for a minister like me in a faraway land. Your magazine touches many

aspects of human life. Your answers and writings are to the point and biblically sound. I like that. That is why I suggested my church members be members of this magazine.

Dr. Nantachai Mejudhon
Bangkok, Thailand

EMERGENCY PREPAREDNESS

Having read Dr. Kevin Narramore's article, "Y2K Bug: Headache or Heart Attack?" in your September/October issue of *Psychology For Living* magazine, I was so interested that I decided to send for your emergency preparedness booklet and learn more.

As an ardent reader of your magazine, I would like you to know how much it has helped my family and myself in our daily Christian lives. We look

forward to the next issue and pass it around for all to read.

You are all wonderful people and the work you are doing at Narramore Christian Foundation is helping so many people around the world. God bless you and many thanks.

Kathleen M. Shepard
Carmichael, California

THRIFT STORE MAGAZINE SWAP

I love your magazine, *Psychology For Living*. I never knew it existed before I saw it at a thrift store magazine swap.

My daughter is taking psychology at a secular college and she needs a Christian balance. Many of my daughter's Christian views are not shared by her professors and she is not given an equal chance to

write or state her beliefs. Perhaps a subscription to your magazine will help.

Diane Gronewold
Stanwood, Washington

I HAVE THE SAME FEELING

In your December 1998 *Letter of Blessing* you said, "This may be our last Christmas." Strangely, I have the same feeling, that the Lord is coming soon.

Dr. K. Hsu
Houston, Texas

ACCEPTED JESUS

It was while listening to you on radio in 1970 that I first heard the gospel and accepted Jesus into my heart.

Thank you for your ministry.

Elizabeth Skyrn
Lansdale, Pennsylvania



HOW CAN I HELP?

Some people were wonderful comforters. Others left us hurt and weakened.
What made the difference?

by Kimberly Malkos

SEVERAL YEARS AGO MY HUSBAND ANDY tumbled down his employer's unlit staircase. The resulting injury cost him his full-time job, and he was unable to find permanent work for over four years.

During that four-year period, the workmen's compensation financial and medical benefits ceased, and the resulting money problems forced us to withdraw our son from the private Christian school he'd attended for three years. Our struggle intensified

when I began to display symptoms of a chronic, debilitating illness.

Some people were wonderful comforters. Others left us hurt and weakened. What made the difference? How does one really help those who are enduring long-lived trials?

PRAY

It's easy to mutter a quick "and-God-remember-Tom-in-his-afflictions" as we doze off into untrou-

bled sleep. But conversations between God and the effective pray-ers of the Bible were intense. Hannah, in her prayerful fervor (I Samuel 1:12-15), was presumed drunk. Jesus Christ agonized and "sweat, as it were, great drops of blood falling down to the ground" (Luke 22:44). An angel released Peter from prison as a result of his brethren's earnest prayers for him (Acts 12:5-11).

Bringing someone before the throne of God binds us spiritually to that person. We are humbled as God reminds

us that it is He, not we, who are in control. When we pray for another, we are less prone to criticize his circumstances or condemn his choices, since it would be like chiding God for the way He has chosen to work in that person's life.

Let your friend know you are *committed* to praying for and with him or her throughout the trial — no matter how long it lasts. Ask for suggestions for specific matters of prayer. Does that person need financial aid? Reassurance? Courage or wisdom? Relief from loneliness? Or strength to resist a particular temptation?

Andy and I were forced to curtail many activities, including regular church attendance. Sometimes it was due to *my* illness, at other times it was because of *his* pain. Sometimes we couldn't afford gas for the car. Other times, the thought of interacting with others was emotionally just too much. We were especially grateful to those who phoned with news or requested that *we* pray about particular situations because this, in a roundabout way, allowed us to participate in church life.

EMPATHIZE

In I Corinthians 12:25 and 26 we are told that when a member of Christ's body suffers or rejoices, all the members are to actively participate in those experiences.

Each of us goes through diverse trials, so no one else can claim to know "just how you feel." Yet we share common emotional, physical, and spiritual reactions. Mentally reexperience a time when you were crippled by fear — when you

ached with emptiness — when your very faith in God was shaken.

Be vulnerable. As much as possible, vicariously experience the frustration of the one suffering with his particular situation. Try to grasp his sense of loss and rejection, his anxiety and doubt. "Weep

silent or demonstrative, according to our unique timetable and personalities.

SHARE

James 2:15 and 16 encourages us to provide not only "blessing," but "those things which are needful to the body."

To one enduring financial hardship, you can give money orders, cashier's checks, or gift certificates. Provide groceries, toiletries, cleaning products, pet care items, supplies for a craft project, a tank of gas or tickets for an evening

out. When this help is given anonymously, God — not man — receives the glory.

The widowed, divorced, or ailing brother or sister may need help with home repairs, errands, or meals. The chronically ill may appreciate having someone keep them company on one of many doctor appointments. The single head-of-household may enjoy a day to himself while you care for the children or dependent parent. Perhaps he merely desires Christian fellowship over coffee or a cola.

Someone confined to a nursing facility or hospital bed may need something to brighten or personalize a bleak room: fresh flowers, a bright blanket or afghan, a stuffed animal, special coffee mug, or some edible treat (approved by the doctor, but not available from the hospital kitchen).

Scripture tells us **our claims of being religious are verified or disproved by our actions and words** (James 1:26, 27). In a world of hurting people, we are afforded many opportunities to confirm our Christianity.

We can emulate the Pharisees who wagged their fingers in pompous condemnation of the afflicted. We can behave like the selfish multitudes who tried to elbow out those in need. Or we can model the Lord Jesus Christ and His faithful disciples with prayer, empathy, perseverance, and sharing. It's as simple as opening our hearts and extending our hands. □

Kimberly Malkos is a freelance writer. She and her husband live in Copperton, Utah.

If you are dedicated to helping a friend mend, continue to provide patient encouragement when others have grown weary.

with those who weep"(Romans 12:15).

The true helpers *felt* for us. They expressed concern and offered aid, compassion, or just a hug. They didn't scold, spout pat answers, or give unsolicited opinions on how much better they'd handle things if they found themselves in our shoes.

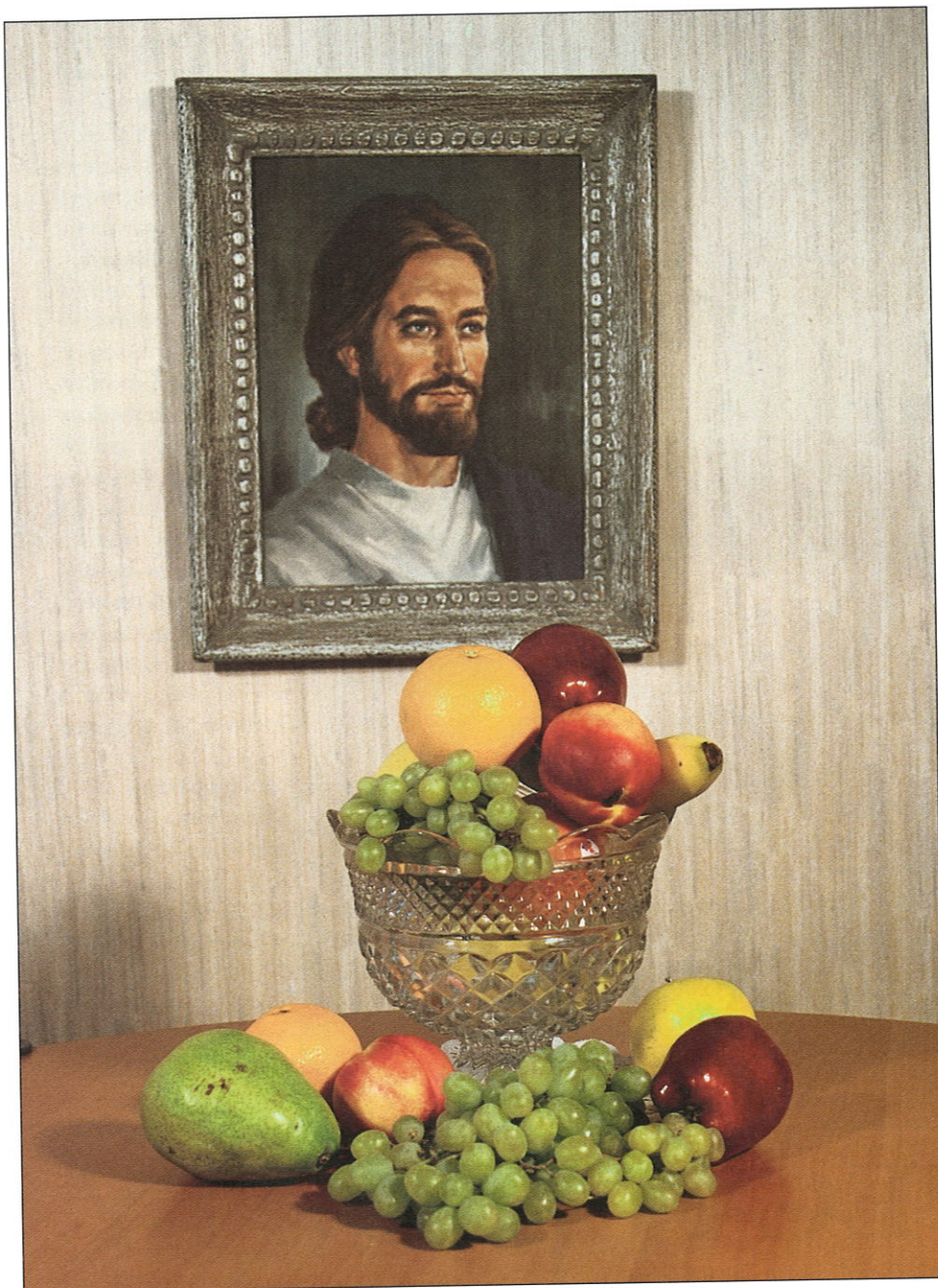
PERSEVERE

Proverbs 17:17 tells us that a friend loves *at all times*. A crisis frequently brings an initial deluge of support. If you are dedicated to helping a friend mend, continue to provide patient encouragement when others have grown weary of giving comfort.

Don't presume suffering to be a punishment from God. The unemployed person is not necessarily lazy because he cannot find work quickly. Illness is not always the result of impure faith or unconfessed sin. It can be, as the Apostle Paul — and Andy and I — learned, a means for building dependence on God. Throughout the Scriptures we read of how God used trials as a means of purification and spiritual growth.

Don't be critical of someone who continues to grieve over a loss after the "acceptable period." Instead, be willing to think on what is "true, honest, just, pure, lovely, of good report...." (Philippians 4:8).

Andy and I were encouraged and helped by those who got to know us in a way that involved regular contact and communication — not just Sunday morning progress reports on the job search or the most recent doctor appointment. They allowed us to grieve or laugh, be



HAVE YOU TASTED MY JESUS?

"All I wanna know is, was the apple I ate bitter or sweet?"

AT THE UNIVERSITY OF CHICAGO DIVINITY SCHOOL, each year they have what is called "Baptist Day." It is a day when all the Baptists in the area are invited to the school, because they want the Baptist dollars to keep coming in.

On this day each one is to bring a lunch to be eaten outdoors in a grassy picnic area. Every "Baptist Day" the

school invites one of the greatest minds to lecture in the theological education center. One year they invited Dr. Paul Tillich.

Dr. Tillich spoke for two and one-half hours attempting to prove that the resurrection of Jesus was false. He quoted scholar after scholar and book after book. He concluded that since there was no such thing as the

historical resurrection, the religious tradition of the church was groundless, emotional mumbo-jumbo, because it was based on a relationship with a risen Jesus, who, in fact, never rose from the dead in any literal sense. He then asked if there were any questions.

After about 30 seconds, an old, dark-skinned preacher with a head of short-cropped, woolly, white hair stood up in the back of the auditorium.

"Docta Tillich, I got one question," he said as all eyes turned toward him. He reached into his sack lunch and pulled out an apple and began eating it.

"Docta Tillich....," CRUNCH, MUNCH.... "My question is a simple question," CRUNCH, MUNCH.... "Now I ain't never read them books you read," CRUNCH, MUNCH ... "and I can't recite the scriptures in the original Greek," CRUNCH, MUNCH.... "I don't know nothin' about Niebuhr and Heidegger" ...CRUNCH, MUNCH.... He finished the apple. "All I wanna know is: This apple I just ate — was it bitter or sweet?"

Dr. Tillich paused for a moment and answered in exemplary scholarly fashion: "I cannot possibly answer that question, for I haven't tasted your apple."

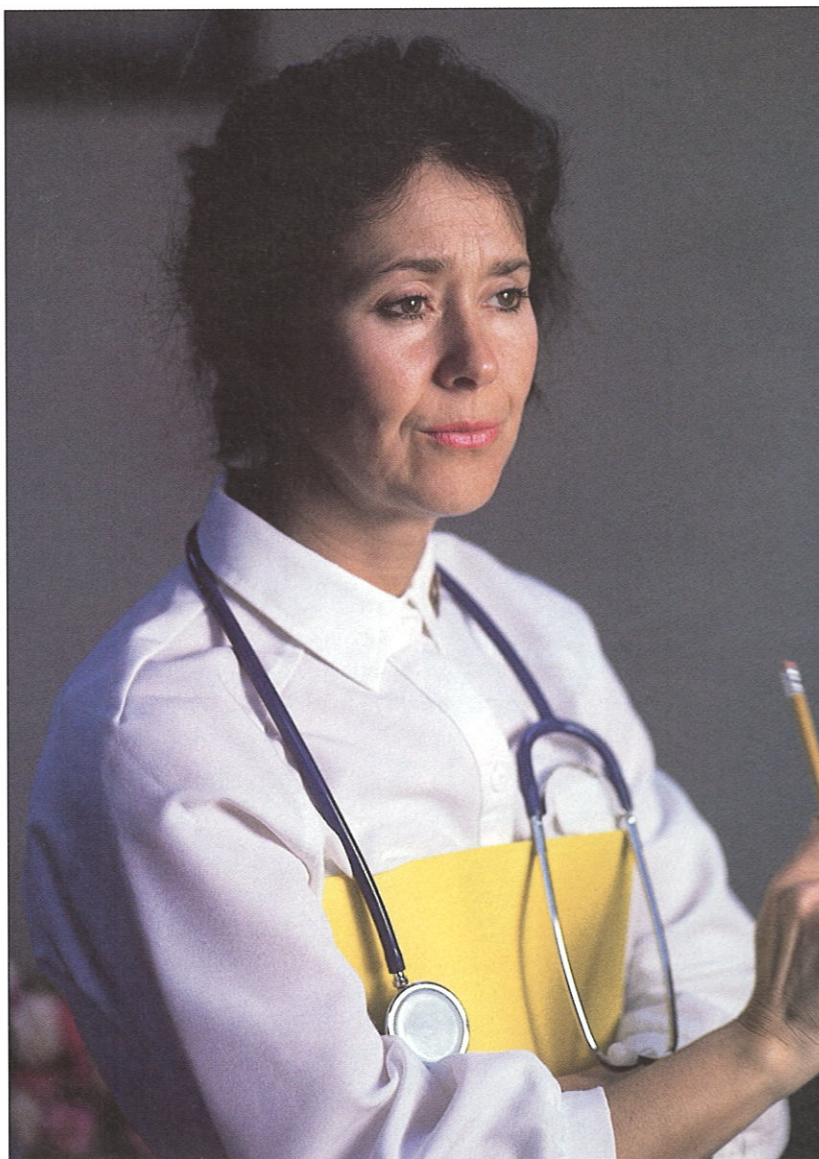
The white-haired preacher dropped the core of his apple into his crumpled paper bag, looked up at Dr. Tillich and said calmly, "Neither have you tasted my Jesus."

The 1,000-plus in attendance could not contain themselves. The auditorium erupted with applause and cheers. Dr. Tillich nodded to the audience and promptly left the platform.

Have you tasted Jesus? In Psalm 34:8 we read: "Taste and see that the Lord is good; blessed is the man who takes refuge in Him."

If you have, then rejoice in the hope of the resurrection that your faith in Him brings. □

Author unknown. Reprinted with permission from GLAD TIDINGS, published by the Fellowship of Evangelical Bible Churches, Omaha, Nebraska.



UNEXPECTED DUTY

At last the pieces of Rosalia's behavior puzzle fell into place.

by Sylvia Aftonomos

THAT SATURDAY EVENING I was scheduled to work on a medical surgical floor as a "float" nurse.

I waited for report to start in the nurses' conference room. The nurse sitting next to me nudged me with her elbow and pointed to the assignment sheet. "You got *her*!" she said.

"Got who?" I queried.

"Rosalia."

"Who is she?"

"Listen to report," she whispered, sounding mysterious.

My stomach knotted.

Eighty-one year old Rosalia had

been admitted to the hospital from a nursing home with dehydration and a long history of medical problems. She was described as one of the most difficult patients on the floor, exhausting the nurses with relentless demands.

"She never leaves her call light alone, not to mention her disrupting shouts of 'Nurse!...Nurse!...' " a staff member exclaimed!

"I'm not going to get trapped into that room for one second this shift," another declared.

The young new nurse who had taken care of Rosalia on the day shift,

looked distraught. "I didn't know what to do to please that woman. She kept me at her bedside all morning. I'm tired, I want to go home."

As an OB-GYN regular nurse, I didn't feel qualified to care for such an impatient patient, but a "float" relieving those exasperated nurses seemed like a gift from heaven for them!

Reluctantly I stood up and breathed a quick prayer. "Commit thy way unto the Lord; trust also in Him" (Psalm 37:5).

No sooner had I stepped out of the conference room than my beeper

sounded with an urgent message: Rosalia — stat!

"My mother needs to go to bed," Rosalia's pacing daughter greeted me as soon as I entered the room. She impatiently motioned me toward her mother.

Rosalia sat in a chair by her bedside with an IV infusion pump next to her. She was a small thin woman with a sallow wrinkled face, large watery eyes, and white-yellowish hair. The bed adjacent to hers was empty. An old walker leaned against the wall behind her. Only a hospital water pitcher and an ivory-colored phone occupied her overbed table. No flowers, no cards, no family pictures, and no gifts decorated her bare night stand.

As I stood before her, she eyed me with a penetrating look for what seemed like an eternity, then snarled, "Put me to bed."

"She can't do that," her daughter interjected. "She is too little. I'm going to get more help." She darted out of the room.

"Rosalia, my name is Sylvia," I spoke softly. "I'll be your nurse this evening."

No response. Rosalia's eyes remained fixed on me with a challenging glare!

"I think I can help you. Would you want me to?" I asked meekly.

"Yes!" she snapped.

I slid my arms around her and helped her to stand. She was able to walk with a walker, so it was not difficult for her to pivot with my assistance and sit on the edge of the bed. As I settled her, I noticed that the front part of her hospital gown was wet from the waist down.

"My bag is leaking," Rosalia brusquely warned me.

Rosalia had an ileostomy. The leakage was coming from around the stoma and the appliance needed to be changed. I slipped a new gown on her, and with a couple of large, thick dressings taped over the leakage, I temporarily solved the problem just before the daughter returned.

"Can't find another nurse," she

announced. Seeing her mother resting in bed, she faltered. Obviously pleased, she moved forward and kissed her good-bye. "Take good care of my mother," she called to me over

Back to Rosalia's room. Having succeeded this time with a new appliance and assuming that Rosalia would be glad to see me leave, I decided to move on to my other patients.

I was wrong. From then on, Rosalia's call light continued to call me back every 10 to 15 minutes. I remembered how sorry I had felt for the young day nurse and began to feel even sorrier for myself!

Finally Rosalia grew tired. She stopped complaining and closed her eyes. *At last*, I whispered to myself, *she is satisfied....*

Surely, Rosalia won't need me for a long time. I heaved a deep sigh of relief and left her room feeling exhausted but pleased for providing all the comfort I presumed Rosalia would need as I brought one last delivery of blankets and pillows!

Again I was mistaken. Within minutes, Rosalia's call light came on. This time she was on the phone, drenched in IV fluid, and complaining to her daughter that she had been neglected. I dashed to her bed, caught hold of the disconnected IV line, put it together quickly, and before I had a chance to catch my breath, the phone landed into my hands. "My daughter wants to talk to you," Rosalia hissed.

"Are you taking good care of my mother?" Rosalia's daughter demanded.

Inwardly I screamed while forcing myself to sound calm. "Yes...yes...please don't worry. I'm taking good care of your mother...." My voice trailed off.

That was the last straw! Tears welled up. I wept a silent prayer: *Dear Lord, what am I supposed to do? Please show me what to do.* Tired and emotionally drained, I began changing Rosalia's clothes. Suddenly an idea dawned upon me. *Could it be...?*

I rushed out of the room, picked up Rosalia's chart and came back. I placed it on the overbed table next to her, pulled up a chair and sat down. "Rosalia, this is your chart. I will leave it here with you, and I'll be coming back to write in it every so often all through the evening. Now I must go. But I'll be back soon!"

(Continued on p. 15)

I had asked God what to do and He gave me discernment into Rosalia's real need.

her shoulder as she left.

"Rosalia, I need to go now," I spoke gently. "I'll be back soon with supplies to replace your leaking bag. But first, I need to check my other patients. It won't take me long."

Rosalia looked at me stern-faced and silent. Feeling deflated, I walked out of the room. Within moments Rosalia's light came on. I hastened back with the supplies to change her appliance.

Matching her silence, I began to gently remove the old bag. To counter my feelings of discouragement, I tried to think of something to say that would require Rosalia to converse. The loud ringing of the phone interrupted my thoughts. Rosalia ignored it so I picked up the receiver.

"How is my mother?" Rosalia's daughter inquired.

"Your mother is doing fine," I assured her.

"Thank you, you're a good nurse," she complimented. "Now, let me talk to my mother."

While the two of them visited, I noticed to my dismay a wet stain spreading across Rosalia's fresh gown. My attempt at replacing the device had failed. The procedure had to be repeated. I inwardly moaned. *What can I do? Rosalia will start shouting.*

There is only one thing you can do, a voice in me said. Tell her!

To my surprise, Rosalia didn't seem perturbed in the least. She merely stared at me coolly. At that moment my beeper sounded. Perplexed by her calm acceptance, I left to answer the call.



THE PROBLEM OF MK VULNERABILITY

When a missionary's child is being emotionally damaged, it is not right to continue without making changes.

by Lynn Dixon Sidebotham

AS AN ADULT CHILD OF MISSIONARIES (MK or "missionary kid"), and as the mother of four MK children, I am fascinated by literature on missionary kids. Discussions of change, separation and loss, MK schooling, and the formation of a "Third Culture" among MKs have helped me. Yet there are few discussions regarding the effects of the receiving culture on an MK, particularly when it is a negative emotional environment.

I do not intend to minimize the Third Culture concept or the "brotherhood" of MKs. Once my husband Bruce and I were talking to another missionary couple about how our future plans could affect our children. John, who was raised in Africa half a world away from me, said to me, "We know what it's like for the kids." And, momentarily, we shared an understanding that neither my husband nor John's wife could.

Some cultures more equal than others. Insufficient attention has been paid to the specific cultures MKs experience. The Third Culture concept—which holds that missionary kids constitute a third culture distinct from their sending and receiving cultures—may have diverted attention from the receiving culture. Perhaps a stronger psychological reason to avoid this discussion is the desire missionaries have to bond and identify. Yes, we need to identify with a culture if we are going to reach it for Christ. In doing this, we often uncritically accept the cultural anthropologists' proposition that all cultures are equal, that the receiving culture is as "good" as our own.

While acknowledging that there are many sinful elements in our own culture and that many neutral customs in a culture do not carry a moral value, I submit that cultures are *not* equally good.

Cultures with a long Christian heritage have been favorably changed by the gospel. Especially in completely unreached groups, the people are not simply in danger of spiritual damnation, but are living their lives in dysfunctional and evil cultures. In their corporate bargain with Satan, they have not received earthly happiness and stability, but a preview of hell.

The degree of subjectively-experienced evil varies from group to group. In Indonesia, for instance, MKs who grew up in the tribes generally enjoyed it. Sally, an adult MK, says, "Indonesia is my home. I am a Dani." On the other hand, many MKs like myself, who lived in urban Muslim areas, disliked the country and never felt at home. An important consideration is whether the sinful and sick aspects of that culture directly affect MKs.

This article may not be relevant to



missionaries serving in some areas. For parents of MKs like Annie, who never wanted to leave Italy, or Marilyn, who could have passed for a French teenager, dealing with the receiving culture is mostly a problem of initial adjustment. But this discussion may help those serving in areas where children face serious problems.

Emotional abuse. MKs may be exposed to emotional, physical, or sexual abuse. In places where it is hard to be white, low-level emotional — touching, poking, crowding, laughing and teasing—is like constant background radiation. Not all of this is intentional. People may not understand that your child does not want to be closely surrounded by 40 onlookers as he builds a sand castle, or be forcibly dragged away from his mom or dad for a social encounter. A child may cry when spectators throw spitballs and mud balls during the soccer game, and he may be even more indignant when people, delighted by his emotional reaction, intensify their teasing.

Some of this happens to most MKs. Parents need to be sensitive about how much a particular child can take. Richard

is shattered and cries, “Mommy, they laughed at me when I hurt myself!” Joshua, his little brother, tells off the bystanders with panache, and wins their respect.

People in the culture may have social controls based on shame and codependence. In one upper-class setting, a bratty little local boy was held out of a second-story window and threatened, laughingly, until he behaved in a socially appropriate way. People operating out of this mindset truly cannot understand why they should not tease, or tell lies, or threaten with demons and ghosts.

Physical abuse. While physical abuse is generally at a low level, it can elicit a strong emotional reaction. Martin was held down and his neck was burned by a stinging caterpillar. Another time his head was cut open by a thrown rock. Paul’s parents reported another incident of rock throwing to the local government official and were able to stop it. Paul’s little brother Doug, though, has never forgotten the fact that their dog was deliberately poisoned. Tangible physical abuse is usually easier to control, partly because nationals often agree it is bad.

Sexual abuse. Sexual abuse can especially be a problem in certain Islamic and Hindu areas. Unfortunately, some parents prefer to avoid the issue, such as the family whose three-year-old girl was allowed to go home with the helpers. (She began playing some very graphic games with her dolls.) Two parents serving in a Hindu culture refuse to let their little boy go alone to visit the neighbors, who had played with him sexually. One of my own preschoolers complained about the helpers pulling his genitals. A Christian national friend to whom I turned for advice said she was a Christian for five years before realizing there was anything wrong with masturbating a small child to calm him down. In some Muslim areas, mild sexual abuse—obscenities, and touching or pinching the bottom and breasts—is common. At one point during my adolescence, I carried a stick whenever I walked on the streets. This constant (though not severe) abuse, annoying and humiliating for a grown woman, can have a grave impact on an adolescent girl.

What can missionaries do? There are a number of options. Sometimes children need to be more sheltered. Unfortunately, this can hinder bonding, but

when the neighborhood children call, “Joshua, come to the gate and pull down your pants,” Joshua had better not play with those children. One begins to understand the rationale for the mission compound.

Boarding school can be a possibility when local conditions are too difficult. Elaina’s parents sent her to boarding school in her adolescence when the family moved to a Muslim area known for sexual harassment. When Elaina came home, she never left the house without an escort of her father or brothers.

Sometimes simply moving locally can take care of a problem. One family in a major city lived first in a neighborhood where the children were being mocked and scorned. But after moving across town, family members found that their new neighborhood was friendly and gentle.

There may be other times, however, when you will need to return your child to his home culture, or you may need to change *your* location and minister in a completely different culture. It does not depend solely on the culture, but also on the child. Some children are far more sensitive than others. I used to think that my children were almost unique in living for a long term overseas without learning the language. An expatriate teacher told me that he had seen a number of similar cases. It was interesting that he had worked in Egypt, another hostile Muslim culture. Evaluating a troubled child psychologically while on furlough may help determine the impact of a culture.

I believe going to a hostile culture is worth the risk. Nevertheless, children are God’s first vocation for parents. You may be called to the field, but you are also called to raise your children. God has given today’s parents more information about MKs and child-rearing principles than early missionaries had. We are responsible to use this knowledge. If a missionary knows his child is being damaged, it is not right to continue without making changes. As my friend John says, “You never get over it.” □

Lynn Dixon Sidebotham grew up as a missionary kid in Indonesia. As an adult, she served two terms as a missionary home schooling her four boys in Sumatra. She now assists with Operation Reveille, encouraging Christians in the military to support missions. Reprinted from EVANGELICAL MISSIONS QUARTERLY, (July, 1998), Box 794, Wheaton, IL 60189.

ARE YOU SUCCESSFUL IN REACHING YOUR GOALS?

The motivation and desire for change has to come from within yourself.

by Calvin W. Prather

HOW ARE YOU DOING WITH YOUR NEW YEAR'S RESOLUTIONS? Are you successful in reaching your goals?

Most likely you are thinking, *Now wait a minute! Why in the world are you bringing up this subject in March and April? Isn't this a little late to talk about New Year's resolutions?*

The answer is, "You're absolutely right!" But the truth is that by now most resolutions made for the new year have been cheated on, altered, forgotten, or ignored. It's not that resolutions are bad...so keep making them. It's when we put unneeded pressure on ourselves without clearly thinking things through that it becomes a problem.

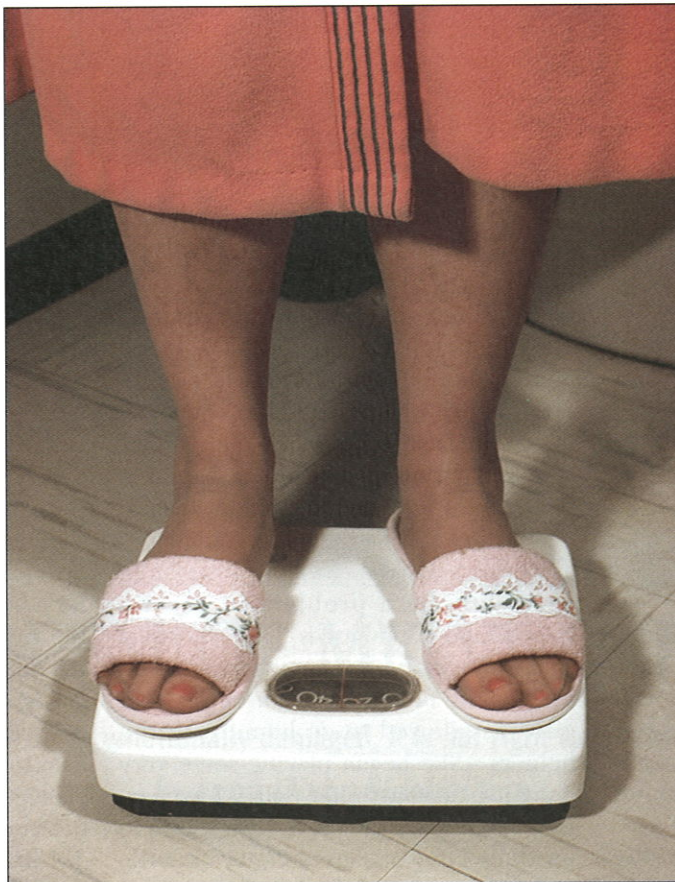
WHAT?

The first step is to ask yourself, *What do I want to change?* Consider how that undesirable behavior began and what is causing it to continue. Why does it exist? What's reinforcing it? If there are emotional reasons behind the behavior, these need to be considered first.

Let's take weight loss, for example. Sometimes people overeat out of nervousness, anger, shyness, or past abuse. Fat is an emotional way of hiding from feelings or people. Trying to change a behavior that has strong emotional roots in its existence will be extremely difficult, if not impossible.

FOR WHOM?

If the motivation to lose weight, to stop smoking, or to affect some other area of personal change is for anyone other than yourself, you're going to have a tough time of it. You'll either give up without



ever reaching your goal, or revert back to your old behavior. The motivation and desire for change has to come from within. Too often people stop smoking or start diets or exercising and the like because someone else wants it more than the person does for himself. This is not to say that you won't be pleasing others when you do something for your own self-improvement. But you must want to do it yourself, or it won't work.

HOW?

Once you've dealt with the preliminary emotional reasons for the behavior and have decided "this is for myself," we often make mistakes on how we set it up. We usually make sweeping general statements about the goal, such as the 300-pound woman who was going to "lose

weight" so she could be slim for her high school reunion in June, or the husband who was going to be more "loving," or the couple who was going to "save more money." These are too general and are usually programmed for failure.

WHAT TO DO?

Make the goal sensible and reachable for the amount of time you have. If the overall goal has a time line that's too distant, like ten years, break it up into intermediate goals of one year or one month. The important thing is to make the goal achievable so you won't be discouraged in the process. The easier the goal now, the easier it will be to reach the next one. It's more realistic, more fun, more encouraging, more satisfying, and more successful when you aim for several small goals, rather than trying for one long-range goal — and then fall short.

The same goes for intermediate goals. Break a goal down into smaller components of behavior that can be measured daily, weekly, monthly, to determine how well you are doing. Also recognize that if what you're doing isn't working, it's within the "rules" to change it.

Put the behaviors you want to change into words and state your overall goal in positive terms. Instead of, "I'm going to stop nagging," say "I'm going to share with my spouse what I want in a calm, kind manner." Or, "I'm going to stop eating so much junk food," to "I'm going to eat food that is healthful." Studies have shown that the brain responds much better to a positive message.

Make it a matter of prayer. God cares about every detail of your life. So when

(Continued on p. 18)

I WILL NOT BELIEVE

Nobody was smiling on that Easter morning 2,000 years ago!

by Jack Williams

IT WAS ON EASTER MORNING when a Memphis State University student overheard this conversation between a hospital chaplain and a hospital staffer as they passed one another in the hallway.

Staffer: "Good morning."

Chaplain: "Good morning."

Staffer: "It's Easter."

Chaplain: "It's Easter."

Staffer: "He is risen."

Chaplain: "Maybe."

Do you harbor secret doubts that the resurrection is true? Do you wonder if Jesus really rose from the dead like preachers claim, or is it simply a wonderful story that never actually happened? Does it all sound like an idle tale repeated on dark nights when people are afraid?

Don't worry. You're not alone. Those who were there on the spot 2,000 years ago when the resurrection event took place were just like you. They didn't believe it either. And they really wanted it to be true because they had seen Jesus die.

The four Gospel accounts leave little doubt that the possibility of Jesus' resurrection never occurred to His friends, His family, or His followers. Strangely, it was only the enemies of Jesus who remembered His words that He would rise again after three days (Matthew 27:62-64).

Far from eagerly awaiting the triumphant resurrection moment, Jesus' chief disciple (Simon Peter) denied that he even knew Jesus and publicly cursed the very idea (Matthew 26:69-75). All this happened before the crucifixion. Peter certainly never considered the possibility of the resurrection. He thought his whole life was over.



What about Joseph of Arimathea who begged the body of Jesus from Pilate (Matthew 27:57-60)? Did he ask for Jesus' body so that he would be the first to witness the resurrection three days later? No, he only wanted to pay his respects by burying the body with dignity. The resurrection was not an issue for Joseph.

More to the point, what was on the minds of Mary Magdalene, Mary the mother of James, and Salome when they showed up at sunrise that now-memorable Sunday morning? Did they rush to the sepulcher eager to meet the resurrected Christ? Not a chance. They worried over who would move the stone so they could get inside the tomb and anoint the dead body of Jesus (Mark 16:1-4). No resurrection talk here.

Take it from me, nobody was smiling on Easter morning 2,000 years ago. They were all still wiping tears from their swollen, red eyes while trying to piece their lives together and disappear into anonymity.

What about the Twelve? By Easter morning, they were only the Eleven. Judas had committed suicide, so we know that he had no thoughts of Jesus' resurrection (Matthew 27:5). The others were a study in despair.

After Jesus finally managed to convince Mary Magdalene that He was alive and not the gardener (John 20:15), she went directly to the apostles and told them that Jesus was alive and she had both seen Him and talked with Him. They didn't believe her (Mark 16:11). And Mary had given a very

(Continued on p. 15)

MAKING A DIFFERENCE

by Kevin Narramore

WWWD — WHAT WOULD WALT DO?



INCREASING NUMBERS of Christian leaders are convinced that something is seriously wrong with the direction the Walt Disney Corporation is heading. It has been criticized for its anti-Christian and anti-family trend, and increasing numbers of Christians would like to do something about the problem. Recently, several Protestant denominations and Christian ministries have called for a boycott of the Disney Corporation and all its subsidiaries. Among the boycott proponents are the Southern Baptists, PCA Presbyterians, Focus on the Family, American Family Association, Concerned Women for America, Chuck Colson, several Catholic groups, and others.

Is a boycott the best approach? Will it work? Has the world's largest media company been unfairly criticized by sectarian expectations of a secular organization? If Walt were still alive, would he be pleased or disappointed by all of this?

On December 15, 1966, Walter Elias Disney, one of the most beloved Americans of the 20th century, died of coronary arrest at St. Joseph's Hospital in Burbank, California. Soon a strange rumor began to circulate that "Uncle Walt" was not really dead. Rather, he had been frozen in a cryonic chamber of liquid nitrogen. The rumor which circulated widely went on to say that he now awaits the day when medical technology would make his re-animation possible.

In truth, Walt Disney's body was cremated and interred at Forest Lawn Memorial Park in Glendale, California. **But just imagine this:** What if Walt Disney was, indeed, cryogenically frozen and then through some loophole of science was temporarily brought back to life? After a joyous reunion with his remaining family members and friends, wouldn't Walt want to visit the studio and meet Michael Eisner, the man whom the Disney board chose to continue his legacy?

Based on a number of recent concerns about the Walt Disney Corporation, here is an **imaginary** conversation of what the two men might say to each other:

Eisner: Hooah. Mr. Disney, I...just heard the news that you were in the building and I STILL can't believe it! What an honor to meet you, Sir. In fact, this is the highlight of my life!

Disney: Thank you, Michael. I can hardly believe it myself. But please call me Walt, and do sit down. We have much to discuss, and the doctors say my time may be limited.

Eisner: I heard that before you left St. Joseph's last evening, the President of the United States called to wish you well.

Disney: Yes, he offered his congratulations and so forth. He said that you and he have warm regards for each other and that you contributed to his campaign. Now he seems like a pleasant-enough guy, but I'm told that he's a self-admitted liar and has a shameless sex problem. Did you really shorten Mr. Lincoln's speech in the Hall of Presidents just so this Clinton character could be worked in? What will people think?

Eisner: Well Walt, we did change and shorten the Mr. Lincoln speech to give it a more contemporary focus, but his essence still remains....

Disney: Sort of like mine?

Eisner: No offense, Walt, but the world has changed a lot since 1966. And so has this company. The little business that you and Roy founded 75 years ago has grown to become a world-wide 23-billion-dollar annual money-maker. Did Lucille tell you that we now have over 200 companies and 120,000 employees?

Disney: Well, I spoke with P. R. and stockholder affairs about it this morning and it's unbelievable. I am very pleased to learn about the theme parks in Japan and Europe. But they say you want to build one in China. Communist China, for Pete's sake! We have enough pinkos in Hollywood as it is, do we really need to go over there and hold hands with those Mao-worshipping murderers? Don't you know about the stand we took with Khrushchev when we wouldn't let him visit Disneyland?

Eisner: Actually, I think we'll be doing China a world of good. Walt, we've tried to honor your heritage while at the same

time expand our global business opportunities. China, after all, is the world's most populous nation.

Disney: Then it's the world's most populous prison. Look, Mike, let me be honest with you. I've spoken with some people and I've heard some very disturbing things about what you've done under the name of creativity and market expansion. If they're true, then we've got a big problem that must be fixed.

Eisner: You mean complaints from those prudish right-wing-conservative Christians? We've got that under control. For 1999, we're reducing the total number of movies with sex and violence content and making more family films under the Disney logo. The Christians will come around.

Disney: For crying out loud, Mike, why did you make them in the first place!? They told me you created subsidiary production companies in order to produce violent, raunchy smut movies that make fun of religion. I'm also told that you hired this Victor Salva, a convicted child molester, to direct a teen movie! And while I'm on this subject, our legal department tells me that ABC Television News spent months researching and producing an undercover story about sex perverts who work at the parks in Orlando. Are you out of your mind?

Eisner: Walter! Its really not that bad. When you were running things, the Disney parks were hiring one out of every 20 applicants. Because there are other theme parks competing for employees, we now must hire one out of four candidates. Yes, some bad apples did slip through but we're now doing background checks, and I can assure you that we've gotten rid of any predators.

Disney: What about the news story? How did you make that go away?

Eisner: (Smiling) Well, Walt, it happens that the Disney Corporation owns ABC Television. So when we got wind of it, we just killed the story. That simple.

Disney: Good, Mike. That's what you have to do. But what's this I hear about the parks allowing same-sex dancing and a Gay Day at Disneyworld for

homosexuals? You know I built Disneyland so that families and children could have a wholesome fun place free from the carnies and side-show freaks.

Eisner: Walt, in time I think you'll recognize the need to get on the bandwagon. Being courteous to 100,000 gays once a year—and we do it unofficially—is nothing short of good public relations—especially for our own employees. Surely you know that any business with entertainers, artists, designers, performers and hospitality people are always going to have some who are a little light in their loafers. In fact, most of the Hollywood studios, including ours, pay health benefits for same-sex partners. You have to do it to attract and keep the best and brightest people, and pretty soon it may even be the law.

Disney: If you must do it, that's one thing. But if it's your agenda, that's another. Lucille told me we own a book publisher called Hyperion Press that published a book called *Growing Up Gay*. She also said you had aired a lesbian sit-com and that the prime character is now being featured at Disneyworld's Epcot Center. Now that's an agenda, Michael, and I won't stand for this kind of thing.

Eisner: With all due respect, Sir, that is no longer your decision. This company is my baby now. Believe it or not, our business is competitive and cut-throat, and in today's environment you wouldn't last more than a month.

Disney: All right, Eisner. I've heard enough. I'm going to take a golf cart over to animatronics and then head home and call up some of the Mouseketeers. But don't forget that there are still lots of people who know right from wrong; they know the difference between Lincoln and Clinton. If you keep moving things the way you are, decent people will organize a boycott... **and I'll join them!**

Although the above "dialogue" is entirely hypothetical, the issues are not. If you don't want to boycott all of Disney (such as Disneyland, ESPN, ABC Nightline, The History Channel, Internal Medicine News Journal, etc.) then consider writing the Disney Company and complain about Mirimax Films, Hyperion Press, and Epcot's "Ellen's Energy Universe" attraction. And when Disney does something good, encourage them by telling them about it. □

I WILL NOT BELIEVE

(Continued from p. 13)

convincing account of the resurrection.

Even after several women told the apostles that Jesus was alive, they considered it just so many "idle tales" and wrote it off as the hallucinations of hysterical women (Luke 24:11).

What finally convinced the unbelieving apostles that Jesus had risen from the grave was the only thing that could con-



vince them—a personal visit from Jesus Himself.

Even after two disciples had rushed back to Jerusalem telling how Jesus had met them on the road to Emmaus and had dinner with them (Luke 24:13-35; Mark 16:12-13), the apostles shrugged it off.

When Jesus did appear to the apostles, He rebuked them for not believing all the witnesses who had seen Him after the resurrection (Mark 16:14). That stings.

This may come as a surprise to you, but after a day-long trail of resurrection witnesses, the apostles still could not be convinced of its authenticity. As they discussed the confusing events of the day,

UNEXPECTED DUTY

(Continued from p. 9)

A miracle took place before my eyes. Something from somewhere within Rosalia lit up and shone in her eyes. The deep lines on her face softened, her stern look dissolved into tenderness, her thin lips pursed forming a faint smile, and in a mellow voice that made me choke Rosalia said, "Go ahead, Honey, I'm fine."

I remained motionless as Rosalia's fear of abandonment snapped into focus. All the pieces of her behavior puzzle fell into place. With my heart I was able to see the total picture of her all-consuming need for companionship. A small, simple thing — her own chart that connected

Jesus suddenly appeared inside a locked room with them. Were they overjoyed to see Him? Not hardly. They were terrified (Luke 24:36-37)!

Then there was Thomas. Yes, Thomas, the absent apostle who had been somewhere else when Jesus appeared to the others (John 20:24). The women who had seen the resurrected Jesus could not convince Thomas. The 10 other apostles combined could not convince him.

That's when Thomas uttered those now famous words we remember so well, ... "I will **not** believe" (John 20:25). For a week Thomas hung around the others telling them the resurrection was not true. He simply could not accept it.

Jesus appeared to Thomas eight days later and made a reluctant believer out of him (John 20:26-28). At that time Jesus said something that spans the centuries and touches us today:

"... Thomas, because thou hast seen Me, thou hast believed: blessed are they that have not seen, and yet have believed" (John 20:29).

I'm one of those who has not seen Him. But I believe. And, like Jesus promised, I am blessed.

Good morning.

It's Easter.

He is risen.

Yes! He is risen indeed! □

Jack Williams is the editor of CONTACT, the official publication of the National Association of Free Will Baptists in Nashville, Tennessee. Reprinted from CONTACT by permission.

her with me was all the assurance she needed that she wouldn't be left alone. I would be back. A feeling of sadness welled up in me clouding my eyes. Slowly I walked out of the room.

Rosalia slept the rest of the evening. Whenever I entered the room, she would open her eyes, look at me, then go back to sleep again. Caring for Rosalia was not a problem any more.

That Saturday evening I had asked God to show me what to do and He gave me discernment into Rosalia's *real* need. The Lord promised, "Ask, and it shall be given you; seek, and you shall find..." (Matthew 7:7). And He kept His word. □

Sylvia Aftonomos, in addition to being a registered nurse, is a free lance writer. She lives in Omaha, Nebraska.

HEALTH WATCH

by Eva Hallam Solberg

IMPORTED JEWELRY DANGERS

Tennessee health officials issued a warning about imported jewelry after a two-year-old boy developed lead poisoning from a "What Would Jesus Do" necklace. The boy had worn the necklace for several weeks. Officials said inexpensive jewelry from Korea, Taiwan, and China may have dangerously high levels of lead and nickel. Young children are especially at risk because they are likely to put things in their mouth. (EP News Service)

SURGERY IN OLD AGE

Even people age one hundred or older can safely undergo surgery and anesthesia without undue risks, say Mayo Clinic researchers in the *Journal of the American Geriatrics Society*. Traditionally, very elderly

patients have been denied surgery out of concern that they might be too frail or ill to withstand the ordeal. Centurions are now believed to be no more likely to die after surgery than others their age who don't undergo operations. People who had elective procedures, such as cataract removal, fared better overall than those who required emergency care. (HealthNews)

SUNLIGHT-CATARACT CONNECTION

Everyone — not just people who spend a lot of time outdoors — should don sunglasses year-round whenever they go outside in sunlight. A recent study found that even people who spend most of their time working indoors may face an increased risk for cataracts if they don't shield their eyes from the sun. Cataracts occur when UV-B rays in sunlight

alter proteins in the eye's clear lenses, causing them to cloud. Wearing a wide-brim hat to further protect your eyes is also recommended.

(*Journal of the American Medical Association*)

IT'S A LOUD, LOUD WORLD

Hearing loss is occurring at a younger and younger age. While it's not surprising that more than 30 percent of people over sixty-five deal with some type of hearing problem, a startling 10 percent of those between forty-five and sixty-four do not hear well either. The main reason is noise. Regular exposure of more than one minute to painful noise — anything 110 decibels or louder — threatens hearing. No more than 15 minutes of unprotected exposure is recommended at 100 decibels — the noise level in a wood shop. And prolonged exposure over 80 decibels can

cause gradual loss of hearing.

To protect your ears, turn down the volume when you can. Cover your ears when sirens, diesels or trains roar by. Wear ear plugs or protectors when using loud equipment. Or stick your fingers in your ears. It's quite effective. (Remedy)

DID YOU KNOW...?

Did you know that bright colors increase appetite? That is why so many restaurants and fast-food places are decorated in orange, yellow, or red. Self-defense for dieters: Surround yourself with darker colors that suppress appetite. Use a tablecloth that is dark green, dark blue, or warm brown. Paint the kitchen a light neutral color with small touches of the colors of fresh fruits and vegetables — which are invigorating, but not stimulating to the appetite.

(Bottom Line Personal)

Living Memorials

My Gift of Love

TO HONOR THE MEMORY OF:

John Davison
John Davison
John Davison
John Davison
John Davison
John Davison
John Davison
Vernon French
Vernon French
Vernon French

PRESENTED BY:

John and Jan Aussenhofer
Myrtle Elwell
Ruth Ewoldt
Hubert and Lillian Freeberg
Peter and Chris Geddes
Bertil and Winnie Holm
Clyde and Ruth Narramore
Lee and Bev Thurber
Norma J. Dendas
Russell and Marjorie Jin
Ruth Keller

(Gifts received after January 15, 1999, will appear in the May/June 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

- * Danger On The Internet
- * Adult Children Who Are Still In the Nest
- * The Upside Of Growing Up In A Single-Parent Family
- * The Honor Of Honoring Your Parents
- * Did I Marry The Wrong One?
- * Your Perception Of The World Through Your Personal Lenses

by Clyde M. Narramore

SHOULD SHE TELL HIM THE TRUTH?

QUESTION:

A friend of mine got in with the wrong crowd several years ago and had an illegitimate child, who she was compelled to give up for adoption. She was not a Christian when this took place. Later she came to know the Lord and in time, she met a Christian man and married him, but she never told him of her past.

Now she is in a state of mental anguish, fearing that he will some day learn the truth, and she doesn't have the courage to tell him. She suffers with terrible dreams, headaches and extreme nervousness. If only she could rid herself of this guilt! Should she tell him the truth?

DISCUSSION:

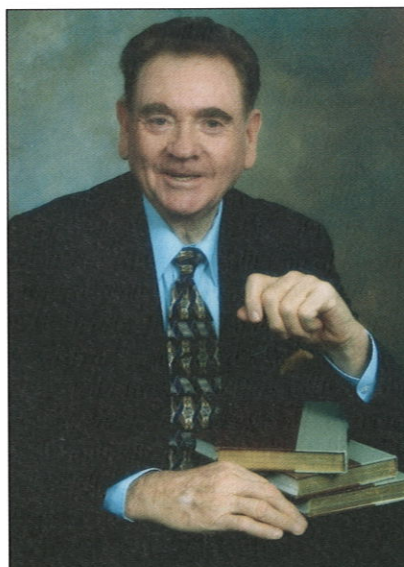
Your friend's problem will undoubtedly get worse as time goes on until she gets relief from this. The Scriptures teach us, "Be sure your sin will find you out" (Numbers 32:23), and "The way of transgressors is hard" (Proverbs 13:15). Your friend has made some serious mistakes, she has committed this sin, and although God stands ready to forgive the penitent heart, there are still consequences that follow wrongdoing.

Marriage needs to be built on honesty. Actually, your friend should have discussed this problem with her fiancé before they were married.

Now the only way for this young woman to find release is to come clean and tell her husband the whole matter and get it cleared up. Unless she does this (and the sooner the better), the guilt she feels will continue to haunt her, and it will become more and more difficult for her as time goes on. She not only needs her husband's forgiveness to help her resolve the whole problem, but she also needs to talk to God about it.

We read in I John 1:9, "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

Because this woman is a spiritual being, she needs spiritual help. As a psychologist, I could gloss over her problem



and do a "lacquer" job or just a smearing on the outside, but this will not give permanent help. This young lady is struggling with real sin in her life—real guilt. There's only one way to deal with it, and that is through the blood of Christ.

This young lady needs counseling sessions with a fine gospel minister or a Christian psychologist until this guilt is dealt with. She also needs help in facing her husband. He will undoubtedly benefit from having counseling along with her. She can then find freedom to become the wife God intends her to be.

HOW CAN I HELP MY TROUBLED FRIEND?

QUESTION:

I have a friend who has gone through emotional deep waters because of her daughter's misled life. She is a Christian and I sympathize with her most sincerely, but I cannot condone her habit of telling all her troubles to anyone who will listen. If it were my daughter, I

wouldn't want to discuss her problems so publicly. She calls me on the phone three and four times or more a day and talks about the same things over and over again. She calls our pastor and does likewise. It is getting so I shudder every time the telephone rings.

I truly hate to hurt this dear soul, but I don't know how to handle this problem. My husband has even asked her not to call me unless she has something happy to talk about. But apparently her idea of happy subjects is just gossip, and in a short time she is right back on the same old subject. She even calls me where she thinks I might be when she can't get me at home. Then she cries right over the phone. The whole situation has me so frustrated and upset that I feel like moving 1,000 miles away. What shall I do?

DISCUSSION:

The problem of this woman's daughter is actually a reflection of her own problems. From what you say, she appears to be a deeply disturbed person. Since you are not trained to treat people with her type of problem, all you can do is to protect yourself from her. Unless you do, you will become part of the problem and will leave yourself open to becoming ill yourself.

Unconsciously this lady is seeking a counselor or a psychologist, and hasn't found one. You or some mutual friend should take her to a Christian psychologist for a professional examination, evaluation, diagnosis and therapy. This is the only way you will be able to help this woman because her problems undoubtedly are too severe for you to handle. She needs professional help.

Of course, you can and should pray for her. Commit her and her daughter and all of her problems to the Lord. Then get on with your own life.

Although you may feel that you should try to help her, it is obvious that you can't. I suggest you and your husband talk this problem over and agree upon the necessary plan of action. If your friend will phone my office at 1-626-821-8400, we will be glad to refer her to an excellent Christian counselor in her area. □

by Lee and Gloria Bendell

TO UNDERSTAND — AND CARE

TO FACE LIFE WITHOUT LOVE and understanding is a shattering and devastating experience. Even young men and women and youths (those full of strength and self-confidence) utterly fail unless they come to know God, His love, strength, and understanding. Suicide is the second-largest killer of the young; drop-outs from society poison the land; the anger of the unloved and unloving erupts into violence across the nation; and scientific "progress" without caring creates monsters that neither understand nor love.

Yet in the midst of such a world, the Christian knows through the redemptive work of Christ the life-giving truth that "God understands and cares." The Bible is a book of understanding and love. Its characters are men and women who came to see their own sinfulness, only to find that God still cared and was ready to forgive the repentant sinner. Who can forget the prodigal son, the publican in the Temple, David's heartfelt confession of his sin, and Paul's honest presentation of his struggles as the chief of sinners? And is there one with heart so cold who is not deeply moved as he beholds Christ dying in agony for our sins, the just for the unjust, only to hear Him say, "Father, forgive them"?

It is this understanding of others and their needs that the Christian should strive to cultivate. It is the only authentic way to be a true ambassador of Christ. We are not in the world bearing witness to Christ; we are in

Christ bearing witness to the world. This takes both the study of the Bible with full acceptance and yielding to its message and the reality of the needs of those about us. And

then the faith and willingness to put Christ first, others second, and self last.

In the early 1960s a book of poetry published by Word Books titled *Walking With the Wind* by Sally Chesham (no longer in print), manifests the kind of understanding of life the Christian must have to minister to the needs of all ages. We quote in part:

Life — The Baby

I am youth in embryo,
Created in God's image,
I howl for action.
I am easily bruised, like a flower.
Impressionable as clay,
Combustible as white paper.
My language is sound, sight and tactility.
I am the beginning of greatness, or of gross criminality.
I am lonely.
Enfold me!

Life — The Toddler

I am youth winding up
Like a top.
Eating excitement as mashed potatoes,
Chomping curiosity as peanut brittle.



I am a
pusher and
a puller,
And even
bite if confused
or angry
and pained.
I am youth
newly
leaped
from the
mold of
humanity.
Attend me!

Bent on discovery.
Half fearful of what is ahead,
I must go on.
I am hybrid — half man, half child —
and sometimes neither;
only a yearning soul
Chained to the plodding present.
I am thirsty and famished,
Aching for the love I often reject.
I am confused.
Understand me.

Life — The Young Adult

I am youth on the run,
with a small sense of triumph
or a larger one of defeat.
The way is more grueling
Than I had imagined.
I am after the gold cup,
The top rung of the ladder.
I dread being ignored.
Though it's painfully apparent,
I am but the rough draft
of what I mean to become.
Listen to me!

We must learn to see people
as God sees them before we
can reach out to understand ...
and care. □

Life — The Pre-Teen

I am youth on a pogo stick,
Leaping and bumping and
banging and bouncing.
I am perpetual motion in
search of a dare.
I have ten arms
and twelve legs,
Affection for baseball bats,
Dolls and the top of the sky.
I am in love with giants
Who are my parents.
But what do they think of me?
Guide me!

Life — The Teenager

I am youth with wings,

GOALS

(Continued from p. 12)

your goals mesh with His, you can look to Him for help. As long as your goals are God-approved, know that He is eager for you to succeed.

REWARDS

Be sure to reward yourself for these small goals, not just for the final goal or behavior. Use sensible rewards for ALL your intermediate goals as well. But be sure your rewards are not in conflict with your overall goal. For

example, don't use food rewards for losing weight. Instead, for each intermediate goal reached, reward yourself with a portion of a new outfit starting with accessories, moving to the final article of clothing upon reaching your final goal.

Above all, keep it positive, simple, manageable, and oriented toward being successful, even if it's just a small success. □

Calvin W. Prather, L.C.S.W., is Director of the Mission Valley Counseling Associates, San Diego, California.



OUR WORLD TODAY

by Eva Hallam Solberg

APOCALYPTIC LEADER HAS ALZHEIMER'S

For decades, Elizabeth Clare Prophet has been "stumping for the coming revolution in higher consciousness." But now the apocalyptic spiritual leader of the Church Universal and Triumphant has worries about her own consciousness. She's been diagnosed with Alzheimer's disease. In the early 1990s she warned her followers that nuclear holocaust was imminent. The cult purchased property near Yellowstone National Park in Montana to surround itself with weapons and wait out the collapse of civilization, but the subsequent lack of nuclear annihilation seriously depleted its numbers. Prophet affirms that she will "continue in my mission to the utmost of my ability."

(EP News Service)

NEW CONGREGATIONS IN RUSSIA

About 190 churches have been started in Russia in the past five years as a result of the "Superbook" television series since 1991. More than one million people responded to the program in writing. Praise God for the new congregations. Pray that they will mature into effective discipling churches. Also pray that seeds of the gospel sown by the program will continue to take root and grow.

(Lyris, Internet)

CHURCH HOPPING AND SHOPPING

Barna Research Group released new data on the qualities Americans are looking for in their churches. The three

"The greatest untapped resource I know is the prayer of God's people."

—Henry Blackaby

most significant factors are:

1. Beliefs and doctrines of the church
 2. How much the people in the church seem to care about each other
 3. Quality of the sermons
- The report also revealed that more than one out of seven adults change churches each year.

(Inside NRB)

MEDICARE BAN ON DOCTORS

Under a 1998 law, any doctor who privately contracts with a Medicare recipient for a service normally covered by the health care program must give up all Medicare patients for two years. But Senators from Arizona, South Carolina, and Texas have introduced the "Medicare Beneficiary Freedom to Contract Act" to drop this ban on doctors who accept private contracts. To prevent fraud, doctors would have to file notices with Medicare administrators.

(Washington Insight)

SHOPPING FOR FREE SPEECH

American shopping malls are the new town squares, where you can ice skate, do your banking, or even ride a roller coaster. But at least in Denver there was no room in the mall for one unique activi-

ty — talking about God.

Security guards there clamped down on two high school boys who were passing out religious tracts and sharing their faith — even though the teens only talked with willing shoppers. Those who discussed topics other than religion were left alone. But a state district court took the mall to task. Ruling the mall's policy unreasonable, the judge said the boys had the right to speak freely.

(Religious Trends)

ADMITTING TO DEPRESSION CALLED COURAGEOUS

Kjell Magne Bondevik, Prime Minister of Norway as well as an ordained Lutheran minister, took nearly a month of sick leave to combat a "depressive reaction" to the stresses of running the nation. When he returned to work for a budget debate in parliament, Bondevik was greeted as "something of a hero" since many Norwegians believe that admitting his depression was an act of great courage. He explained that depression is something which is fairly common in Scandinavia, but which many people have problems talking about openly. Bondevik has said he relies on God for the strength to face life. He reportedly sup-

ports laws to restrict abortion, forbid same-sex marriage, and reduce alcohol consumption.

(EP News Service)

SANTERIA IN U.S.

At least 800,000 people in the United States practice Santeria, a pantheistic belief system with roots in West African voodoo. About 70,000 Santeria practitioners live in Florida. In the greater Miami area, "botanicas" — shops with potions, amulets, and statues — are almost as common as coffee shops. Santeria practices include animal sacrifice and blood rituals.

Intercede for God's lost children held in the spiritual bondage of Santeria. Pray that the light of the gospel will penetrate their darkness and draw them to Christ. Ask God to stir up his people to take the gospel to Santeria practitioners.

(Lyris, Internet)

CHRISTIAN PERSECUTION CONTINUES

Countries ruled by strict Islamic regimes and remnant communist governments continue to rank highest in Christian persecution, according to Open Door's "World Watch List." Rankings are based on extensive research analyzing countries according to legal status of Christians, government attitude toward Christianity, and factors limiting churches and believers.

These are the top 10 countries ranked highest in Christian persecution: Saudi Arabia, Sudan (South), Somalia, Sudan (North), Yemen, North Korea, Iran, Morocco, China, and Libya.

(What in the WORLD is Happening?)

INTENSE MOMENTS WITH THE SAVIOR

Learning to feel



Ken Gire

STRESS, LONELINESS, ILLNESS, DEPRESSION,
TRAGEDY, DEATH. IN THE MIDST OF THE PAIN
THAT AFFLICTS US ALL COMES A PROMISE OF...

HOPE FOR THE TROUBLED HEART BY BILLY GRAHAM

Two Awesome Books that will Thoroughly Bless Your Heart!

Intense Moments With The Savior is a special book that will help you learn to feel. You'll experience intense moments with Jesus in Bethlehem, Jerusalem, at the Jordan River, in the Temple, on a Mountain, at Gethsemane, in Roman hands, at Golgotha, and on the Emmaus Road. Hard cover, 137 pages, beautifully arranged, easy to read. Your friends will want to read it!

Hope For The Troubled Heart is a classic by the beloved Billy Graham. Large size, 230 pages. Billy, who himself has suffered considerably, discusses problems such as stress, loneliness, depression, tragedy and death. In the midst of the pain that afflicts us all, he truly shows us how to have *Hope for the Troubled Heart*. Share it with non-Christians as well as with believers!

***Special Spring offer — a \$22 value for only \$14.95
—includes both of these inspirational books!***

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

NARRAMORE CHRISTIAN FOUNDATION, P. O. Box 661900, ARCADIA, CA 91066-1900.

PSYCHOLOGY FOR
LIVING
THE NARRAMORE CHRISTIAN FOUNDATION
P.O. BOX 661900, Arcadia, CA 91066-1900
MOVING? CHANGE OF ADDRESS: SEND THIS
LABEL OR COPY OF IT TO ABOVE ADDRESS SIX
WEEKS PRIOR TO MOVING.

NON-PROFIT ORGAN.
U.S. POSTAGE PAID
THE NARRAMORE
CHRISTIAN FOUNDATION