

NOVEMBER-DECEMBER 1989

The Good News

OF THE WORLD TOMORROW

Taking the Plunge

Be Part of Something
BIG

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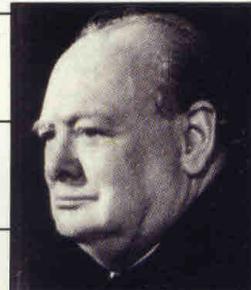


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COVER

Water baptism marks the start of a whole new way of life. "Taking the Plunge" (page 3) covers important facts that may be new to you! Photo by G.A. Belluche Jr.

GOOD NEWS PERSONAL



“Clothed With Humility”

The apostle Peter wrote that Christians should be “clothed with humility” (I Peter 5:5). Indeed, humility is a familiar theme throughout the Bible. It is a quality of godly character that is absolutely essential to salvation.

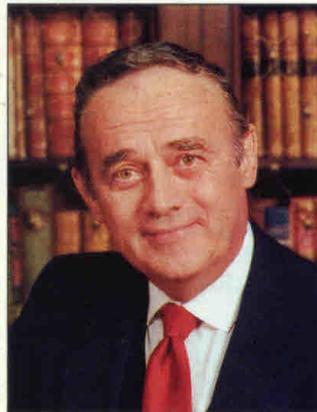
Jesus told His disciples, “By this all will know that you are My disciples, if you have love for one another” (John 13:35). As love is the hallmark of a true Christian, so pride and arrogance are the enemies of a godly nature. Love cannot grow in the hostile soil of conceit.

Jesus Christ Himself was perfect and sinless. Yet He was willing to give Himself for us. He who had lived eternally as God was willing to come down to earth and live as a human being because He and the Father love us. He was willing to be lied about, hated, despised, spat upon and tortured because He and the Father love us. He was willing to die because He and the Father love us.

He did all this, not in a spirit of superiority, though He was certainly superior, but in humility, because He loves us. He was willing to suffer even though we were still sinners. Even though we behave selfishly, arrogantly, foolishly and hatefully, He was willing to suffer for us that we ultimately might be able to change. In so doing, He showed us how we are to think of and live with others.

God has called true Christians to a new and *living* way. The truth of His Word, which He has given us through His spirit, is truth that must be put into practice. It is not to be knowledge alone, but *applied* knowledge.

It is one thing for us to know and understand the



wonderful truth of God’s Word. But God requires that we *use* knowledge, that we live by it. And humility forms the basis for making that knowledge come to life.

We are told in James 4:6 that God resists the proud, but gives grace to the humble. A prideful attitude prevents one from receiving the grace of God.

The reason is simple. A prideful attitude cannot be a *repentant* one. It sees itself as already right, as having no special need for the mercy of God.

Because it sees itself as superior to others, it does not possess the humility necessary to admit error or confess guilt; therefore it sees no need to change. It sees others as inferior, and therefore the needs of others as less important.

Consequently, it treats others with a certain degree of contempt. It sees no need to sacrifice its own desires or wants for the good of another.

The attitude able to receive the grace of God, on the other hand, is one of humility. The humble spirit is able to honestly see itself and recognize its need for the mercy of God. It does not view itself as superior to others, but rather is concerned with how it can help make the way easier for others.

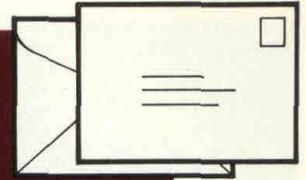
People with this attitude, like Jesus, are not afraid to sacrifice their own desires for the ultimate good of another. And this attitude is willing to go before the throne of God to ask for the mercy and forgiveness it knows it needs.

Indeed, the love that abides in a true Christian is no mere platitude. It is no cliché. It is a way of life. It’s a way of living and thinking that changes one’s life. It’s not the way of the crowd, and it’s not a way of ease. It’s a way of personal humility that requires a lifetime of hard work and sacrifice, because it’s God’s way—the way that *cares*.

Joseph W. Tkach

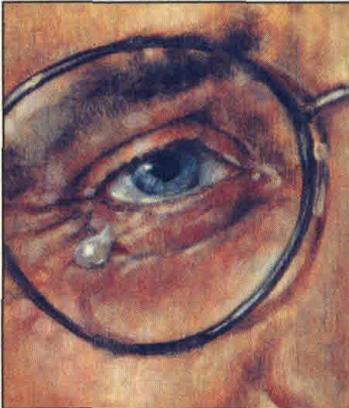
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Worldwide Church of God

LETTERS



July-August issue

Having been a co-worker for years, I was deeply touched by "When You Need a Friend . . ." I myself have been



Dan Andreasen

living alone for some time, so I can understand what it means for someone who is struggling with loneliness. I speak with God all the time, for I know without him I also would be very lonely, as I am sure so many people are today.

Roland C. Lenberg
Sun City, California

The July-August *Good News* was fabulous! Every article was interesting and uplifting. So much focus on positive accomplishment and growth—it was a real delight to read.

We really appreciate all the time and effort that go into these articles and the writers who allow their minds to be open to inspiration from God.

Wes and Katie Medford
Connelly Springs,
North Carolina

I read with interest your article about people who are lonely, and I agree with you absolutely. You forgot one category of loneliness and that's the deaf. They are lonely in the greatest gathering, in church, at home, wherever they are. I speak from experience. I go to

the meeting every Sabbath and don't understand one quarter of it.

I try to compensate by reading whatever I can get and, of course, the Bible is a great comfort to me. I just wanted you to know that your literature is very much appreciated.

Joanna L. Williams
Grand Rapids, Michigan

Please accept my heartfelt thank-you for your inspiring article "The Last Lap of the Race." When I read this article I was lying in my bed engulfed with pain. (I have contracted a disease called reflex sympathetic dystrophy, which was caused by an injury in my leg—now slowly but surely conquering my whole body.) You have asked and answered many of the questions and thoughts I have had.

Peni Nasby
Chicago, Illinois

Thank you very much for your article "Someday Isle." This article was exactly what I needed to hear. I have had to work very hard mentally in overcoming 30 years of negative programming from family and friends.

Tommy M. Garrard
Savannah, Tennessee

"Strengthen Your Defenses"

Thanks a lot to John Siston and Joel Rissinger for the articles "Strengthen Your Defenses" and "Find Your Achilles' Heel" (May-June). They are very encouraging, very informative and educational, with warnings.

Moses Njoroge Kimani
Nairobi, Kenya

God's ways are amazing

The Good News has given me so much spiritual insight. The more I read your articles,

the more I am convinced that God really loves me. God's ways are amazing.

Nenita A. Manzanares
Tacloban City, Philippines

Message reaches other religions

The Good News is precious material to the theologian. I'm studying theology in the Baptist Theologic Seminary in Sao Paulo, Brazil and I always consult it.

Antonio Carlos Rosset Filho
Sao Paulo, Brazil

I know that you are God's ordained ministry, but this world, with its ministers disguised as the apostles of Christ, takes you for false ministers.

Not long ago I heard a sermon presented by a "father" of the Catholic church on Radio Vanuatu. In the middle of his message he mentioned a booklet published by the Worldwide Church of God entitled *The Resurrection Was Not on Sunday*. He said that the contents of this booklet were not true and anyone who teaches this doctrine is a false prophet. Then, towards the end of his sermon, he warned the whole population of Vanuatu against joining this group of people.

I have been a faithful reader of *The Plain Truth* and *The Good News* since 1985, and I'm convinced that what you preach is indeed the plain truth. Therefore, you are the true ministers of God! May He continue to inspire you.

Reader
Orap, Vanuatu

I use material from *The Good News* repeatedly in teaching a class of adult Baptists and in discussions in our adult training union, as well as in my own reading.

Imogene S. Devaughan
Joppa, Alabama

Readers enjoy magazine

I am 17 years old and enjoy very much the magazine. Thank you so much for sending it to me.

My family also reads it and we give it to people staying in the small motel we have.

Bill Wareham
Bishop's Falls,
Newfoundland

The Good News welcomes your comments. Letters for this column should be addressed to "Letters to the Editor." The editor reserves the right to use letters so addressed in whole or in part, and to include your name and edit the letter for clarity or space. Send all communications to our address nearest you:

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Taking the Plunge

Have you said to yourself, "It's time I make some changes in the way I live"? If so, you should take a careful look at the matter of water baptism. It may prove to be the turning point of your life.

The expression *taking the plunge* means looking squarely at what needs to be done in a difficult situation and then doing what's necessary.

When a person undergoes the biblical ordinance of water baptism, he or she "takes the plunge" by being plunged underwater. It symbolizes the burial of the old, sinning self or mind.

Meaning of baptism

Speaking to Christians in Rome, Paul wrote, "We were buried with Him through baptism into death" (Romans 6:4).

Coming up out of this watery grave symbolizes a resurrection to a new way of life. The person changes his or her former thoughts and ways to God's way of life.

"Just as Christ was raised from the dead," said Paul, so the baptized Christian "should walk in newness of life."

One must first be given God's spirit to overcome sin. Paul wrote, "If anyone does not have the Spirit of Christ, he is not His" (Romans 8:9). That's because "as many as are led by the Spirit of God, these are the sons

By Paul Kroll

of God" (verse 14). How, then, can a person receive God's spirit so that he or she can come under God's grace? He or she has to "take the plunge." It's a three-part process: 1) Repent. 2) Be baptized. 3) Receive God's spirit.

Peter said: "*Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit*" (Acts 2:38).

God requires every person who seeks to come under His grace to partake of this New Covenant ceremony.

Jesus Himself stated that requirement:

"Go therefore and make disciples of all the nations, *baptizing them* in the name of the Father and of the Son and of the Holy Spirit" (Matthew 28:19).

Jesus even insisted that He, the Son of God, be baptized as an example to all who would follow Him (Matthew 3:13-17). Taking the plunge, or being properly baptized, is absolutely necessary in God's eyes.

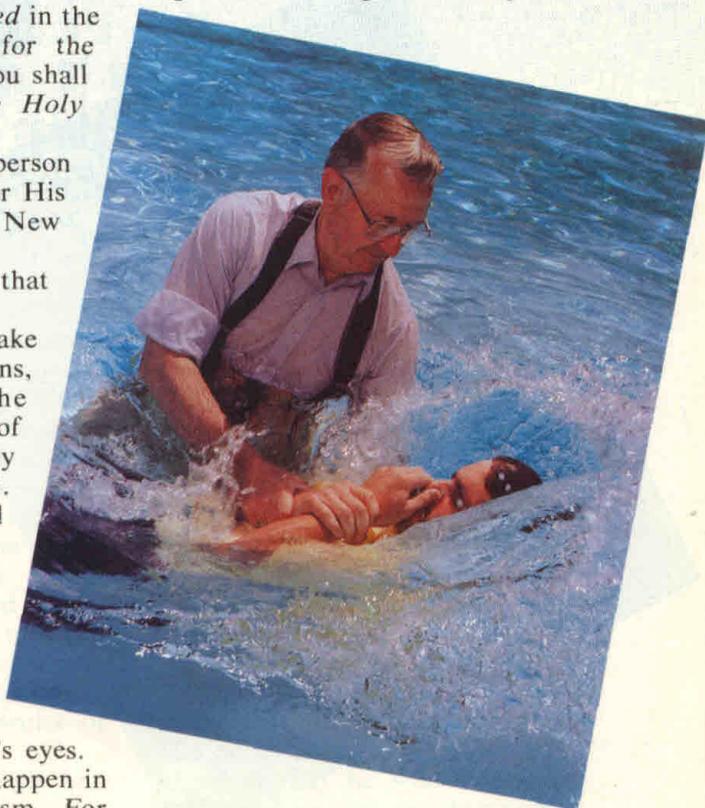
But something must happen in one's life *before* baptism. For

baptism to have any meaning, one must first do something the Bible calls *repenting*.

What repentance means

Remember what Peter said? "Repent, and let every one of you be baptized."

What does this strange and religious-sounding word *repent*



G.A. Belluche Jr.

mean? To repent means to turn from sin and dedicate oneself to living a new way of life.

What happens when spiritual correction takes place in a person's life?

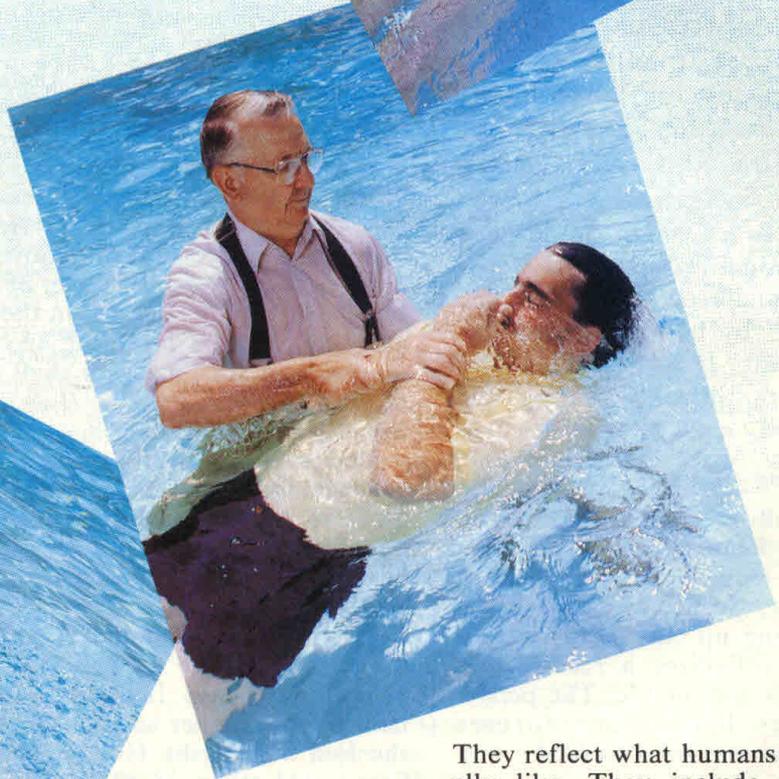
His or her whole viewpoint, outlook on life, relationship with others and God, purposes and goals, ways of thinking and acting all dramatically change!

A renewing of the mind takes place. A reorienting of priorities occurs. The person begins to view life through the mirror of God's mind and thoughts. The "old man" is buried spiritually.

Paul put it in these terms: "Put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind" (Ephesians 4:22-23).

What is this "old man"? Paul listed several actions and thoughts that humans seeking to follow God must eliminate from their lives.

Paul called these elements of human nature "members" that "are on earth" (Colossians 3:5).



They reflect what humans are really like. They include various forms of sexual immorality, lustful desires, greed, anger, wrath, malice, blasphemy, filthy language and lying (verses 5, 8-9).

"Old man" must die

These are parts of the uncommitted "old man's" works and thoughts. That mind must be replaced with a new way of thinking. Paul wrote to Christians,

"You have put off the old man with his deeds, and have put on the new man" (verses 9-10).

The "old man" had been involved in what the Bible calls "works of the flesh." These evil works have to be eliminated.

Paul listed the works of the flesh in Galatians 5:19-21: "Adultery, fornication, uncleanness, licentiousness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelleries, and the like."

Paul explained to the Galatians "that those who practice such things will not inherit the kingdom of God" (verse 21).

These ungodly deeds are to be replaced by positive actions and thoughts inspired by God's spirit, including "love, joy, peace, long-suffering [patience], kindness, goodness, faithfulness, gentleness, self-control" (verses 22-23).

Wouldn't we all like to see these "fruits of the spirit" in ourselves and others?

There is a way to have these wonderful traits displayed in our lives. These traits are produced by the convicting spirit of God working in our minds: "Those who are Christ's have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit" (verses 24-25).

Paul said the "old man"—the individual before conversion—is "crucified with" Jesus (Romans 6:6). For Christians this means that "the body of sin" is "done away with, that we should no longer be slaves of sin." The person thereafter strives to live a godly life through the power of the holy spirit.

That way isn't easy. Jesus called it "narrow... and difficult." He said there "are few who find it" (Matthew 7:14).

But why should a way of life so good for humans hold so little interest for them?

Because few are willing to submit their thoughts and actions to God's law. Yet obedience to God's way of life is "the way which leads to life," Jesus

promised (verse 14). We all have a stake in what a new spiritual life brings—even though living it takes effort.

A new way of life

Jesus told His listeners that making a lifetime decision to follow God's way is not to be taken lightly. He counseled people to "count the cost"—to know what He requires of His followers (Luke 14:28).

A person has to take up "his cross" and follow Jesus wherever He might lead (verse 27). Jesus says to all who want to make a commitment to Him: "Whoever of you does not forsake all that he has cannot be My disciple" (verse 33).

What did Jesus mean? He was saying people must give up everything that opposes God's way of life. They simply cannot "do

places." They hear the Word of God explained. At first, they are enthusiastic about it (Matthew 13:20). But they fail to make a lasting spiritual commitment to God.

Others who hear about God's way of life are like those who receive seed among the thorns. "The cares of this world, the deceitfulness of riches, and the desires for other things" choke their interest, said Jesus (Mark 4:19).

They know what they should do, spiritually speaking. Indeed, they are pleased, at first, about dedicating their lives to God and following Jesus. Some are even baptized! But they do not remain faithful to the truth.

Jesus said the believer who is willing to live life according to God's commands needs to take a *literal* plunge—to be *physically*

One must be given God's spirit to overcome sin. How can a person receive God's spirit so that he or she can come under God's grace? It's a three-part process: 1) Repent. 2) Be baptized. 3) Receive God's spirit.

their own thing" if it hurts their neighbor or violates God's laws.

But humans, for the most part, do what they want to do regardless of the consequences. That's why living God's way is not always like a stroll down Easy Street.

Jesus showed that most people who hear the good news about salvation make excuses. Many may be initially excited about making a commitment to God. But their commitment eventually gets smothered by excessive involvement with the pursuits of this life.

Jesus said there are people who receive "the seed on stony

baptized.

Steps to salvation

Baptism, of course, is only a rite. There's no magical quality about it. The person gets wet. That's all.

But God requires baptism as an outward demonstration that one has committed his or her life to Him. It shows that this person trusts, believes and obeys his or her Creator.

Baptism is part of a process through which every person seeking God must go. Jesus said, "He who believes and is baptized will be saved; but he who does not believe will be condemned"

Humans, for the most part, do what they want to do regardless of the consequences. Jesus said the believer who will live life as He commands needs to take a *literal* plunge.

(Mark 16:16).

To be given salvation—eternal life in the coming Kingdom of God—one must first be begotten as a child of God in this life. But there are requirements for becoming a child of God.

Change in human nature

It isn't just a matter of rooting out certain unsavory deeds. Walking in the spirit is a matter of repentance, or a fundamental change in our way of thinking.

That means our human nature has to be crushed. Again, this is accomplished not by human will but through the power of Christ—that is, the holy spirit—in the individual.

Paul put it in these terms: "I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God" (Galatians 2:20).

Paul called on people with whom God was working to "take the plunge" and make a life-long and complete commitment to this new way of life.

He told the Roman Christians: "Present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of

God" (Romans 12:1-2).

Have you been seriously looking at your life? Are you not quite satisfied by what you see? Do you want to make a change in the direction you've been heading? Perhaps you've begun to ask yourself, "What is my life all about anyway?"

You've started to count the cost. You know it's not easy to buck the crowd. Some of your friends may already notice changes in your life. Perhaps they "think it strange that you do not run with them in the same flood of dissipation, speaking evil of you" (I Peter 4:4).

You have a rather good idea what God wants you to do. You know you need spiritual help. You would like to have the power of conviction that comes from God's spirit operating in the human mind. You understand this would help you move in the right direction, spiritually.

If you've gone this far, you need to know more about "taking the plunge," or water baptism.

Information about baptism

We invite you to call or write for our free booklet *All About Water Baptism*. This booklet, as its title suggests, explains what you need to know about baptism.

It answers questions about the proper mode of baptism—whether it should be by sprinkling, pouring or immersion. The booklet explains whether babies or children should be baptized. Should you be baptized immediately, or is there a "waiting period"? Who should baptize you?

The booklet also considers the question of rebaptism. Suppose you've already been baptized—should you again take part in this ritual?

There's one final thought to consider. Sometimes people don't want to be baptized because they aren't interested in joining a church.

But baptism has nothing to do with "joining a church" of your choice. When you are baptized, have hands laid on you (Acts 8:17) and receive the holy spirit, you are placed into the spiritual

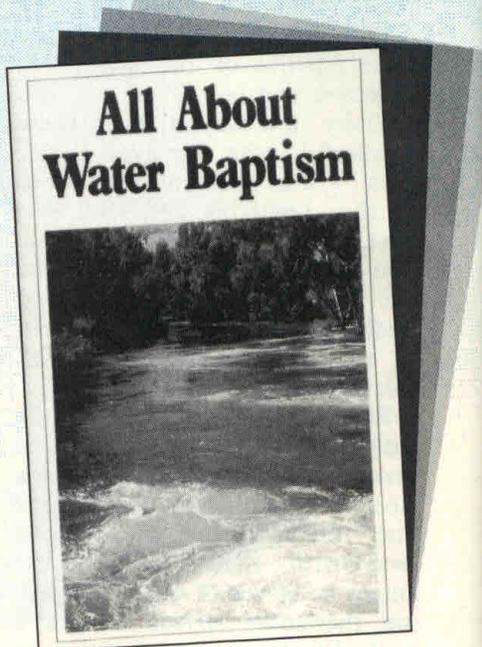
Family of God!

Baptism is part of becoming a begotten member of God's own Family. Remember Paul said, "For by one Spirit we were all baptized into one body—whether Jews or Greeks, whether slaves or free" (I Corinthians 12:13).

Of course there must be an organized body of scattered members. Paul named that Church in his epistles (see I Corinthians 1:2, II Corinthians 1:1 and Galatians 1:13 for examples).

However, we cannot *on our own* decide to join this spiritual congregation or body of God's own people. God Himself puts those He calls and chooses into His Family. Jesus said, "No one can come to Me unless the Father who sent Me draws him; and I will raise him up at the last day" (John 6:44).

Are you interested in looking



into this important subject of water baptism? Then "take the plunge" and request our free booklet *All About Water Baptism*. Remember Jesus' words: "He who believes and is baptized will be saved" (Mark 16:16).

For your free copy, write to our address nearest you or call one of our toll-free literature request lines. Check page 2 for a list of our addresses and phone numbers. □

Be Part of Something

BIG

Deep inside, most of us want to do something big. Something important. Something that will outlive us. Something we can be remembered for.

Of course, only a few individuals achieve such recognition. So, most of us have to be content to be just ordinary people.

But ordinary people can accomplish great things.

How?

By becoming part of a group—a work, if you please—that does something great.

Jesus started a great Work

When Jesus Christ started His Church, He called just plain people. His early disciples were carpenters, fishermen, a tax collector, housewives, single adults, small families.

Yet He gave them a powerful commission:

“Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age” (Matthew 28:19-20).

How could so few do that—take Christ’s message to all the nations?

In the beginning days of the Church, there were only 12 min-

*Here is how
you can be part of the
most important Work
on earth today.*

By Ronald D. Kelly

isters and some 500 believers (I Corinthians 15:5-6). On the day of Pentecost in A.D. 31, when the Church really got started, 120 names were mentioned. Read it in Acts 1:15: “And in those days Peter stood up in the midst of the disciples (altogether the number of names was about a hundred and twenty).”

How was the Gospel to be taken to the world by such a small group? Alone, none of them could do much. As far as we know, there were no prominent government officials. There were few families of great wealth. There were few, if any, great Jewish doctors of the law or high-ranking priests.

They were just plain, ordinary people.

Holy spirit given

That small group of believers gathered to worship God on the

Holy Day of Pentecost. Then something unusual occurred, something amazing, something that had not happened before.

First they heard a roaring sound, like a violent windstorm. It filled the whole area where they were gathered.

Then, out of nowhere, small flames that looked like tongues of fire came to settle on each of the believers!

It was the holy spirit coming to each of them. You can read of this in Acts 2:1-4.

Spirit normally has no such manifestation. It is invisible—it can’t be seen or heard.

But this was the first time God’s spirit was sent to mankind in general. That event was recorded as a mighty miracle.

The apostles were, of course, among those begotten of God’s spirit that day. They began to preach and proclaim the message Jesus had given them—the Gospel of the coming Kingdom of God.

But when they spoke, the people were astonished and asked, “How is it that we hear, each in our own language in which we were born?” (verse 8).

God gave miraculous power to His ministers to reach the people of their day.

That day 3,000 more were baptized and became the foundation of the New Testament Church of God (verse 41).

The Church grew daily (verse 47). And as the number of people

grew, so the power of the Work grew.

God called other ministers, Paul, Barnabas, Silas, Timothy and many more. They in turn reached even more people. In the days of the apostles the message of Christ spread throughout the Roman Empire and beyond.

They had to take the Gospel by foot or caravan. They could reach

If a person or family takes a special interest and concern in God's Work, God will see it. He will intervene and bless them. He will be their partner.

only as many as could hear them in small rooms or groups gathered together.

God's Work today

Today's technology makes the proclaiming of the Gospel possible in quite a different way. The marvels of printing and television make it possible to reach millions at a time.

Today, the support of even a small number of individuals makes it possible for vast millions to hear God's truth. But it's possible only if some of those who hear contribute so others can view or read.

When Herbert W. Armstrong began to broadcast *The World Tomorrow* on radio in 1934, there was no request for money. *The Plain Truth* was also born

that year; the magazine had no subscription price.

The program and all literature produced were sent free of charge to any and all who would listen or read.

Jesus said, "Freely you have received, freely give" (Matthew 10:8). There must never be a price on the precious truth of Jesus Christ. For more than 55 years that is how this Work has been conducted.

Yet it does cost money to proclaim the Gospel of the Kingdom to the world.

So how can this be? How can a Work be done without cost or obligation to those who hear it, even though that Work has to pay the bills for however the Gospel goes to the world?

How this Work is financed

The answer is really quite simple. Among the millions who hear, some will see how important it is for the Gospel to go out. They will see that each of us alone can do practically nothing. But combined, a comparatively small number of people can inform the world.

From the earliest days of biblical history, God has used the tithing system to finance His Work.

The first recorded example of tithing is in the time of Abraham, nearly 2,000 years before Jesus Christ.

Abraham's nephew Lot had been carried captive by enemy kings. Abraham pursued the enemy and, in a battle, saved his nephew. In the process, Abraham and his men took the spoils of war and recaptured stolen goods.

At the time of Abraham, the way of the eternal God was administered at the city of Salem by a

priest known as Melchizedek (Genesis 14:18).

When Abraham passed near Salem on his return journey, Melchizedek brought bread and wine to Abraham and his troops. He also blessed Abraham.

What was Abraham's response? Let's read it at the end of verse 20: "And he gave him a tithe of all."

A *tithe* is 10 percent. Now, it's not logical to suppose this just popped into Abraham's head. Nor is it logical the priest of God was totally unknown to Abraham, who was called by God to be the founder of many great nations.

This was Abraham's custom. God said that Abraham "obeyed My voice and kept My charge, My commandments, My statutes, and My laws" (Genesis 26:5).

Tithing was part of that law. Later, in the days of Moses and Israel, God transferred the tithes to the Levitical priests, who administered God's law and served at the Tabernacle and, later, the Temple.

Their support came from the tithes of the tribes of Israel. This system continued till the establishment of the New Testament Church.

In Hebrews 7, the apostle Paul explains the law of tithing from the Melchizedek priesthood to the priesthood of Levi.

But when the New Testament Church was established, God's



Good News

people were no longer obligated to the priesthood of Levi. They came under the spiritual priesthood of Melchizedek.

So Paul explained, regarding the law of tithing, "For the priesthood being changed, of necessity there is also a change of the law" (Hebrews 7:12).

Tithing is still the manner God uses to finance the Work of His Church. That Work is done by Christ's called and chosen ministers. It is the responsibility of those who choose to follow this instruction of Christ to prove where that Work is—and to support it.

God blesses the tithepayer

But there is an interesting twist to the subject of tithing:

Not only does God's Work receive support, but those who tithe receive a special blessing provided by God.

Here's what God inspired one of His prophets to write about tithing and the tithepayer: "Bring all the tithes into the storehouse, that there may be food in My house, and prove Me now in this," says the Lord of hosts, "If I will not open for you the windows of heaven and pour out for you such blessing that there will not be room enough to receive it" (Malachi 3:10).

Tithing is a kind of partnership. God set this system in motion so humans could participate in doing His Work. But God says, in principle, "If you support my Work through tithing, I will see to it your life, family and

No, they won't live in a protective bubble. They will have ups and downs, joys and sorrows just like everyone does. But their lives will have a special purpose and direction.

And something else important happens when you tithe: You, as just one individual, become part of something much bigger than you could ever be alone!

You become part of a Work made up of thousands of people—just plain, ordinary, average people, but people whose combined efforts proclaim the Gospel of God's coming Kingdom to all the world.

That Work is being done through the *World Tomorrow* television program, the *Plain Truth* and the *Good News* magazines.

Partners with God

It costs millions of dollars to fund this Work. There is no group of multimillionaires behind it—just thousands of people who are dedicated to seeing this Work grow and reach out to proclaim the precious truth of God to the whole world with ever increasing power.

There are few greater joys than the joy of accomplishment. There is such a great reward in knowing the combined efforts of a few can accomplish so much!

That's how you can do something big. Something lasting. Something important.

We are speeding toward the fulfillment of many astonishing prophecies. Among those prophecies is this one: "And this gospel of the kingdom will be preached in all the world as a witness to all the nations, and then the end will come" (Matthew 24:14).

But the Gospel of the Kingdom can only be preached with the power and support of those willing to help—by those who want to be part of something bigger than any individual could be alone.

It is indeed a privilege for all of us to be partners together and with God in this great Work of proclaiming Christ's Gospel to the whole world! □



Warren Watson

Herbert W. Armstrong, with his wife Loma, presents an early *World Tomorrow* radio program (left). The *World Tomorrow* has been broadcast continuously since 1934. Presenters on modern television program include David Hulme, Richard Ames, Ronald Kelly and David Albert (above). *God's Work* does not request money from the public.

home are blessed."

That doesn't mean God will automatically make millionaires out of tithepayers. But if a person or family takes a special interest and concern in the financing of God's Work, God will see it. He will intervene and bless them. He will direct them. He will be their partner.

Things will go better for them.

Dearest Leah and Mechele,
Recently I was thinking of how you both have been precious gifts and blessings in my life.

You, Leah, have been my daughter for over 23 years, and you, Mechele, have been my daughter-in-law for nearly five years. You were *both* answers to prayer.

That led me to thinking about prayer and the struggles I've had over the years developing a vital and effective prayer life. You have both committed yourselves to being Christian women. Perhaps sharing some of what I've learned about prayer can save you some time and trouble and help you learn more quickly how to have a close relationship with God.

This may sound very basic, but first of all, I had to learn what prayer is.

For years I struggled with rigid concepts and a long list of dos and don'ts regarding prayer. Somewhere along the line I lost sight of the fact that prayer is our personal, intimate, one-on-one communication with the great God of the universe, who calls Himself our Father. It is a time of sharing with Him, talking with Him, expressing our praise, our gratitude, our hopes, our concerns, our shortcomings and needs.

One of the things that helped me the most in changing my prayer life from a rigid obligation to joyful communication was realizing I'd never prayed from a woman's perspective.

Everything I'd ever heard

about prayer had been from classes, articles or sermons presented by men. Certainly there is absolutely nothing wrong with the male perspective! But, as you are both learning through marriage, men and women think very differently and relate differently.

From that point on, I began to develop my prayer life as a *woman*, using the mind, emotions

answers to prayer. After Steve was born, both Dad and I wanted to have a little girl. We prayed for you, Leah, and God gave you to us.

At that time, all my prayers were just spoken, so I don't remember all that I asked God for in a daughter. But I do remember asking Him for a daughter who was "all girl," intelligent, full of life and personality.

There simply are no words, Leah, to tell you how I felt the night you were born, when I held you in my arms for the first time. There you were, the little girl I had prayed for, a precious gift from God, all ready to dress in ribbons and bows! And, you have been *all* that I asked for and more than I even knew to ask for.

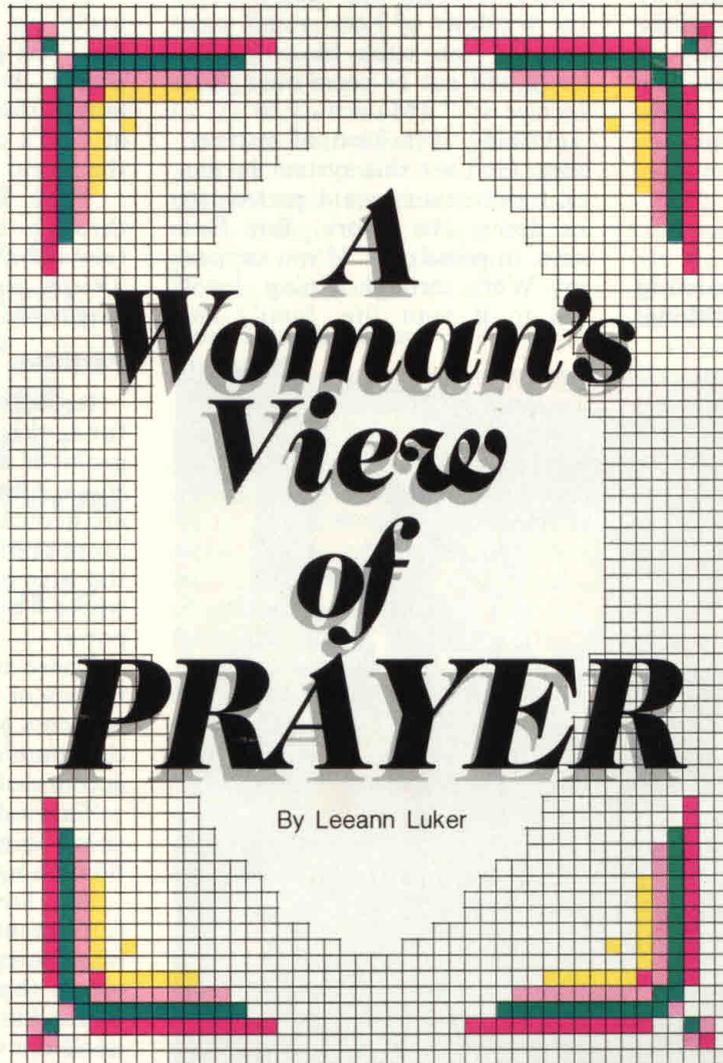
You, Mechele, were the subject of one of my first written prayers. Steve had just turned 13. One day it dawned on me that it wasn't that many years until he would begin to date and then get married. I wrote a letter to God that day, asking God to give Steve a mate with certain specific qualities that I felt he needed.

I prayed for you, too, and your parents, even though we had never met you. I realized that you were

out there, somewhere, living, loving, learning. I put that prayer away, leaving it in God's hands and in His safekeeping.

It was several years later when we finally met you and realized that you were the wonderful girl Steve wanted to marry. Then I retrieved that letter to God. How abundantly He had answered! You, too, are all that we had hoped for and much more.

Being able to go back and re-



and feelings that God gave me. Today, my prayer life is very different from your dad's. He walks and talks with God man to man. I walk and talk with Him as a woman.

Perhaps the single most effective change that I made was to begin to occasionally write out my prayers and keep a prayer journal.

In the beginning of this letter, I mentioned that you both were

read specific prayers and record the answers to those prayers has been incredibly encouraging!

Years later, through the pages of these prayer journals, I can review the way in which God has resolved certain difficulties, answered specific requests and given strength and help in time of need. I can relive our adjustments through moves and changes, the trauma of your teen years as I struggled to learn to let go, the great joy on the day of your baptisms, the happiness on your wedding days and the awe and indescribable joy at the births of your babies.

I have kept one other written prayer that is slightly different. But, again, it has been tremendously encouraging. I call it my "Passover prayer." Each year, during the Days of Unleavened Bread, I write out specific goals for spiritual growth and development in my own life, in Dad's life and in each of your lives. Then, I commit those goals into God's hands and put them away until the next Passover.

Each year, before leaving for the Passover service, I read what I wrote the year before. It has been amazing to see God's answers!

Before I began this tradition, each year, in preparing for the Passover through self-examination, it seemed that all I ever saw was how far short I had fallen and all the ways I hadn't grown. But, after beginning to keep this written record, I've been able to see growth and to see that God has helped me make progress in certain areas.

Of course, each year there are always some things that have to

go back on the list. But, there are also things that *don't* have to go on the list!

I'm sure you both recognize by now that, as women, we tend to be "worriers" and "fixers." When there is a particularly difficult situation facing us, we often either worry about it or try to solve it ourselves, even after praying about it. For years I recog-

sack on my back and placing them before God's throne. But, instead of leaving them there, I saw myself carefully picking them back up, putting each of them back in the sack and trudging out again, still carrying the load myself!

Now, I visualize placing problems and concerns in God's hands and then *leaving* them there! But, it still isn't easy.

The second tool has helped me visualize God's hands *taking* the problems and *doing* something about them. The second tool is praise and thanksgiving.

I have found that when I only pray *about* a problem or situation, my eyes remain on the problem. But when I visualize placing a problem in His hands and then thank Him, in advance, for the way He is going to take care of it, my focus is then on God, not just the problem. And, when I begin to thank and praise Him for the solution I know He has already set in motion, I more easily get out of His way and stop trying to fix the problem myself.

There is yet another aspect of prayer that I'm sure is a problem for both of you, as it was for me for many years. That is the problem of

guilt: "I didn't pray long enough," or "I didn't pray enough about this and such," or "I didn't start my day with prayer" or "I feel like the words are just bouncing off the ceiling."

Sound familiar? You are both mothers with babies. Some days, after being up three or four times during the night, when you do get on your knees to pray, you either fall asleep or you are so tired that you can't get your



Barry Stahl

nized I was doing this, but I couldn't seem to break through the pattern. Then, I discovered two more tools that have been of great help in this area of my prayer life.

The first tool is visualization. I began to visualize that what I was doing was trudging into God's throne room and wringing my hands with worry. One by one, I could see myself taking all my concerns and woes out of this big

mind to focus on anything. On top of that, who can pray easily when the whole house is a mess, there are three loads of wash waiting to be done and the baby is crying?

By then, this big, black cloud of guilt has settled firmly over your head. And you begin to feel

years was lost because of my constant feelings of guilt. Please don't do that.

Each day, *do the best that you can*. Make whatever adjustments you need to continue to develop a closer relationship with God. Pray in shorter increments. Pray while you are nursing—that's one time the baby isn't crying and isn't into anything!

Use a prayer journal and have a "to be continued" letter going. Whatever time of day that works for you is the right time to pray. However you can, in your cir-

her die, inch by inch. I truly did feel at that time that my prayers were being totally ignored and certainly not answered.

But, as I've continued to learn more and more about prayer, I've learned to accept that sometimes God's answer is simply, "No." Sometimes it is, "Not yet." There really is no such thing as unanswered prayer—if you pray in faith according to God's will.

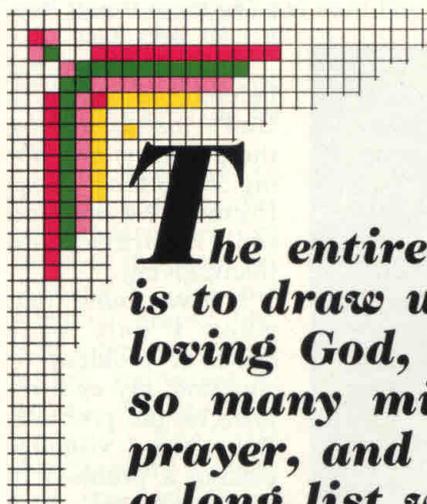
But the answers are not always the ones we hope for, nor are they always given in the way we ask nor at the time we request. God is working with a clock and a plan that is eternal, and He answers our prayers according to that great plan.

Yes, my mom and dad did die. But, each and every one of those tearful prayers on their behalf was heard. Their crowns are secure. They will be resurrected—totally healed, whole and vibrantly alive. All those prayers were not only heard, they were abundantly answered!

Well, my beloved daughters, there simply are no words to adequately express to you how very thankful I am that we can share together this experience of learning and growing as Christian women.

Prayer truly is an exciting adventure. It is not easy, but neither is it the yoke of bondage we so often make it out to be.

I wish you both great success and joy as you continue to develop your relationship with God.



The entire purpose of prayer is to draw us closer to this loving God, not just to achieve so many minutes or hours in prayer, and not just to have a long list we can dutifully check off.

that even if you did pray, God is so mad at you, He wouldn't listen anyway!

That brings me back to the beginning of this letter. Prayer is not rigid. Prayer is our personal, private conversation with a *loving* Father, a Father who understands our limitations.

Yes, there are high standards and goals in prayer to work toward, but the entire purpose of those goals is to draw us closer to this loving God, not just to achieve so many minutes or hours in prayer, and not just to have a long list we can dutifully check off.

Prayer is flexible and can be adjusted. When I was where you are right now, with babies and little children, it seemed this time would last forever. But, here I am a grandmother! And I am able to have a much more definite schedule for my prayer.

Those years of a less-than-perfect prayer life were not wasted. But much of the value of those

circumstances, continue your daily walk with God.

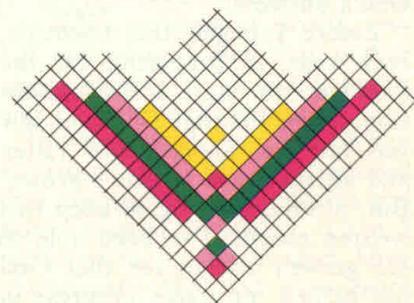
I realize this letter is getting rather lengthy, but there is one final aspect of prayer I want to share with you. It is perhaps the most difficult of all. That is learning to accept and deal with seemingly unanswered prayer.

The first time I faced this was with the deaths of both my mother and father within a year of one another. They were only 49 and 51 years old when they died. They were much too young to die, I thought. I prayed fervently that somehow, someday they might be healed and live. But, still, my dad died.

Then I continued to pray for my mother, that somehow, someday, she would live. But after watching cancer slowly destroy her over lingering weeks and months, I began to pray that she would die and that the suffering would end.

Still, it went on and on. For 13 long, agonizing months I watched

***Lovingly,
Mom***



QUESTIONS & ANSWERS



Q&A

Should a Christian woman obey her nonmember husband?

In Ephesians 5:22-23, we read: "Wives, submit to your own husbands, as to the Lord. For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body."

But what if your husband is not a member of God's Church?

I Peter 3:1 says: "You wives, be submissive to your own husbands, that even if some do not obey the word, they, without a word, may be won by the conduct of their wives."

If your husband doesn't understand the truth, you shouldn't try to convert him by constantly repeating your beliefs and by insisting that he listen to the broadcast or read the literature. That will only drive him further away.

Spend your time preparing to give a convincing answer from the Bible if and when he does question you about the truth.

Peter further instructs:

"Do not let your beauty be that outward adorning of arranging the hair, of wearing gold, or of putting on fine apparel; but let it be the hidden person of the heart, with the incorruptible ornament of a gentle and quiet spirit, which is very precious in the sight of God. For in this manner, in former times, the holy women who trusted in God also adorned themselves, being submissive to their own husbands" (verses 3-5).

That doesn't mean you shouldn't try to be attractive for your husband, but it does mean your appeal to your mate should be more than skin deep.

Certainly, controversies will come up in families where there is disagreement on religion. In such cases, the wife should obey

God rather than her husband. Yet she should always obey her husband when his authority does not conflict with the higher authority or law of God.

Though he may not become a member in this life, he will love and respect her. He may even be won by her good example (I Corinthians 7:12-16).

In any event, her constant love for and respect of her husband will result in their both living a happier life together.

We at *The Good News* would be interested in hearing from women (and men) who have been able to promote happier family relations, and even influence their mates' possible conversion, by their godly conduct in their homes.

If you have an example to share, write it down and send it to our address nearest you (see page 2).

Who wrote the books of the Bible?

The Scriptures were inspired by God, II Timothy 3:16 tells us. God moved various servants at different times to record details of history and prophecy and instructions for successful living, and He preserved those writings through the centuries for our learning today.

Following is a list of the Old Testament books in the order preserved by the Jews:

The first five books, Genesis through Deuteronomy, were written by Moses during the 40 years of wandering, with the details of Moses' death added later, possibly by Ezra.

Joshua is the logical author of the book of Joshua.

Judges was written by the prophet Samuel, according to Jewish tradition. Samuel also wrote I Samuel 1-24. The re-

mainder of I Samuel and all of II Samuel were written by Nathan and Gad (I Chronicles 29:29).

I and II Kings were probably written by Jeremiah, who compiled older records from prophets contemporary with the events.

Isaiah, Jeremiah, Ezekiel, Hosea, Joel, Amos, Obadiah, Jonah, Micah, Nahum, Habakkuk, Zephaniah, Haggai, Zechariah and Malachi were all prophets of God who wrote the books bearing their names.

The Psalms had various authors. David wrote about half of them; other authors include Asaph or his descendants, the sons of Korah, and Moses. Proverbs 1 through 29 belong mostly to Solomon. Chapters 30 and 31, respectively, are ascribed to Agur and Lemuel.

The author of the book of Job is not definite, though it was most likely Job himself. The Song of Solomon was written by Solomon. Jewish tradition attributes the book of Ruth to Samuel. Lamentations was undoubtedly written by Jeremiah. Ecclesiastes was written by Solomon. Esther was probably written by Mordecai.

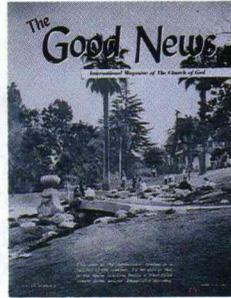
Daniel, Ezra and Nehemiah wrote the books that bear their names. I and II Chronicles were written by Ezra.

Here is a list of the New Testament books:

Matthew, Mark, Luke, John, James, I and II Peter, I, II and III John and Jude were written by the men whose names they bear. Acts was written by Luke. Romans, I and II Corinthians, Galatians, Ephesians, Philippians, Colossians, I and II Thessalonians, I and II Timothy, Titus, Philemon and Hebrews were all written by Paul. John wrote the book of Revelation. □

The Good News...

3



The Good News to communicate with and unify the brethren. *The Good News* took on a magazine format in February, 1939.

The magazine got a

new start in April, 1951 with fresh help from the first, specially trained students of Ambassador College, which opened in 1947. Mr. Armstrong founded the College to educate men and women to be used in God's Work.

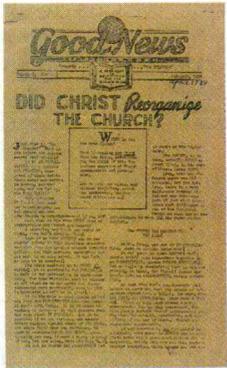
During 1952 and 1953, *The Good News* substituted for *The Plain Truth*, which Mr. Armstrong started in 1934, when finances did not permit publication of both. In addition to

being sent to members and co-workers, *The Good News* was offered to listeners to the *World Tomorrow* radio broadcast. When *The Plain Truth* resumed publi-



4

1



This issue, for the first time, *The Good News* appears in full-color, 32-page, identical editions in Dutch, English, French, German and Spanish, all published simultaneously!

The newly expanded Dutch, French, Ger-

man and Spanish versions replace the black-and-white, 24-page editions published since January 1982.

Combined circulation of the five *Good News* editions is 1.1 million.

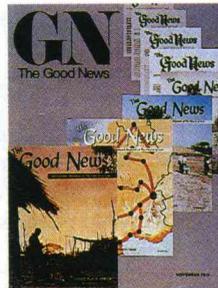
The new expansion of *The Good*

News marks another milestone in the magazine's long history.

The late Herbert W. Armstrong first established *The Good News* in 1933 as a mimeographed paper for

members of God's Church. When he found himself spending more time on evangelistic trips away from the Church's headquarters area, then located in Oregon, Mr. Armstrong used

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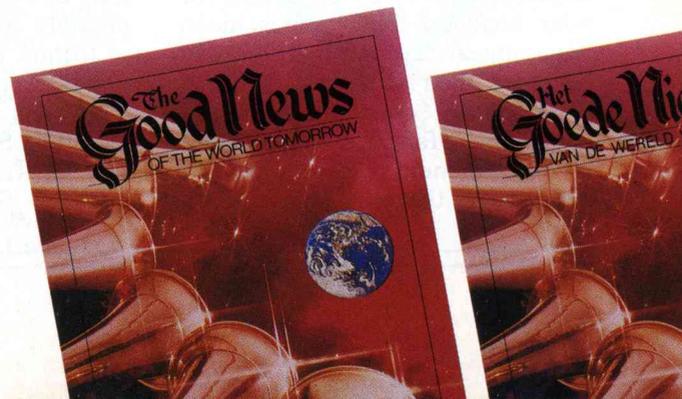


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Now in Five

- 1) February 1939: The magazine appears.
 - 2) April 1951: A new start.
 - 3) February 1963: Two firsts—full-time staff and cover photo.
 - 4) November 1963: First full-color cover.
 - 5) November 1973: Interested nonmembers join readership.
 - 6) June 5, 1978: Tabloid newspaper.
 - 7) January 1979: Full-color magazine format revives.
 - 8 and 9) January 1982: Four new language versions—but not identical to the English.
 - 10) New title *The Good News of the World Tomorrow* emphasizes the coming new world.
- Right: This issue, *The Good News* grows to identical versions in English, Dutch, Spanish, German and French each issue.





cation as the Church's evangelistic magazine, *Good News* circulation again was limited to members only.

Despite growth in Church membership and the availability of

6

trained personnel, a full-time staff was not assigned to produce *The Good News* until 1963.

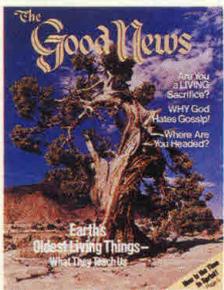
The Good News again began to be sent to co-workers and other interested nonmembers in November, 1973.

Various circumstances required the staff to cease publication of *The Good News* after the December 1976



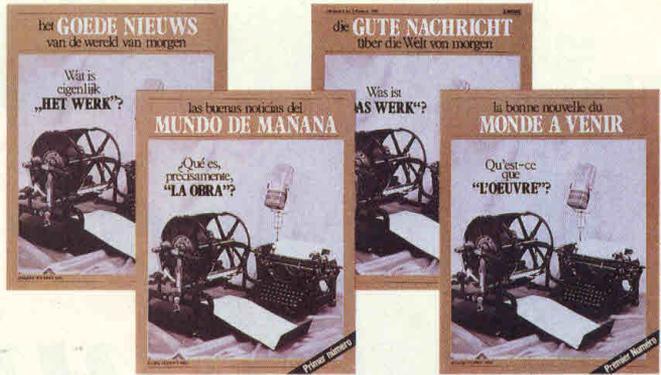
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issue, but, as Mr. Armstrong wrote, "The need for a publication to feed the flock with strong spiritual meat is evident." *The Good News* reappeared as a tabloid



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newspaper in 1978, and returned to full-color magazine format in 1979. Twenty-four page, black-and-white

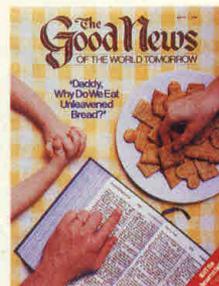


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versions of *The Good News* appeared in Dutch, French, German and Spanish in January 1982.

Now *The Good News* grows again! We are happy to be able to make the magazine available to more readers around the world in full-color, 32-page editions identical to the English.

Christ's command to teach God's way to all the nations (Matthew



10

28:19-20) is being fulfilled. The announcement of the coming world tomorrow (Matthew 24:14) is going out to more people and in more power than ever before! □

SIMULTANEOUSLY

in **Multiple Languages!**



POSITIVE CHILD TRAINING

Speaking of Communication

BY DEXTER H. FAULKNER

PART TWELVE

You want your child to grow up able to communicate with other people. Communication is one of the most important factors leading to success in marriage and in work.

If I were to ask most parents whether they want their children to grow up to be successful communicators, they would say, "Well, certainly."

But you will find that many of these same parents give their children little opportunity to express their own thoughts and feelings. They expect their children to be passive, quiet, submissive creatures until the age of 21, at which time they will magically blossom forth as fluent communicators.

Communication must be taught

Good communication is one of the hallmarks of strong families. It helps children feel stable and gives them important defenses against wrong peer pressure.

Good communication starts with the parents' relationship with each other. And as I've emphasized throughout this series of articles, example is a better teacher than words.

Family communication should start when your children are tiny babies. As you dress your baby,

say, "Mommy's putting on your red shirt and denim pants" and: "Daddy's going outside to water the plants. Let's water the azaleas and the roses." Be specific and detailed.

Talk to your children often. Tell them how much you love them. Tell them why you love them. Compliment their assets and strengths. Your high opinion of them will cause your children to believe you're right.

Explain what you're doing or what's going on around them. Even though they might not understand the words, they are learning about words and tones of voice. Children should ask a lot of questions—and they will if they have been talked to a lot. The inherent benefit in this is that they learn they should want to know things.

As children get older and can join you in conversation, ask them what they want to talk about. Ask questions that require more complex responses than "Yup" or "Nope." In fact, while your children are young, require them to forego slang all together.

Communication takes time

For good communication to take place between you and your children, you have to spend time with your children.

Riding in the car is a great time for talking—that is, if you're not addicted to the car

radio! Show your children you want to talk with them by riding without the radio on.

Stephen, my 3-year-old grandson, many times starts the conversation when his mother leaves the radio off: "Mommy, where does bread come from?" "Mommy, I love my Daddy." What a joyful conversationalist!

A common problem in communication with parents must be addressed. Parents, beware: The father must not be so busy with his job that he can't spend time talking with the children. The mother cannot be the interpreter for the father.

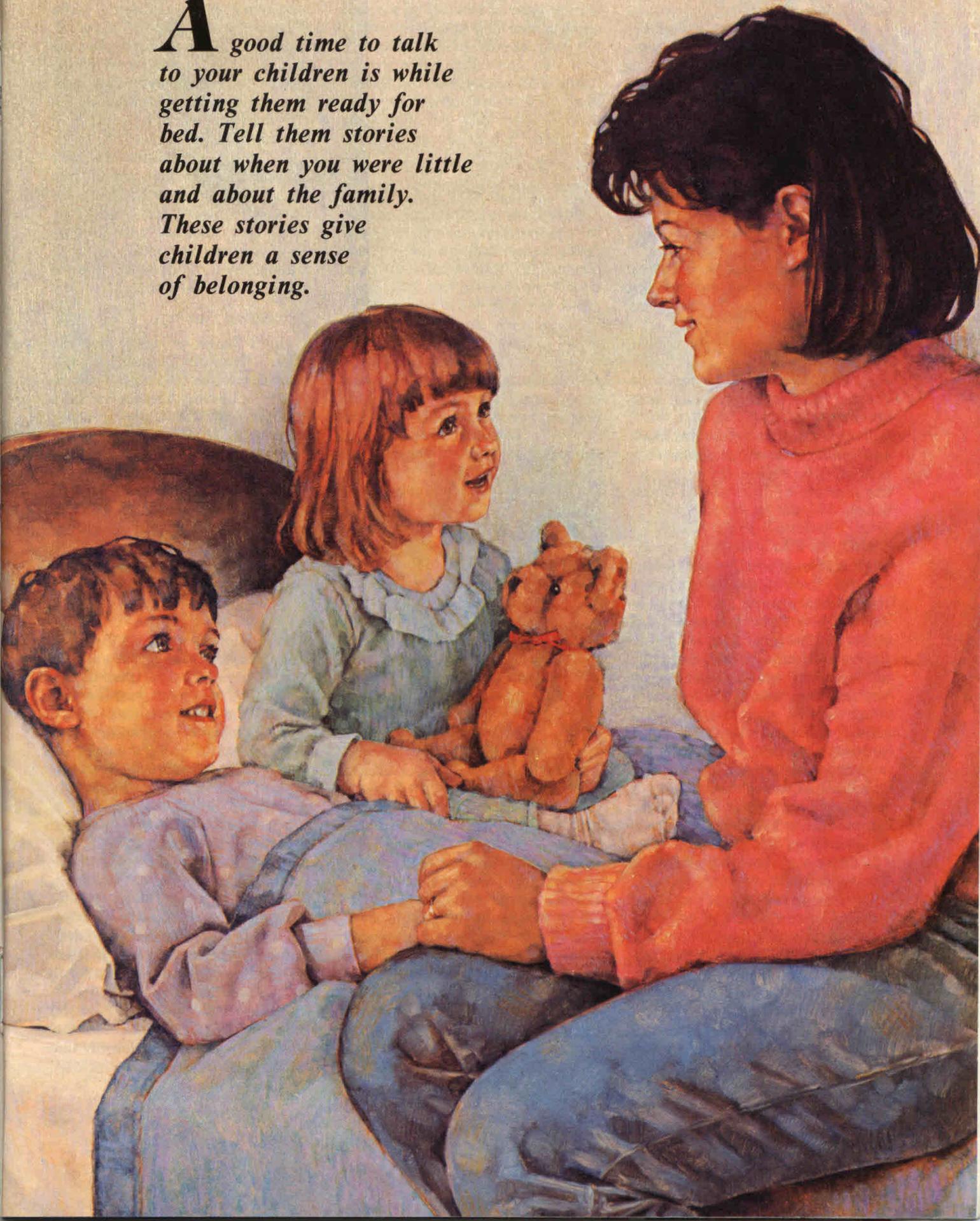
Scriptures clearly show that fathers must be involved. "And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord" (Ephesians 6:4). "Fathers, do not provoke your children, lest they become discouraged" (Colossians 3:21). Fulfilling these scriptures requires personal involvement.

At bedtime and meals

A good time to talk to your children is while getting them ready for bed (especially since they like to stay awake!).

Tell them stories about when you were little and about the family. Our son and daughter-in-law talk to Stephen and daughter Sharon about their grandparents, aunts, uncles and cousins. These

A good time to talk to your children is while getting them ready for bed. Tell them stories about when you were little and about the family. These stories give children a sense of belonging.



stories give children a sense of belonging.

Also, talk over what happened that day. Ask if they have anything on their minds they'd like to talk about. Read to them. David, our youngest grandson, loves books. He can sit for hours on his grandma's lap as she goes through all his books.

Talk about the pictures in books. They'll soon be asking you questions about the story and characters, too.

At meals is another good time to talk with your children. Try to eat together with no distractions as much as possible. Turn off the television and radio.

At the dinner table, don't limit your conversation to "Eat your vegetables." Choose a topic to discuss that everyone can talk about.

Teach children not to interrupt and to listen to the person who is talking. Don't allow them to start arguments or put down each other.

Really listen

At all times, *really listen* when your children talk to you. Sometimes their stories get long or silly or both, but you still must show an interest. Just sit back, listen and enjoy, because they will grow up quickly. Stop what you're doing, look at them, repeat what they've said and let them know you understand (even if you don't agree).

When listening, maintain physical contact, such as putting a hand on your child's shoulder or taking his or her hand in yours. Nonverbally, this communicates, "Daddy cares about me and what I have to say."

Nothing frustrates a child more than to feel his or her parents don't understand his or her position. This does not mean catering to a child's demands or whims. It does mean listening to a child so that he or she doesn't feel you have ignored his or her thoughts and feelings when you use your authority. Listen for the

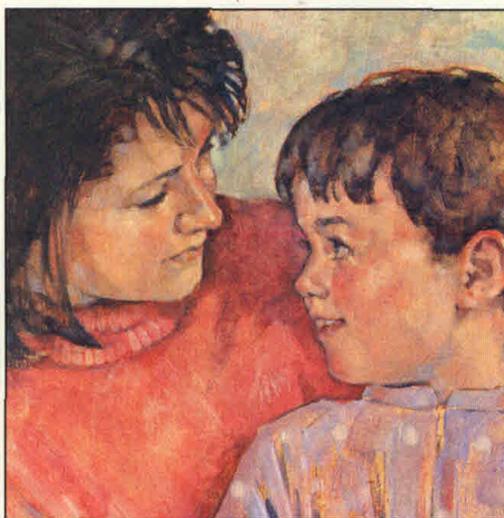
message behind your child's words. Is he or she sad or worried about something? Show empathy for your children. Hug a lot.

If you can't stop what you're doing and concentrate on listening, tell your child so and promise that you will give your undivided attention as soon as you can. And do it!

Allow your children to talk

Give your children the chance to express themselves without feeling they will be judged and condemned. Allow them to speak what's on their minds, but teach them to do so with respect.

Sometimes an *action* upsets them rather than a *person*, but they aren't able to distinguish the difference. As they talk with you, encourage them to reveal their concerns so you can better see



Illustrations: Dan Andreasen

how to guide them. Sometimes a child comes home from school saying, "I hate my teacher." Usually it is something the teacher did rather than the teacher. Maybe the child had to be corrected or the problem occurred because the teacher wasn't communicating or listening to what the student needed.

Some time ago my wife and I watched an interview with the stars and creators of the television program *Family Ties*. Referring to the earlier years of the

show, one of the show's writers mentioned that a director made the statement: "I would never allow my son to talk to me like that. He'd get a good kick in the pants" (or something along that line). The writer commented, "If you do that, when he's 18 he'll leave and never return."

We must appreciate that our children are different people than we are and will not have exactly the same opinions and feelings we have. Our ultimate goal as parents is to rear our children to be independent of us and able to begin their own families.

Emotional control

Don't laugh at your children unless they are laughing, too. Something that is unimportant to you may be very crucial to them in their little world.

"I dropped my toy!" "My paper airplane got crushed!" "He called me a name!" These are all important to your child. Something that frightens children may sound silly to you. But if you laugh at them, they won't confide in you.

Take a break if a conversation gets hot. Resume the talk five or 10 minutes later. Use the time to ask God to help you control your emotions and to direct you to a solution to the conflict.

Try not to raise your voice unless absolutely necessary. Speak in a pleasant, warm tone. If you yell at them about spilled milk, your kids will be less likely to listen when you yell at them because they're in danger.

Apologize when necessary. Especially if you have punished them unfairly. Don't chalk it up to "one for good measure." No child deserves extra negatives.

Avoid destructive talk. Cynical comments and sarcasm hurt. Don't call your child names like "dummy," "stupid," "idiot,"

Don't Just Say No

You've heard so much about the "Just Say No" programs for kids, and they are noteworthy. But let's talk about a



Kirk Botero

"Just Say Yes" campaign for parents of young children.

How many times a day do you say "No," "Don't" and "Stop" to your children? Probably often. And chances are they have begun to tune you out. If you're saying "No" more than once for each offense, there's your proof: They aren't listening any more.

Try to intervene *before* your children break your rules. You will have to be aware and attentive to do this. You need to redirect their activity.

For instance, if your 1-year-old is about to tear a leaf off your

favorite houseplant, pick the child up and move him or her to the other side of the room. Give him or her a book or toy. As much as possible, offer your child options.

To break the habit of nagging your children, play this game: Each time your child asks you a question, count to three before you answer him or her. During the three seconds, weigh your answer carefully. If at all possible, say "Yes"!

A side benefit is that your children will see your example of thinking before you speak.

In short, save the *nos* for the things that will harm your children. Be positive with your children, and they will be positive with you and others. □

"dingy" and "airhead." "Let no corrupt communication proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers" (Ephesians 4:29).

Be consistent

When you say you will do something, do it! Don't make threats or promises you can't keep. Don't say "We'll see" when you mean "No." Say no if you mean no. And, if possible, give the reason for your denial.

Be clear and consistent. Explain exactly what you expect to be done. Don't just say, "Clean up the garage." Especially with young children, break the task down into several smaller assignments. For example, tell them to straighten the gardening tools, then sweep the garage floor.

Pick the right time to talk. Don't try to drag a child away from something he or she is interested in. Wait until a better time. Treat your children the way you want to be treated.

Open up to your children. Share your feelings, hopes and ideas. This encourages free give-and-take within the family.

However, there is the other side to this: Modern ideas about

child rearing lead many parents to be too permissive. They're afraid they'll alienate their children by giving guidelines and lectures occasionally. But you need to show your children you care by repeating the important things.

My daughter-in-law Melody tells this example:

"When we were teenagers we liked to go to Galveston, Texas, every couple of weeks or so. It was a two-hour drive from home, which made for a long day.

"Before we left my dad would sit us down and give us the very same 'lecture' we'd heard a million times before—don't stay too long or you'll get sunburned, drive carefully, it's not you I don't trust—it's the other guy, don't drink alcohol no matter who else does and be home on time! The same lecture every time.

"If our friends were already there, Dad would make them listen, too—how embarrassing! Yet, I never doubted that my dad loved us. His regular lectures made us feel secure."

Don't turn all conversations into lectures. You can talk too much!

Really listening to your chil-

dren will tell you whether they need your advice or whether they just need someone to talk to.

Building a family

This article is the last in our "Positive Child Training" series. From the outset, this has been a collection of observations from my experiences as a father and grandfather, based on biblical principles. In concluding this series, I want to review why rearing children properly is so important.

God is a family, and God the Father and His Son Jesus Christ have a great plan: They want to share their fantastic relationship with others, so they are reproducing themselves through humans. Family life on earth is the training ground to develop the understanding, wisdom, character and love needed to be part of God's spiritual Family.

Our children are gifts from God, given to us to train and nurture in God's ways. We bear the responsibility to prepare children for happy, successful family life now and for their future roles in God's Family.

As parents, let's commit ourselves to helping God build His Family through positive child training! □

P.S.

For Parents of Special Children

BY JOHN HALFORD



Beginning on page 16 of this issue you will find the final installment of our series on positive child training. With this article, on family communication, we have covered nearly the entire field.

Nearly—but not quite.

There is one group of parents we have not yet addressed directly. These are parents who have a special and unusual opportunity—but one that they did not and would not have chosen. It has been thrust upon them.

They are the parents of disabled children.

Different child-rearing experiences

My wife and I have two grown-up children who are not handicapped. But I know many people who have not had this blessing. Their children were either born disabled or later became so.

Maybe the children cannot see or hear. Perhaps they are unable to walk, or are mentally retarded. Or trapped in a body that won't do what the brain wants it to do.

This may seem to be one of the greatest tragedies that could befall a family. Yet I have noticed, and perhaps you have, too, that this challenge can bring out some unusual and very desirable characteristics in these families. They sometimes seem to be more loving, more sharing, with extra tol-

Dan Andreasen

erance and forgiveness in difficult situations.

Child-rearing experiences for these parents are different. They may not have had the thrill of watching their baby's first steps, or hearing those first words. They may not have shared the excitement of seeing the little boy or girl grow up, steadily increasing in the capacity to learn and do things.

Rather, they may have seen their child laboring under crippling difficulties: struggling to sit, groping to see, straining to hear or desperately trying to grasp what other children learned quickly and intuitively.

Parents of such children learn to appreciate even the smallest achievements. But sometimes they get discouraged.

A special kind of overcoming

The parents who have struggled, or who are yet struggling, to help a disabled child through life have learned something important. They understand, perhaps to a greater extent than the rest of us, what God must often feel like as *our* parent.

We all know that God is a Father, but have we ever thought of Him as the parent of disabled children? I'm one of them, and you are, too!

Oh, we can run and jump and talk and laugh and learn—physically. But as spiritual children of God, we are all disabled. We are blind, deaf and slow of speech. We don't walk as we should, and we find it hard to learn. Often we do not use even what we *have* learned.

God often must identify with the trials and frustrations of parents who care for disabled children. He probably understands those moments of triumph when patience and hope are rewarded with breakthroughs.

For parents of a disabled child,

the word *overcome* has special meaning. They look for even the smallest signs of progress, and they rejoice at little advances that may seem insignificant to the rest of us.

They understand how much effort has gone into a fractured, almost incoherent sentence or a hesitant step. They understand the child's struggle with preschool work at the age of 10.

But parents of disabled children will never cease to hope for the best—even if the best may not be very good.

And as they do, they find new reserves of compassion, hope, pity and faith. And, oh, how they understand the need for forgiveness.

The little boy or girl will make the same mistakes time and again. Sometimes he or she will not realize the mistakes. Other

For parents of a disabled child, the word overcome has special meaning. They look for the smallest signs of progress, and they rejoice at little advances that may seem insignificant to the rest of us.

times the action is deliberate, as the child strikes back at the world that is so frustrating and threatening.

The parent learns to understand these moods and knows when to be firm and when to be reassuring.

Disabled children depend on their parents for everything. They would be lost without Mom and Dad, long after other children have left home. Because of this, "special" children often go to extra efforts to please their

parents. Isn't that the way we are with God?

Spiritually disabled

Jesus often had to face the fact that His disciples were blind to the real meaning of their calling. At times He would tell them they were dull of hearing—spiritually deaf to His teachings.

Warning His disciples about the leaven of the Pharisees and of Herod, Christ asked:

"Why do you reason because you have no bread? Do you not yet perceive nor understand? Is your heart still hardened? Having eyes, do you not see? And having ears, do you not hear? And do you not remember? When I broke the five loaves for the five thousand, how many baskets full of fragments did you take up? . . . How is it you do not understand?" (Mark 8:17-19, 21).

At times Christ must have been prone to frustration. Just when He thought His disciples and the multitude understood His teachings, they disappointed Him in their actions. He asked: "O faithless generation, how long shall I be with you? How long shall I bear with you?" (Mark 9:19).

Our brains are slow to grasp new concepts. We fall far behind where we should be in grasping spiritual lessons. Like a learning-disabled child, we forget what we have been taught and have to go back to the basic principles.

As the apostle Paul wrote, in Hebrews 5:12: "For though by this time you ought to be teachers, you need someone to teach you again the first principles of the oracles of God; and you have come to need milk and not solid food."

Yet through it all, we believe our heavenly Father still cares for us. He is patient, and gradually reveals to us His ways.

"I still have many things to say to you, but you cannot bear them now," Jesus told His disciples (John 16:12). "These things I have spoken to you, that you

should not be made to stumble" (verse 1).

We need His love and forgiveness, and it is always there. "As a father pities his children," wrote David in Psalm 103:13, "so the Lord pities those who fear Him."

That pity is not simply sympathy—it is constructive pity. The parent of a disabled child understands that pity cannot get in the way of demanding the best. God, too, has high expectations, but "He remembers that we are dust" (verse 14). He never stops believing in us and never loses the vision of helping us become all we can be.

When our problems overwhelm us and we feel like giving up, God helps us see beyond the immediate difficulties. He is always confident we can progress.

Patience and support are required

After wise and loving parents, the greatest help a disabled child can have is supportive brothers and sisters. We have Jesus Christ—helping, serving, encouraging, ready always to stretch out His hand to protect us if we are about to fall.

As Jude wrote, God is able to "keep you from stumbling, and to present you faultless" (Jude 24).

Disabled children need to be encouraged to keep going, to keep taking the little steps that lead to success.

"For this very reason," wrote the apostle Peter, "giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness" (II Peter 1:5-6).

But he added, "He who lacks these things is shortsighted, even to blindness" (verse 9). We do lack these things, and we sometimes stumble and grope like a little blind child learning to find his way around.

We can be thankful God is patient with us. Parents and teachers who know the challenge

of helping blind children can understand that.

It may take time, but progress does come. When it does, parents and children share the joy of accomplishment with each other.

When the breakthrough comes

My all-time favorite movie is *The Miracle Worker*. It tells the story of the education of Helen Keller. Her sight and hearing were destroyed by an illness before she was 2 years old. The little girl was cut off from the world.

Unable to see, speak or hear, Helen was a frustrated, violent child. She was bombarded with emotions she could not understand and had no way to express, except by outbursts of anger.

In desperation, her parents hired a tutor, Anne Sullivan, in the hope that she could train Helen to behave. Just get her to *behave*—they would have been satisfied with that.

But Anne saw that beneath the anger, there was an intelligent little person struggling to communicate. She determined to help Helen develop her potential. She determined to teach her to read and speak. She worked out an alphabet by which she spelled out words into Helen's hands.

Helen enjoyed the sensation, but for a long time she could not grasp that the sign language in her hand referred to the objects around her.

Then one day she got it. She made the connection between water that had splashed over her and the *sign* for water. What a moment that was! Suddenly her mind was able to grasp new dimensions. Everything she had ever experienced took on a new, exciting meaning.

Helen Keller eventually graduated from college with honors and became a celebrated lecturer and writer. She traveled the world, offering hope and encouragement to the blind. But she never forgot her debt to Anne

Sullivan, who worked so patiently with her.

That moment of the breakthrough, so beautifully portrayed in the film, has always stayed vividly in my mind. It helped me understand why "there is joy in the presence of the angels of God over one sinner who repents" (Luke 15:10).

Spiritual progress—*real* spiritual progress—is hard won. Like disabled children, we don't spiritually hear, see, speak, walk or think as well as we would like to. But the progress does come, often in great moments of breakthrough, when you finally "get" something.

Like when Job said to God, "I have heard of You by the hearing of the ear, but now my eye sees You" (Job 42:5). God must have breathed a deep sigh of happiness and relief. His spiritually blind son Job was beginning to see.

A parent of a disabled child must often dream of the day when everything will be put 100 percent right. Those who understand the truth about God's plan of salvation know that time will come. There will be a day when all people will be healed of their disabilities.

Parents with disabled children can anticipate the coming Kingdom of God, when "the eyes of the blind shall be opened, and the ears of the deaf shall be unstopped. Then the lame shall leap like a deer, and the tongue of the dumb sing" (Isaiah 35:5-6).

Until that time, some potential members of God's Family need extra physical help. All of us need extra spiritual help, because all of us are spiritually disabled. But the Father and Jesus Christ see past our infirmities, and they are committed to helping us overcome them.

If you have a child who needs special help, take full advantage of the opportunity that has come your way. And if you know someone in this situation, offer all the help and encouragement you can give. □

How to Make Your Job Work for You!

Applying these biblical principles will bring you success in your job and career—even in difficult situations!

By Richard E. Walther and Norman L. Shoaf

Are you really happy in your job or career? Do you consider yourself a success?

Last issue, we learned that God wants us to “prosper and be in health” (III John 2). We saw the importance of sound planning, education and diligence in the pursuit of job success. And we reviewed what the Bible has to say about relating to other people at work.

God’s laws produce absolute results, according to whether we obey them or not. And when we do obey them, we are blessed!

Now to continue with more of the biblical principles that ensure success at work.

Even in adversity

Remember the biblical story of Joseph? He was the young man whose father gave him the famous “coat of many colors.”

But Joseph’s life was not easy. Yet, because he applied the principles of getting an education, of using drive and diligence, of looking for the positive in every situation, God was able to use Joseph

to save an entire nation! Joseph’s brothers were jealous of him because he was their father’s favorite. So, in anger, they sold him into slavery in Egypt. What a



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trial for Joseph, who was only in his late teens at the time!

But did he let it get him down? Did he let it stop him from pursuing positive achievements in his life?

No!

Why are so many young people today despondent, depressed and turned off about life and the challenges in it? Because they haven’t been taught what true success is, or the way to achieve it.

Often, all that children learn from parents, friends and even school is the importance of getting money, fame, power and prestige. But those are pretty hol-

J.C. Penney, who started with nothing and went on to found one of the largest store chains in the world, said this about his success: “Luck and laziness make a pair that never pulled a load up the hill. I have no use for the superstition of luck. Hard work in harness with sound principles, feeds and clothes the world. There is no enduring success without pluck and hard work.”

low goals of and by themselves. They don't mean much in the absence of happy families, worthwhile accomplishments in life and love and concern for other people. These are the qualities that children must be taught.

Joseph, though he was only a teenager, wasn't turned off to the opportunities of life, even in the face of the terrible hardship of being sold into slavery.

Joseph seized opportunities

Genesis 39:1-2 tells us:

"Now Joseph had been taken down to Egypt. And Potiphar, an officer of Pharaoh, captain of the guard, an Egyptian, bought him from the Ishmaelites who had taken him down there. The Lord was with Joseph, and he was a successful man; and he was in the house of his master the Egyptian."

Joseph had an opportunity to work for the captain of the guard under Pharaoh, the king of all Egypt.

Verses 3 and 4 continue: "And his master saw that the Lord was with him and that the Lord made all he did to prosper in his hand. So Joseph found favor in his sight, and served him. Then he made him overseer of his house, and all that he had he put in his hand."

Joseph stayed close to God, and he waited patiently for God to deliver him. Joseph kept himself ready to take advantage of opportunities when they came.

Unfortunately, Potiphar's wife became romantically attracted to Joseph. But Joseph was trustworthy. He was loyal to his employer. He would not allow himself to sin against God, to be seduced by and commit adultery with his employer's wife.

Notice Genesis 39:7-8:

"Now it came to pass after these things that his master's wife cast longing eyes on Joseph,

and she said, 'Lie with me.' But he refused."

The result? Potiphar's wife falsely accused Joseph of trying to attack her, and Potiphar had Joseph thrown into prison!

But did this turn of events cause Joseph to become despondent, depressed and unwilling to continue to strive to do what was right?

No! Joseph stayed close to God. He kept applying the principles of true success. So what happened?

Notice Genesis 39:21-23:

"But the Lord was with Joseph and showed him mercy, and He

gave him favor in the sight of the keeper of the prison. And the keeper of the prison committed to Joseph's hand all the prisoners who were in the prison; whatever they did there, it was his doing. The keeper of the prison did not look into anything that was under Joseph's hand, because the Lord was with him; and whatever he did, the Lord made it prosper."

Joseph was hard-working. He was patient. He got along well with those over him. He was willing to accept new responsibilities. Even though life dealt him many adversities, he stayed positive. He did what the old saying says to do: If life throws you a lemon, turn it into lemonade!

And because he obeyed God, God helped his efforts! God was actually the source of Joseph's success and advancement. After all, as Psalm 75:6-7 shows, promotion comes from God!

Joseph relied on God

Joseph eventually came to the attention of Pharaoh, king of Egypt. As Proverbs 22:29 says: "Do you see a man who excels in his work? He will stand before kings; he will not stand before unknown men."

Joseph didn't sit around and cry, "Woe is me!" He looked for opportunities. He stayed ambitious and positive. He relied on God's help.

With the help of God, Joseph was able to interpret a dream Pharaoh had about a coming famine. And Joseph was able to propose an intelligent plan to di-



Culver Pictures

Here's the philosophy of Sir Winston Churchill, one of Britain's greatest statesmen, who steered Britain through the dark hours of World War II: "Never give in! Never, never, never, never. In nothing great or small, large or petty—never give in except to convictions of honor and good sense."

minish the effects of the famine. Joseph was alert. He was a thinking person. He was well-spoken. He looked for solutions rather than concentrating on problems.

What happened?

Read Genesis 41:39-43: "Then Pharaoh said to Joseph, 'Inasmuch as God has shown you all this, there is no one as discerning and wise as you. You shall be over my house, and all my people shall be ruled according to your word; only in regard to the throne will I be greater than you.' And Pharaoh said to Joseph, 'See, I have set you over all the land of Egypt.'

"Then Pharaoh took his signet ring off his hand and put it on Joseph's hand; and he clothed him in garments of fine linen and put a gold chain around his neck. And he had him ride in the second chariot which he had; and they cried out before him, 'Bow the knee!' So he set him over all the land of Egypt."

What a success story! From a slave to second in command over all Egypt!

Joseph's family eventually was able to join him in Egypt. The old hurts were healed.

God used Joseph to save the nation of Egypt. And the families that descended from Joseph and his brothers became the nation Israel!

Joseph's brothers were afraid Joseph might try to get revenge on them for selling him into slavery long before. But in Genesis 50:19-21, Joseph told them: "'Do not be afraid, for am I in the place of God? But as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive. Now therefore, do not be afraid; I will provide for you and your little ones.' And he comforted them and spoke kindly to them."

Joseph was generous. That's another major key to being successful. He was forgiving. He didn't bear grudges. He didn't sit around and moan about things

that happened years ago. Do you? You'll never get anywhere that way.

Joseph's mind was on helping and building, not on hurting and destroying. That's the way God, the author of all true success,



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Mary Lou Retton, the first American woman ever to win a gold medal in Olympic gymnastics, was described as resilient and resourceful, with an apparently bottomless wellspring of optimism and drive. She said: "Everything I ever did, I wanted to excel. I didn't want to go halfway on anything."

thinks. These are God's principles that produce true success.

But the principles of the Bible fly in the face of the world's definition of success.

The way this world thinks

To most people in the world, success means little more than physical items: financial wealth,

smart investments, having the highest job possible within a company, staying one step ahead of everybody else.

Yet millions of supposedly successful people are miserably unhappy. All the wealth they have acquired has been unable to give them happy families, personal fulfillment or a real, solid purpose for living.

And you can't take money or physical possessions or fame with you when you die!

Herbert W. Armstrong, the founder of this magazine, wrote about a certain banker he knew. This man won a measure of national and worldwide fame during the early 1900s. He became the president of one of the largest banks in the United States.

About 35 years later, Mr. Armstrong visited the bank where this man had been president. Mr. Armstrong asked one of the bank vice-presidents

what had become of this man, where he had moved and where he had died.

The vice-president's reply? "Who was *he*?"

The vice president inquired around the bank. No one remembered the former bank president.

Finally a secretary found an old newspaper clipping in the

bank's library. It was the obituary of the former bank president! It was the only record the bank had of him. Yet this man had been largely responsible for building up this bank to its great size and importance.

Was this man successful? Yes, in a physical way, to a certain degree. But his "success" was not lasting. It was not long remembered after he was gone.

Mr. Armstrong wrote: "Making money, gaining status in the eyes of people, enjoying the passing pleasures of the five senses, has literally strewn the pathway of history with fears, worries, heartaches, troubled consciences, sorrows, frustrations, empty lives and death.

"These things may be had and enjoyed along *with* true success. But they *alone* do not bring success."

You may have heard the statement made by one of the world's wealthiest men. After a string of failed marriages, he stated that he would give his entire fortune for one happy marriage!

No, acquiring physical wealth, money, fame and prestige in this world is not the measure of true success. Where, then, does it come from?

Well, here's more good news! There's much practical information available to help you, all based on the laws of God.

Why some succeed—how you can, too!

Did you know that even during the depths of the Great Depression of the 1930s, when 15 million Americans were out of work, there were still 60 million—the majority of the work force—who were still working?

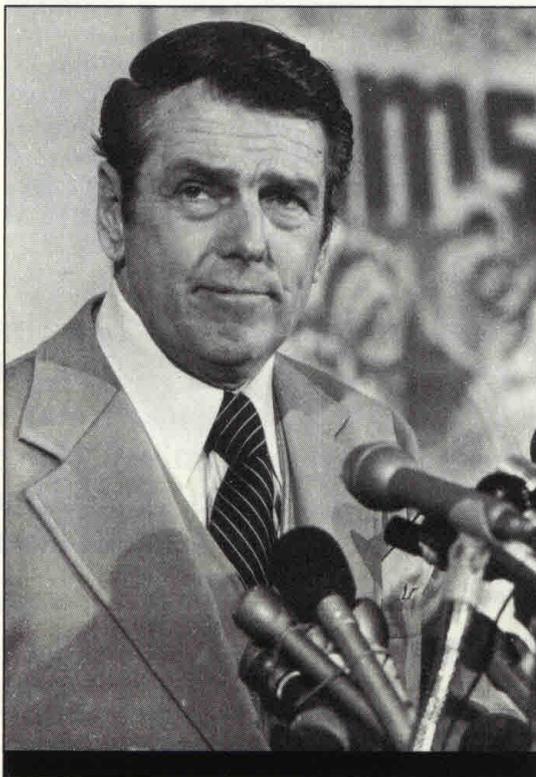
The question is, What did those who had jobs do that those

who didn't have jobs didn't do? What if you need a job right now? What if you need to make a new start and get your life under control? What should you do?

Well, the same principles that we discussed earlier apply here, too. You need those qualities.

You need to base all your plan-

George Allen was one of the most successful coaches in American professional football. This former coach of the Washington Redskins and Los Angeles Rams stated: "If I've succeeded it's because I outworked most people. . . . The world belongs to those who aim for 110%."



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ning and looking for a job on the laws of God. There are some professions that anyone who wants to live God's way of life simply should not be involved in. You should not even think about tak-

ing any job where you will have to break God's laws. If you do, you're doomed to failure before you start.

You need to have a definite goal in mind. Where do your talents and interests lie? It might help to take some sort of self-evaluation test to find out what you're good at and to see what

field you are most likely to succeed in. You may discover some things you didn't know about yourself.

There is even a lot of free training for different vocations available in the United States and other countries.

If you're a young person, especially, be sure to take advantage of the educational opportunities your schools offer.

And parents, it's vital that you train your children in God's laws of success. Your training and example actually program your children for either success or failure in life.

Even if you're middle-aged or older, don't be afraid to look into retraining for another field.

The way technology is advancing now, experts estimate that every working person will change careers at least three times in his or her lifetime.

Never pass up an opportunity to learn new skills or develop more of your natural abilities. You need to acquire whatever education you need to reach the goal you are aiming for.

Diligence and drive are indispensable in your job search. You

should actually make a job out of getting a job. Don't leave any stone unturned in your search. Check:

- The telephone directory for names of companies you could work for.
- Friends who might know of openings.
- Want ads.
- Referrals from companies where you have interviewed.
- Government employment services and training programs (many times training is free!).
- The library.

Don't overlook starting your own business or service using some talent or skill that you have. Hundreds of profitable opportunities are available for the entrepreneur. Don't assume that the only way to make a living is to work for someone else. Why shouldn't you be your own boss?

Self-employment, especially, will test all these areas we are talking about—your goals, your drive, your ability to work with people, your flexibility.

The first law of success

The bottom line in any job hunt, of course, is that you are willing to base your life on the very first law of success. That means that seeking God's righteousness and developing God's character is more important to you than anything else, even physical desires.

Remember Matthew 6:33? "But seek first the kingdom of God and His righteousness, and all these things shall be added to you."

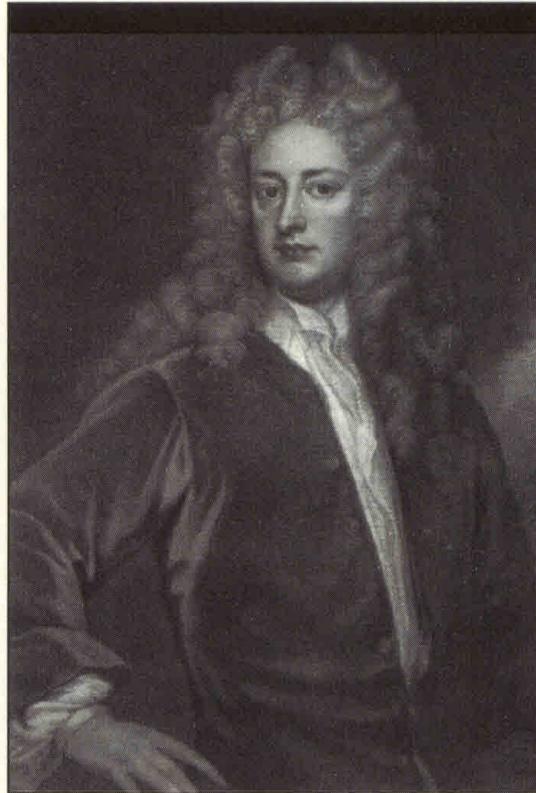
That's a definite promise from God. When you place your life and your future in God's hands, He will work out circumstances for you. He will actually give you true success.

That's the best way! That's the only sure way!

And here's another definite promise from God, to help you not only in your work but in all your hopes and dreams in life. It's found in Psalm 37:4: "De-

light yourself also in the Lord, and He shall give you the desires of your heart."

What a wonderful promise! God will actually give you all the



Historical Pictures Service, Chicago

Joseph Addison, the great essayist, said, "If you wish success in your life, make perseverance your bosom friend, experience your wise counselor, caution your elder brother and hope your guiding genius."

desires of your heart, if you will just make Him first in your life. God can help you find a good job. He can help you get along better on the job you have now. He can give you all your physical needs, confidence, ambition and peace of mind. Being in harmony with God, and with God's purpose for your life, is the measure of true success.

We've put together a publication that you'll want to read and

use. It's titled *Winning at Work*. Whether you want to improve your present work situation or find a whole new job altogether, this brochure addresses many of the specific questions and problems you may face.

For a free copy, just mail the literature request envelope in this issue or write to our address nearest you.

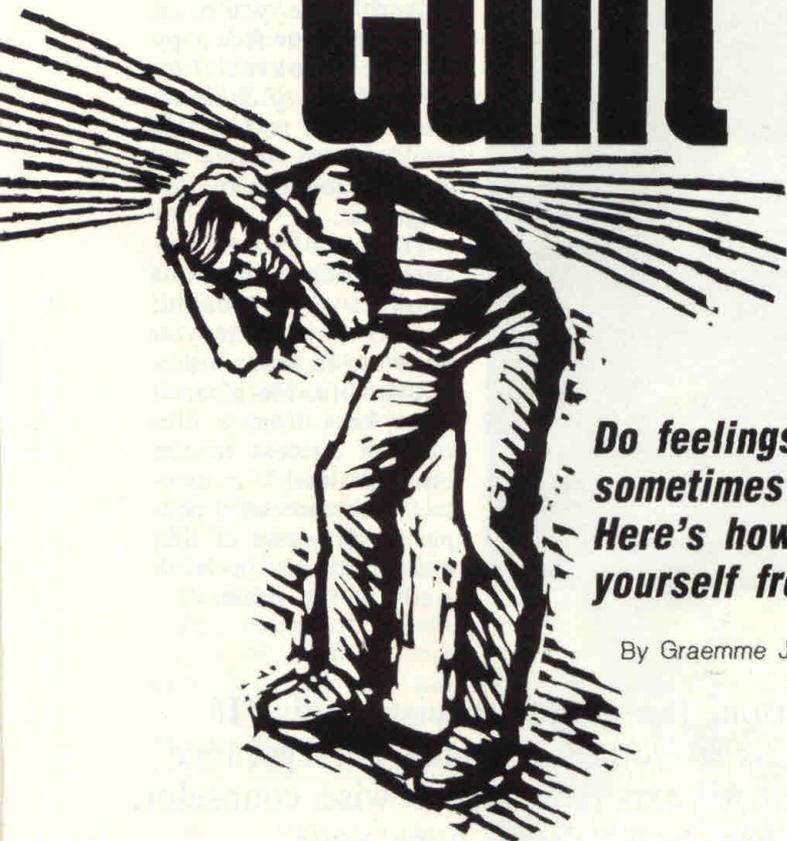
And while you're at it, ask for your free copy of the booklet *The Seven Laws of Success*. The original text of this booklet was written by the late founder of this magazine.

Herbert W. Armstrong packed into this booklet seven basic, overall keys that you must use to achieve success in life. He gleaned these keys from a lifetime of success in the business world, in contact with successful people in all walks of life, and from his in-depth study of the Bible.

Do you know what these seven basic keys to success are? Are you applying them in your own life? You must, if you are to succeed at *anything*.

Send for your copy of *The Seven Laws of Success* right now. And remember to also request the brochure *Winning at Work*. The information in these free publications can help start you on the road to job—and life—success! □

Needless Guilt



Do feelings of guilt sometimes plague you? Here's how to set yourself free!

By Graemme J. Marshall

The fact that so many Christians still feel so much guilt seems odd.

Wasn't Christ's purpose "to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free" (Isaiah 58:6)?

Shouldn't turning from one's former way of life and embracing God's truth release a person from such bondage?

Why should feelings of guilt ever overwhelm those called men and women of God who are enthusiastically striving to live God's way?

Let's analyze why so much un-

necessary guilt still oppresses so many!

The right kind of guilt—and the wrong kind

First, understand this: There is a *right* kind of guilt—the kind that comes from breaking God's laws.

When you as a Christian feel this kind of guilt, it moves you to repent and seek God's forgiveness. Christ's sacrifice covers sins that you confess and repent of, and personal guilt is removed.

Notice 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 unrighteous-

ness." Yet many Christians still feel terribly guilty. Daily! This guilt is mostly unwarranted—and it can and should be purged from your life.

Where does the wrong kind of guilt come from, and how can you live your life essentially free of it?

Needless feelings of guilt arise when you do either of two things: 1) compare yourself with others and feel inferior, or 2) live by the "shoulds."

Have you felt this way?

Comparing yourself with others and believing you must live up to their expectations or standards makes you feel inadequate and inferior—and needless guilt overwhelms you.

Maybe you didn't do what your mother or father wanted you to do with your life. You didn't enter a certain profession, or marry a certain person, or develop a certain kind of personality. This can make you feel you are a "bad" person. You feel like a failure because you think you haven't measured up to or become what others hoped you would.

You can feel guilty about not having gone to college.

You can feel guilty because you haven't been able to put enough money away for retirement, or because you haven't bought a house like "everyone" is supposed to. You can feel guilty that you are "poor" when others are better off financially.

A divorced person can feel guilty over marriage failure. Singles can feel something is wrong with them if they are unmarried. Christian parents can suffer pangs of guilt if their children stop attending church.

Some feel guilty about an inability to say no—even to a door-to-door salesman.

Why do comparisons make us feel badly?

Because life has dramatically changed during the past 50 years. What was generally true for Mum and Dad is often no longer valid or accurate. "Saving up for a rainy day" or "saving until you

have the money to pay cash" is often impossible under this world's system.

This trying to do things to please others' expectations—and failing, as anyone who tries to please others inevitably will sooner or later—is what causes much unwarranted guilt.

False guilt comes, too, from being manipulated by the make-believe fairy tales of television, movies and magazines. These portray instant happiness and simplistic solutions. They confuse love and its meaning by "hying" impossible sexual adventures.

TV's perfect families make problem solving look easy. The actors look so loving, kind and controlled. Because happiness must be worked at, we feel guilty when we fall short of the ideal, choreographed solution.

We feel guilty when we allow ourselves to be manipulated. Doing things because we feel we must blindly follow the crowd produces false guilt.

Feeling you "should"

You will also experience feelings of unwarranted guilt when your life is ruled by activities you

even over merely owning a television. You can feel guilt for listening to some types of modern music, being unsure whether a Christian should.

You can feel guilty if you sleep in, or just have the urge to rest awhile. The voice of guilt whispers that you'll be seen as lazy, decadent and unproductive!

Guilt can paralyze you and prevent you from saying no to too many outside activities that take you away from important jobs that need to get done at home.

Needless guilt from thinking you don't entertain enough can adversely affect your family budget by causing you to overspend.

The "shoulds" also affect how honest you are about your emotions. You think you know the right attitude you should have. Have you ever answered, "Oh, great, wonderful!" when someone asked you how you were, even though you weren't?

Any or all of these problems may have plagued you at one time or another. If they have, put them in their proper spiritual perspective.

Remember: We are not discussing the right kind of guilt,

free yourself from unnecessary guilt:

1) *Take stock of whose voice it is you listen to.* "Listen to Me, you who follow after righteousness, you who seek the Lord: Look to the rock from which you were hewn" (Isaiah 51:1).

Are you acting on God's clear biblical instruction and on official Church policies based on clear Bible principles? Or are you following some human opinion to which you feel subjected?

Feeling guilt over not following God's clear requirements is right! Get in step.

But trying to live by what someone says because you think that person is the ultimate authority on the subject brings unwarranted guilt feelings when you fail to live up to his or her personal standard.

People are not God, and their standard is their own (Isaiah 55:8-9). Fine for them—but it may be inadequate, even incorrect, for you. At best, the opinion of others is still quite human.

2) *Establish your priorities.* You know how much time is in your day. Take stock of your spiritual and physical needs. You must draw your own line about what is important in your life. What does God require of you, given your own capacity and the means God has given you?

3) *Eliminate or diminish the influence of people in your life who make you feel needless guilt.* Some people are always giving unsolicited and ill-founded advice. You don't live according to their standards, but according to God's. Staying around these types will always send you on a guilt trip.

The apostle Paul asked, "If God is for us, who can be against us?" (Romans 8:31). And, "Who shall bring a charge against God's elect?" (verse 33).

Christians needn't be burdened with needless guilt. As we strive to be like Christ, we have to free ourselves from needless guilt, and encourage others to do the same.

Christ's is the way free of guilt.

Follow it! □

Trying to do things to please others' expectations—and failing, as anyone who tries to please others inevitably will sooner or later—is what causes much unwarranted guilt.

Deanna Glad

feel you "should" do, even though you personally don't feel the need to do them.

Some Christians use the word *should* a great deal: "I should be praying (studying, fasting, giving, fellowshiping) more." You can feel guilt because you think you are not sacrificing enough, are not zealous enough or are not directly involved in God's Work.

You can feel guilt over watching "too much" television. Or

which comes when you sin. We are talking about needless guilt that comes from accepting someone else's standard for your own behavior—or needless guilt that comes from failing to do what you *think* you should.

How to be free

You need to know how to rid yourself of these needless kinds of guilt!

Here are three easy steps to

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