

# Faith Family News

*A Spiritual Resource For Your Family*

FREE COPY

Free Copy

Fall 2013

Volume 2 Number 3

## Marriage Destroyers *Selfishness (Part 2)*

by Mike Ennis

Pop culture songs often are about love. “What the world needs now is love sweet love, it’s the only thing that there is just too little of.” “All you need is love.” The problem is, although the world needs love, the opposite is often what we are confronted with. Selfishness is part of the sinful constitution of man. We come into this world demanding that people pay attention to us and serve us. If that selfish nature is not changed it will weaken if not destroy any marriage.

We need to change. Selfishness is part of sin nature. We should not live that way.

Ephesians 4:17-24 says, *This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind, Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart: Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness. But ye have not so learned Christ; If so be that ye have heard him, and have been taught by him, as the truth is in Jesus: That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness.*

**Cultivate a servant’s spirit.**

*Fulfill ye my joy, that ye be likeminded, having the same love,*

*being of one accord, of one mind. Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others (Philippians 2:2-4).*

Learning to serve would probably be one of the most important acts that can battle selfishness. Whether you’re a man or a woman, it is important that you learn how to serve your spouse with all your heart. For instance, women can serve their husbands

*Learning to serve  
... can battle  
selfishness.*

by taking care of his daily needs—such as preparing his clothes, food and the like. However, as a man, you can still serve your wife by helping her out with strenuous activities. Also, if you’re a guy, this

you can’t take charge of the kitchen once in a while. Try switching roles with her by preparing dinner. Take it from us, your partner will appreciate it!

**Cultivate humility.**

*Humble yourselves in the sight of the Lord, and he shall lift you up (James 4:10).*

*Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble (1 Peter 5:5).*

*Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time (1 Peter 5:6).*

Let’s practice. “I was wrong.”

**Marriage Destroyers cont. on page 4**

## Spiritual Warfare

by Jill Garrison

This summer the Vacation Bible School (VBS) theme at Victory Baptist Church was the armor of God. As we prepared our lessons, activities, and skits, we were repeatedly reminded that as Christians we are engaged in spiritual battle each day. Not only were we reminded of the spiritual warfare in which we are engaged, we also experienced it firsthand in the week leading up to and the week of VBS.

Daily we are fighting a battle against opponents that we cannot see. Our greatest and most powerful enemy is, of course, the devil. If you doubt that the devil is interested in what you are doing, determine to serve the Lord in a particular way, and it will not be long before you experience spiritual opposition. This summer as we prepared for VBS, we felt the devil’s onslaught first hand. First, just five days before VBS was to start, the games coordinator was informed that her request for the first night of VBS off from work was denied. On top of that, her teenage assistant of the last two years was unable to fill in for

her or even help due to the fact that he was still in school and had extra-curricular obligations after school. Next, the director got sick and was unable to be at church the day before VBS started, and therefore, missed the final organizational meeting. It didn’t end there. The night before VBS was to start, two of the teachers ended up taking their son to the emergency room. Wow! What an onslaught! Such an organized attack, reminds us that our *adversary the devil, as a roaring lion, walketh about, seeking who he may devour* (II Peter 5:8). He will do all he can to keep us from furthering God’s kingdom here on earth.

We face opposition not only from without, but also from within ourselves. In Romans 7 Paul speaks of this battle that we as Christians have going on within us. This battle is often referred to as the new man (nature) vs. the old man (nature) or the spirit vs. the flesh. Jesus also spoke to His disciples about this internal battle when He said, *The spirit is willing indeed, but the flesh is weak* (Matthew

**Spiritual Warfare cont. on page 5**

### In this issue . . .

<i>Marriage Destroyers</i> .....	1	<i>Been Thinkin’ ‘Bout Lighthouses</i> .....	6
<i>Spiritual Warfare</i> .....	1	<i>Writing Love Letters</i> .....	6
<i>Editorially Speaking</i> .....	2	<i>Fun for Kids (of all ages)</i> .....	7
<i>The Bookshelf</i> .....	2	<i>Always Part of the Family</i> .....	7
<i>Always</i> .....	2	<i>Mother’s Corner</i>	
<i>Old Timers’ Corner</i>		<i>Boundaries &amp; Simplicity</i> .....	8
<i>Should I Marry Again Pt. 3</i> .....	3	<i>Non-Medicated Pain Control</i> .....	9
<i>The Fundamentals</i> .....	3	<i>Been Thinkin’ ‘Bout Humpty Dumpty</i> .....	10
<i>Missionary Life in Mexico</i> .....	3	<i>Cookin’ Corner</i> .....	11
<i>Aging Gracefully</i> .....	4	<i>Are We Prepared?</i> .....	11
<i>Feeding the Hungry</i> .....	5		

## Editorially Speaking

*"He Restores My Soul"*

This past summer has been a time of soul searching for this editor. There were times when I wondered if we were making an impact in the lives of our readers. Human nature is such that we seldom give feedback about things we are either passive about or are enjoying. It's the things that are upsetting or mess with the status quo that tend to elicit a response from people. It wasn't until this year's Howard County Fair that I sensed in a more realistic way that we were touching lives. We were able to distribute thousands of copies of the Faith And Family News to fair-goers and received many positive comments. Many of you picked up your copies of FAFN at one of our hundreds of locations around the area. We thank you for reading our small contribution to help families in difficult times.

In this issue, be sure to read Jim Wright's final installment on his "Should I Remarry" series, and catch the first in the "Humpty Dumpty Chronicles" series by one of our faithful contributors, Margaret

Tice. As always, Pastor Mike Ennis will give us some Biblical instruction on keeping marriages strong and Jeanine's book review series will help you find edifying reading. These, and the other articles by our staff, along with activities for the kids, make this issue worth the time to read.

We have been asked by several why we can't publish our paper more often than the quarterly schedule we have currently. We would love to, but until our support base, both in staffing and financial resources, increases, we must work with what we have. If you would like to know how you might be able to help, you may contact us at [editorfaithandfamily@gmail.com](mailto:editorfaithandfamily@gmail.com). Blessings to your family.

*Morris Starkey is retired from Indiana University Kokomo and lives with his wife, Donna, in Miami County. They have two children and five grandchildren.*



## Always

by Terry Seagraves

I sit alone sad and broken, not knowing where my life has gone  
What have I accomplished, where have I been, what have I done?

People have come and gone in my life but few have remained  
At times I feel like my life is a whirlwind, never stopping but yet  
Always the same.

At times the emptiness gets so overwhelming and I feel I can't go on  
What has my life been worth, what difference have I made, I look and I see nothing.  
I look around and see others who have families, homes, their lives are so full. They  
seem happy, full of laughter, always some place to go. But then I look at myself  
Always the same.

I look in the mirror and see sadness, I see shame  
I see a life wasted and no one else to blame.

I went to church one morning, don't know why  
Of course I sat in the back, I don't know anyone. I knew I would leave  
Feeling like I usually do.  
Always the same.

Then they started singing songs I had never heard before  
About the Redemption story, a Rugged Cross, and talks with Jesus.

Why are they so happy, their faces so content

Then this man started preaching, I knew he was talking to me.

He talked of a Saviour, who was the Son of God and of man

He spoke of His glory and of salvation's plan

Now why would a man, who is God suffer pain and agony?

Why would He die on a cross for someone like me?

What was that he said, this man named Jesus knows me?

Like the feathers on a sparrow, he knows and he loves me

In all my shame and sin, He really loves me and I can count on Him.

I sit a little straighter, my sins are weighing me down, but as I bow my head to pray  
I know I want to be Heaven bound.

I walk down that aisle, with tears of joy I shed

Thank you Lord Jesus for your mercy, for forgiveness

You have set me free, my sins are forgiven, I have joy so complete

And now I hold my head up high and a new path the Lord has for me

I know my life will be different,

Never the same.

## THE BOOK SHELF

by Jeanine Garrison



*The greater the hurt, the greater the blessing  
that will come with forgiveness.*

— R. T. Kendall

Recently my Sunday School class studied a unit on the subject of forgiveness, and I decided to pull a book from my shelves that had been sitting there for a couple of years. I had received it as a gift (obviously someone thought I needed it), had read a little of it, and then had relegated it to the stack of the other half-read, self-help books. But after having read the whole book, I consider *Total Forgiveness* by R. T. Kendall a definitive work on the subject and a book that has a permanent place in my library. Kendall himself declares that this book, published by Charisma House, "has the greatest potential [of all his other books] to heal the human heart" (p XIX). Kendall gives a preview of the subject in his subtitle, "When everything in you wants to hold a grudge, point a finger and remember the pain, God wants you to lay it aside."

Kendall vulnerably relates the time when he was serving as the minister of Westminster Chapel in London and a friend confronted him about the need to forgive some people who had wronged him. He told Kendall, "You must totally forgive them. Until you totally forgive them you will be in chains. Release them, and you will be released" (p XXII). His open sharing about his own struggles and failures authenticates him as an authority on the subject to which he has clearly given much study and prayerful thought.

Kendall states that the Church mostly teaches about the forgiveness of sin afforded us by Christ's atoning death but that there is not a lot of teaching about forgiving one another. He

firmly states that true forgiveness must be "total forgiveness" and thoroughly discusses what it is and what it is not. The reader begins to grasp the definition of "total" when Kendall says that when we forgive, we should ask God to not remember our enemy's transgression against us. He further defines total forgiveness as not telling anyone else about the offence against us.

Kendall also takes on some of the puzzling issues involved with forgiveness. He writes: "I suppose that the fifth petition of the Lord's Prayer, 'Forgive us our debts as we also have forgiven our debtors' . . . has made liars out of more people than any other line in human history" (p 68). What does Jesus mean in Matthew 6:14-15 when He says, *For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses?* Another often misused scripture is Matthew 7:1: *Judge not, that ye be not judged.* Kendall discusses if, and when, a Christian is right to judge. He also talks about whether true forgiveness requires forgetting the offence.

Many, if not most, people have a problem dealing with forgiveness. It is a sin that affects us from toddlerhood to the grave. It affects our relationships in our families, at work, and at church. A major chapter in most marriage books is about forgiveness. As Kendall defines the consequences of unforgiveness, we realize that if we do not conquer it, it will conquer us. I

**The Bookshelf** cont. on page 8

*I am the  
bread of life.  
Whoever comes to Me  
will never go hungry,  
and whoever believes in me  
will never be thirsty.  
John 6:35*

## Old Timer's Corner

### Should I Marry Again – Part 3

by Jim Wright

On the way to Branson, I kept asking the Lord to help me stay in His will, and not to step out of line in any way. The Bonanza was on autopilot, and I leaned over to kiss Ginger. I didn't know if she would think this was too soon, but I really wanted to kiss her. Much to my delight, she turned and planted a warm loving kiss on my lips. Oh, thank you Lord, what a wonderful woman You've brought into my life.

When we landed at Branson, Nathan, my grandson, had left a car at Graham Clark (PLK) airport, and we had a great time with him and Sarah. They have a 4 bedroom house, so we each had our own room. We enjoyed the spectacular performance of "Joseph" that they both had parts in, and when we took off for home, there was only one more of my children for Ginger to meet. Again, we had tailwinds, smooth air at 9500 feet, and no sign of air sickness.

As soon as we landed at Glendale Airport and taxied up to my back door, we had another short prayer meeting, thanking the Lord for a great trip and no trouble with the airplane. Then we took off in the car for Lafayette. My daughter and her husband, Marilou

and Ned, had arranged to both be there to meet Ginger, and we had another wonderful visit. Internally, I was marveling at how smoothly and positively every single event on this trip had gone. I kept silently asking the Lord if it was really His will that I should ask Ginger to marry me. She might still be unwilling to leave her Ohio home.

On the way home I became totally convinced that the Lord wanted us to be married. He would just have to convince her to be willing to move. So while driving home on that beautiful, sunny October 10<sup>th</sup> I said, "Ginger, I love you and I want to spend the rest of my life with you. Will you marry me?"

Now understand, when I asked my first wife to marry me 59 years before this, she said no. And she said no a total of 11 times before she let me put a ring on her finger. So I was ready to be patient if necessary. But to my complete delight and amazement Ginger said, "Jim, I love you too, and yes, I will marry you." Wow, what jubilant exultation! What an amazing answer to my prayer. "Thank you Lord," I said over and over again!

But deciding on a wedding date

**Marry Again?** *cont. on page 10*

## The Fundamentals

by Matt Turner

I'm sure you all know the fundamentals of an academic education are the three "R's" (readin', writin', and 'rithmetic). However, I suspect many people don't know the fundamentals of Christianity. What's even worse is when people hear someone being referred to as a "fundamentalist Christian," it is usually understood to be a derogatory label. That is most unfortunate!

Here are the five fundamentals of the faith. Victory Christian Academy believes in:

1. The inspiration of the Bible, equally in all parts and without error in its origin;
2. The one God, eternally existent Father, Son, and Holy Spirit, Who created man by a direct act;
3. The preexistence, incarnation, virgin birth, sinless life, miracles, substitutionary death, bodily resurrection, ascension to Heaven, and the second coming of the Lord Jesus Christ;
4. The fall of man, the need of regeneration by the operation of the Holy Spirit on the basis of grace alone, and the resurrection of all to life or damnation; and
5. The spiritual relationship of all believers in the Lord Jesus Christ, living a life of righteous works, separation from the world, and witnessing of His

saving grace through the ministry of the Holy Spirit.

For those of you who have wondered why there are so many different denominations of Christianity, you need to understand that people debate each one of these points. One group will stress one point while another group will get all worked up about another. Group A will argue Jesus is 100% God and 100% man, while Group B believes He was 100% man, and then became 100% God at His baptism. Then we could talk about how the Church should be structured. Does the Bible support the Episcopalian, Congregational, or Presbyterian form of church government? And the battles rage on and on.

The Bible is the first topic of concern. We believe in the infallibility of Scriptures. We believe every word of Scripture is profitable for living a life that is well-pleasing to God. As a minister, my greatest fear is mishandling or misrepresenting the intent of a passage of Scripture. The Bible is the final authority on all matters. All doctrine rests on the principle of, "Thus saith the Lord." It doesn't matter what you or I believe. It matters what God has said in His Word!

Although we do not have the

**The Fundamentals** *cont. on page 8*

## Missionary Life in Mexico

by Steve Benedict

As missionaries, we are asked a lot of different questions. Before we came to Mexico we had a lot of people ask us how we could take our kids out of the United States. We even had a few who asked if the kids would be going with us—like we would just up and leave them by themselves or something. Just for the record, they all came with us, and they love Mexico also.

One of the most frequent questions we are asked now is, "Do you miss living in the United States?" The quick answer is, "no." We really don't. God has called us here and has given us a love for our new home. Oh sure, it was a bit difficult adjusting to some things. Some of our favorite foods were not available. In the first year-and-a-half or so, we made numerous trips to the border to stock up on things we couldn't get here. As time has gone on, we miss fewer and fewer things that the United States has

to offer and enjoy more and more the things that Mexico has to offer. Now when we go back to visit, we enjoy our time, but always look forward to getting back home, here in Jerez, at the Children's Home.

That is not to say that the sacrifices we have had to make and difficult times we have had to endure were pleasant. As each child grew up and moved out to start his or her own life, it was difficult to let him go and be so far away from him. And after we started getting grandbabies, it was a little bit harder still. As I write this, I have two granddaughters that I still have not met, one nine months old and one who is four months old. We will see them both at my oldest son's wedding in about two weeks. Our kids have had their own problems—grandbabies with health issues, all of the normal things in life that we as parents would like to be there to help out with. But God has given us a dif-

ferent path to follow.

Also, as I write this, my mother-in-law is extremely sick with cancer. She is in a lot of pain, and while we'd like to be there to help out and support her, the ministry that God has given to us will not allow us to do that. Thanksgiving weekend last year, my twenty-six-year-old niece, Andrea, went home to be with the Lord in a horrific car accident. We were able to go to the funeral but could not stay very long to be a help to my sister and her family. I am so comforted by the fact that both Andrea and my mother-in-law Mary are God's precious children, and I will never, ever see them for the last time. Please don't read this as discontentment. We love our work here, we love the people here, and we love our lives here. I wouldn't trade this life for anything right now. God has given us a job to do and a peace that goes along with it. For everything

**Missionary Life** *cont. on page 5*



"Providence has given to our people the choice of their rulers and it is the duty as well as the privilege and interest of our Christian Nation to select and prefer Christians for their rulers."

John Jay (1745-1849)  
First Chief Justice of the United States



Faith & Family News is published by Victory Baptist Church, Kokomo, IN, and distributed FREE to Kokomo area residents.

Contact us at [editorfaithandfamily@gmail.com](mailto:editorfaithandfamily@gmail.com).

5,000 Copies Published Quarterly

For additional copies, call (765) 453-9768.

**Marriage Destroyers** *cont. from page 1*

“Will you forgive me?” “Your way seems best.” “I don’t have to have this.”

**Practice the Golden Rule.**

*Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets (Matthew 7:12).*

*And as ye would that men should do to you, do ye also to them likewise (Luke 6:31).*

The Golden Rule can be stated many different ways:

“Do unto others as you would have them do unto you.”

“Treat others as you would like to be treated.”

“Whatever you want people to do to you, do that to them.”

If you want to know exactly how you can prioritize your partner, you should try putting yourself in his/her shoes. This can really help. For instance, you know your spouse had a bad day at work. Think about if you were him/her, what would your partner be feeling at the moment and what can possibly cheer him/her up?

**Submit to one another.**

*Submitting yourselves one to another in the fear of God (Ephesians 5:21).* Mutual submission is a spirit of surrender to the will of the other. In marriage it is a spirit of cooperation rather than a spirit of competition. Marriage works best when the couples form a duet rather than a duel.

**Practice the Biblical concept of love.**

When the pop culture sings “What

the world needs now is love sweet love,” we cannot be sure what they are singing about. There are many ideas about love but the true concept of love can be found in God’s gift of Jesus Christ. *For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life (John 3:16).* The word “loved” here is translated from a Greek word that means “choosing the highest good of another and acting to fulfill that good.” God chose our highest good and sent His Son to secure that good. Christ came, lived a perfect life, died for sin. He did not die for His sin, because He had none. He died to pay for our sin. *For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him (2 Corinthians 5:21).*

The way to conquer selfishness is to practice God-like love. It is impossible to do without God in our hearts. To conquer selfishness God must control our lives. Then we can practice love, which is the opposite of our natural selfishness.

What the world (our marriages) need now is love sweet love. That love is only possible through Christ.

*Mike Ennis serves as Pastor of Victory Baptist Church. A native of Kokomo, he has pastored for 30 years. He and his wife, Joan, have 4 married daughters and 8 grandchildren.*



## Aging Gracefully

### Lost In A Storm: Letters From Granddad

by Morris Starkey

On May 20, 2013, a level EF5 tornado blasted through Moore, Oklahoma, killing twenty-three people, injuring 377, and leaving a path of structural and emotional devastation that will take years to rebuild, if ever. At the time, our niece was living with a Christian family in Moore while she attended a Christian college in nearby Oklahoma City. Her host family lost virtually everything. What wasn’t carried away on the swirling maelstrom was left soiled and damaged beyond use. The room our niece’s host provided her met a similar devastation. The tornado carried away all she had brought with her from her Kansas home or purchased to use in her college classes.

Nobody was home at the time the tornado bore down on Moore, so, thankfully, they were not physically hurt. As our niece reflected on the events and all that was lost, word began to arrive to her that things were going to be replaced. Friends sent us things to forward to her. Her local church set up a fund and receiving point for supplies donated by the many good Samaritans who felt led to give. But one thing could not be replaced. As tears welled up she revealed with a trembling voice, that all the letters her granddad had sent her while she was in college were gone, carried away by a heartless force that brooked little sentimentality. The tornado was, seemingly, a hateful wind that felt no love for the special relationship between a girl and her granddad.

I am aware of this kind of attachment. This same granddad is my wife’s daddy. My wife has saved every letter, note or scrap upon which her daddy ever wrote, no matter how mundane. What makes these so precious as to be saved by daughter and granddaughter, alike? The answer is more simple than one would think. It’s not that daddy and granddad imparted great words of wisdom or proverbs to govern their lives, though he did impart words of comfort and cheer. It was simply the rarity of these missives. Rarely

did he take up the pen and write. When he did, it was to be considered of great importance and these ladies knew it. Even mundane words take on special meaning when accompanied with love and concern. Of what do we make of this?

We are living in a virtual technocracy—a time when technology has become a be-all, end-all presence, and has taken much of the personal touch out of communication. A young bride no longer has a precious bundle of letters, tied with a silken bow, to carry with her into marriage, serving as a constant reminder of her lover’s ardor. Today there may be a sterile text record that slowly gets deleted as storage space becomes more crowded or even lost when the latest update in phone service takes place. Words have become cheap and expendable. With the simple click of the delete button, words of commitment and love can be dissolved, much like relationships in our modern, sophisticated society. Hand-written letters now border on hokey. Grandparents rarely see a well-thought-out birthday card or thank you card with the scrawled out names of their loved ones—something to treasure in the twilight of their years. While young people are firing and deleting messages out on Facebook, Twitter and a host of other social networks, older folks, who often fumble with technology, get lost in the shuffle. Unless you have ever held in your hands an actual written message from someone that loves you, and have run your fingers over the subtle impressions of the pen upon paper, you will never know the feeling of this kind of attachment.

*Morris Starkey is retired from Indiana University Kokomo and lives with his*



*wife, Donna, in Miami County. They have two children and five grandchildren.*

*Honour thy father and thy mother,  
as the Lord thy God hath commanded thee;  
that thy days may be prolonged, and that it  
may go well with thee, in the land which  
the Lord thy God giveth thee.*

*Deuteronomy 5:16*

Contact Faith & Family News at:  
[editorfaithandfamily@gmail.com](mailto:editorfaithandfamily@gmail.com)

## Feeding the Hungry

by Marlin Carpenter

Death. Abandonment. Lost job. Painful circumstances. Cancer. Complicated relationship. Difficult times. Unwelcome suffering seems to rear its ugly head in each of our lives.

A flower fades. The grass withers. Leaves dry and curl then glide to the ground. Nature suffers with us. The beauty of nature, however, is that it also gives us hope.

Fall is always an especially encouraging time for me. I suppose growing up on a farm is what initially instilled the joy of harvest within me. Now, as a gardener, there is nothing more satisfying than seeing all the hard work of spring and summer finally pay off at fall harvest. There was ground preparation, seeding and planting, watering, weeding, trimming, mulching, and on the list goes. Often during the intense heat of summer, when the towering weeds seem to look down on us and laugh their evil laugh, and the vegetable plants look up at us crying their “chlorophylled” hearts out for a

drink of water, I just want (to use a colloquial expression) to throw in the towel! Sometimes the labor of gardening appears overwhelming, but Proverbs 20:4 encourages us that it is worth

*“Nothing’s quite  
as good ‘til you  
give it away!”*

it in the end. *The sluggard will not plow by reason of the cold; therefore shall he beg in harvest, and have nothing.* So, when fall’s bounty fills the bushel baskets to overflowing, I see the fruits of my labor and my love for gardening is rejuvenated.

Another lesson we gain from nature is the interdependence we see in the symbiotic relationship of a peony and an ant, of a bee and an unpollinated flower, of a squirrel and an oak tree. People often depend on the help of others as well. Whether it is an encouraging word, lending a hand to our elderly neighbor, or aiding the less fortunate, we can all find a way to reach out to others.

One organization promotes this outreach through the “Plant a Row for the Hungry” program. This group encourages us to take our extra garden produce and donate it to food banks, soup kitchens, and the like. Or, we can challenge ourselves to go a little farther

and “plant a row” extra, specifically designating the produce from that extra row for those in our community who are hungry. This fall as you harvest your crops, think of those in your community who may be struggling to make ends meet. When you’ve picked all the tomatoes you need and enough zucchini to make zucchini bread, zucchini cake, zucchini casserole, fried zucchini, frozen zucchini, zucchini stir fry, zucchini pie, zucchini patties (you get the picture), instead of throwing the rest away, why not take it to your local food pantry? If you are not familiar with your local food pantries, visit [www.ampleharvest.org](http://www.ampleharvest.org) for a current listing of food pantries across the United States. Finding one close to you is as simple as typing in your zip code. *Whoever gives to the poor will have everything he needs (Proverbs 28:27).*

There seems to be an ever-increasing demand for food assistance and according to the U.S. Department of Agriculture, one in eight households in America experiences hunger or potential risk of hunger. That is a lot of people in our very own communities that stand in need of our help! Nothing brings greater self-satisfaction

or pleases God more than when we help our fellow man. The Israelites were given instruction in Leviticus 23 to leave some grain around the edges of their fields for the poor when they harvested. Deuteronomy 24:19 says, *When you cut down your harvest in your field, and have forgotten a sheaf in the field, you shall not go again to bring it. It shall be for the stranger, for the fatherless, and for the widow; so that the LORD your God may bless you in all the work of your hand. (MKJV)*

I am also reminded of the young boy in John 6 who gave his bread and fish to Jesus so that the multitude of 5,000 could be fed. His meager portions may not have seemed like much, but it became an abundant blessing when given to the Master! Even if you don’t have much to give away, the blessing on someone else’s life may be far greater than you will ever know. In difficult times the best we can do

Feeding the Hungry cont. on page 8

Missionary Life cont. from page 3

we have had to sacrifice, God has given us much more in return. Yes, life can be difficult and it can cause pain, but that is true no matter where you live. The hard part is dealing with our own emotions and the feeling of helplessness as we have to watch from afar as our loved ones hurt.

I guess where I am going with all of this is, remember to hold your missionaries up in prayer on a daily basis. The struggles vary, but just the fact that they are so far from family can be disheartening at times, especially when one or more of the family members is struggling and they can’t be there to help. They feel left out a lot. Many times they feel lonely, and the emotional (not to mention spiritual)

battle can be very trying. Send them an encouraging note, even if they didn’t write to you first. Let them know that you are praying for them. Don’t misjudge them for not being where *you* feel they should be, because most times they don’t have the luxury to just go and be where they would like to be. Just pray a little harder for them when the Holy Spirit gives you that nudge. Send a note of encouragement. *You* can help make their day a little brighter.

*Steve and Amber Benedict, along with their children, have been missionaries in Mexico since 2003. Visit their website at [benedict-bunch.com](http://benedict-bunch.com).*



Seek ye the LORD while he may be  
found, call ye upon him while he is near:  
Isaiah 55:6

Spiritual Warfare cont. from page 1

26:41). Both during our preparations and the actual week of VBS, we, as VBS workers, struggled with various internal battles—worry, doubts, tiredness, feeling overwhelmed, complaining spirits, etc.

Thankfully, God has not left us to fight this spiritual battle without the proper equipment. *For though we walk in the flesh, we do not war after the flesh. (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ (II Corinthians 10:3-5).* In Ephesians 6, Paul tells us of the pieces of armor God has given us to do spiritual battle—the belt of truth, the breastplate of righteousness, the shoes of the gospel of peace, the shield of faith, the helmet of salvation, and the sword of the Spirit (the Word of God). Oftentimes when we are teaching about the armor of God, we stop right there, leaving out a very integral part of our weaponry. Verse 18 says, *Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints.* Without prayer, we cannot be successful in our spiritual battles. The great thing is that we can use prayer not only to

fight our own personal battles, but also to help others fight theirs as well. It was such a blessing to see the Lord answer our prayers the week of VBS by providing just the right people to run the games the first night, restoring the director to health so she could fulfill her duties, and bringing healing to the son who went to the emergency room. God also answered prayer by holding back the rain that threatened to disrupt the games and the rotations of the classes on the last night. Only a few drops fell as we were dismissing the children to go home.

Sadly, the lives of many Christians today resemble that of a spiritual couch potato more than a devout soldier of the cross. The Christian life is a battle, not a spectator sport. The Lord has given us the WHOLE armor of God to equip us for battle, but we must “suit up.” *Now it is high time to awake out of sleep: for now is our salvation nearer than when we believed. The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armor of light (Romans 13:11-12).*

*Jill helps with Truth Trackers at VBC and currently works in a public library. She has taught in a Christian school in England.*



## Been thinkin' 'bout . . . Why a Christian Lady Is Like a Lighthouse

by Margaret Beall Tice

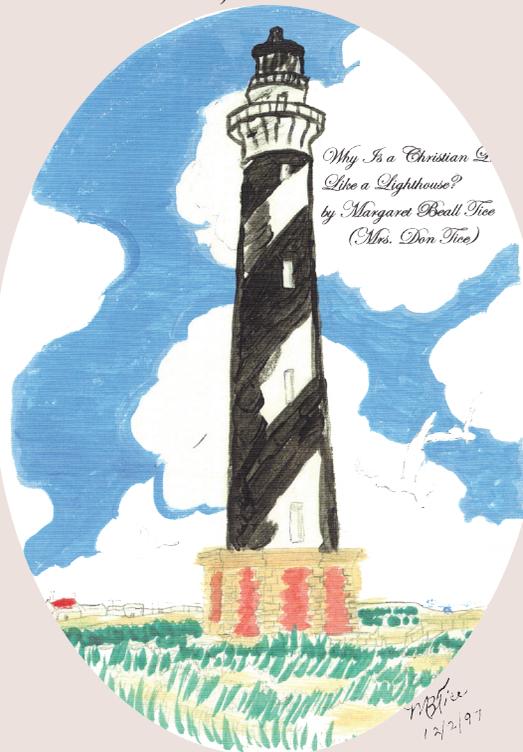
A Christian lady and a lighthouse. Alike? Let's look. Both were created with a purpose—the woman to fill man's need for companionship and completion (Genesis 2:18-24) and the lighthouse to guide ships on their way and warn of the approaching coastline. In the above-referenced Scripture our Heavenly Father attested the value of women, and George Washington, the Father of our country, showed the value of the lighthouse by calling for one to be built as the first structure after our country was formed. Neither should doubt her worth.

A second way the two are alike is they dispense light. A lighthouse shines. So does a Christian woman (Matthew 5:16). No one can give out what one doesn't have. Light must have a source. At the Old Cape Henry Lighthouse, Virginia, Beach, Virginia, we saw a huge vat which had held oil for that first lighthouse to draw on so it could fulfill its purpose of beaming light in every direction. What is the Christian woman's (or man's) Source of Light? He is often referred to as "Oil." We were reminded of the little fire in *The Pilgrim's Progress* burning on—in spite of continually being doused with bucket after bucket of water—because a secret pipe delivered through it a continuous supply of oil to burn to light Christian's path. That, I think, is a picture of any Christian's drawing on the Holy Spirit and the devil's not being able to quench the Fire of God in the believer.

Surely, hopeless is the effort to dispense light without first having the Light. That leads me to seven spiritual exercises unto Godliness (I Timothy 4:7b, 8), things essential

to making us Christ-like. Remember, Jesus told us, *I do always those things that please Him* (John 8:29). These are exercises that please God and fulfill our purpose and our inner selves in the bargain.

1. Make definite contact with God through Jesus Christ for salvation (John 14:6).
2. Establish a morning Quiet Time with God forever (Mark 1:35).
3. Live while you die (Romans 6:6, 11, 13; Galatians 2:20).
4. Rest while you work (Hebrews 3:17-4:11).



5. Make your troubles work for you; let them drive you to build your faith in and obedience to our Heavenly Father (Heb. 12:11).
6. Win others to Christ, especially the children (Daniel 12:3; Matthew 18:14).
7. Learn how to resist Satan (James 4:7; Revelation 12:11).

A final likeness between a lighthouse and a Christian lady is they both just keep on shining, whatever the season; whatever the circumstances. Being saved takes only a moment, but it takes a lifetime to develop a Christ-like character. The seasons of life provide plenty of experiences on which to *endure hardness as a good soldier of Jesus Christ* (II Timothy 2:3), *run with patience the race that is set before us* (Hebrews 12:1,2), and *let your light shine* (Matthew 5:16). Neither the lady nor the lighthouse ever know who is being saved from shipwreck, who may be gaining encouragement on the pathway, or who may be learning to glorify God by seeing their constant beam of love, joy, peace, longsuffering, goodness, gentleness, faith, meekness, and self-control.

Is this your testimony? *The LORD is my light and my salvation. The Lord is the strength of my life; of whom shall I be afraid?* (Psalm 27:1). Am I having trouble remembering that, like the lighthouse,

- I am created with a purpose?
- I dispense light not my own?
- I persevere in all seasons and circumstances?

If we lack wisdom in any of these, we can ask of God for it. He gives liberally, with no fussing at us for *He upbraideth not* (James 1:5). Praise His Name forever!

Margaret Tice, widow of Don Tice, businessman, pastor and Christian educator, mother of two sons who, with their wives and families, know, love and serve the Lord.



## Writing Love Letters

www.freechristianillustrations.com

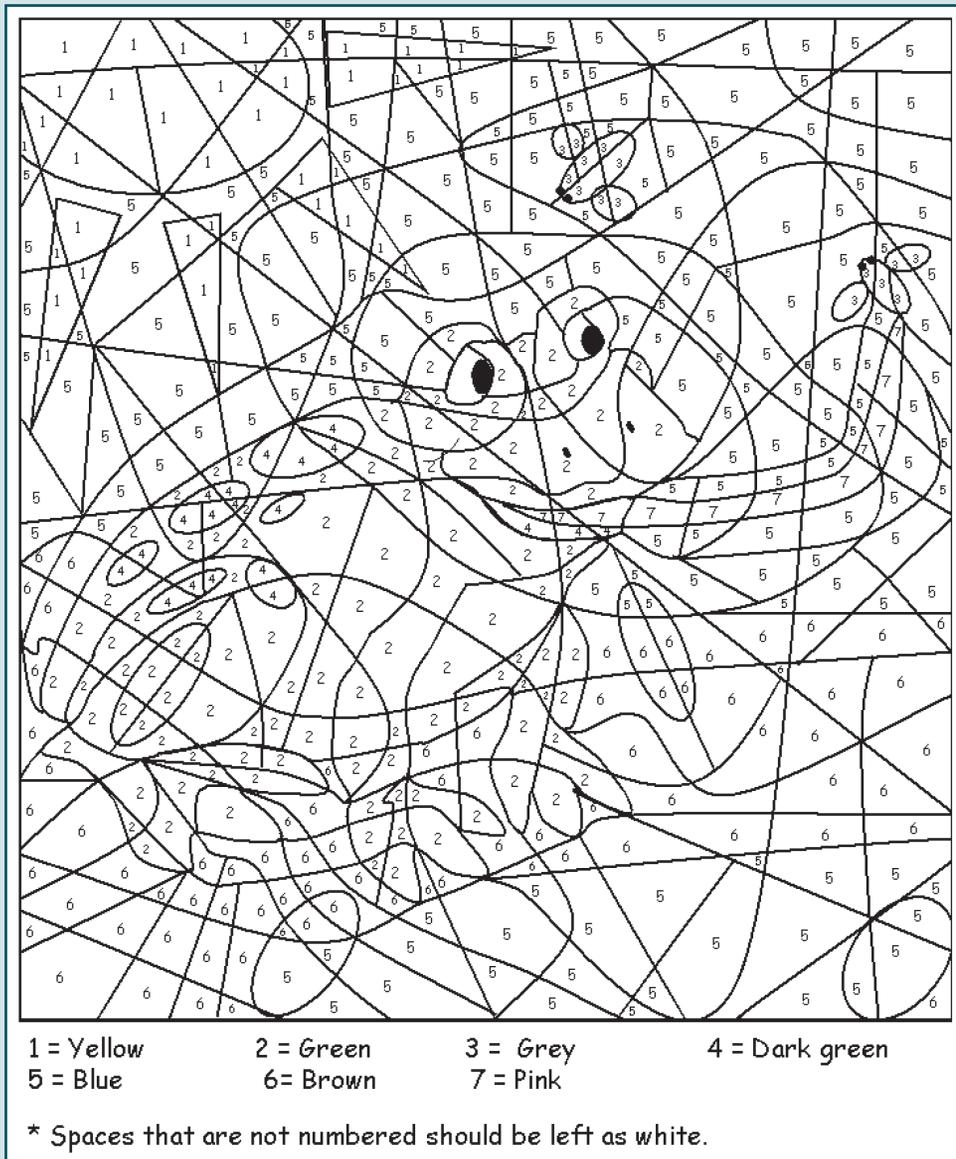


A man, filled with romantic notions, decided to write a love letter to his wife. He became so caught up in writing on how unbearable life would be without her that he didn't notice she had arrived home. While he continued to write page after page, listing how he was his wife's undying servant, she cleaned the house, did the washing and cooked in the kitchen. So involved was he in composing poetic words of his wife's incomparable beauty, he didn't notice she had dressed-up and changed her hair. When she invited him to walk in the park and watch the sunset, her husband declined; he was far too busy writing about how he loved to spend every minute in her wonderful company. On her return, he eagerly presented her with the passionate love letter. His wife read it, gave a half smile and politely thanked him. Her husband was disappointed. He expected her to respond with romantic joy. Baffled, he asked: 'Doesn't my letter please you? Haven't I written every loving thing a woman likes to hear?' 'Yes, it's very sweet, my darling,' she replied quietly. 'I do appreciate your sentiments, but I would rather see your love than read about it.'

*We sing songs to God with many 'Halleluiahs' and 'Praise the Lords'. We give offerings and tell God how wonderful and glorious He is. We rightly recognize how awful our lives would be without Him. But are we just 'writing love-letters', or is our life a living-love-letter to God? (James 1:22-25)*

Introducing our new website:  
**vbckokomo.com**

# FUN FOR KIDS (of All Ages)



Why did the chicken cross the playground?  
To get to the other slide.

What do you call a pig that knows karate?  
A pork chop!

Why do bees have sticky hair?  
Because they use honeycombs.

Why was the man running around his bed?  
He wanted to catch up on his sleep.

Why is 6 afraid of 7?  
Because 7 8 9!

What's black and white, black and white, black and white?  
A penguin rolling down a hill!

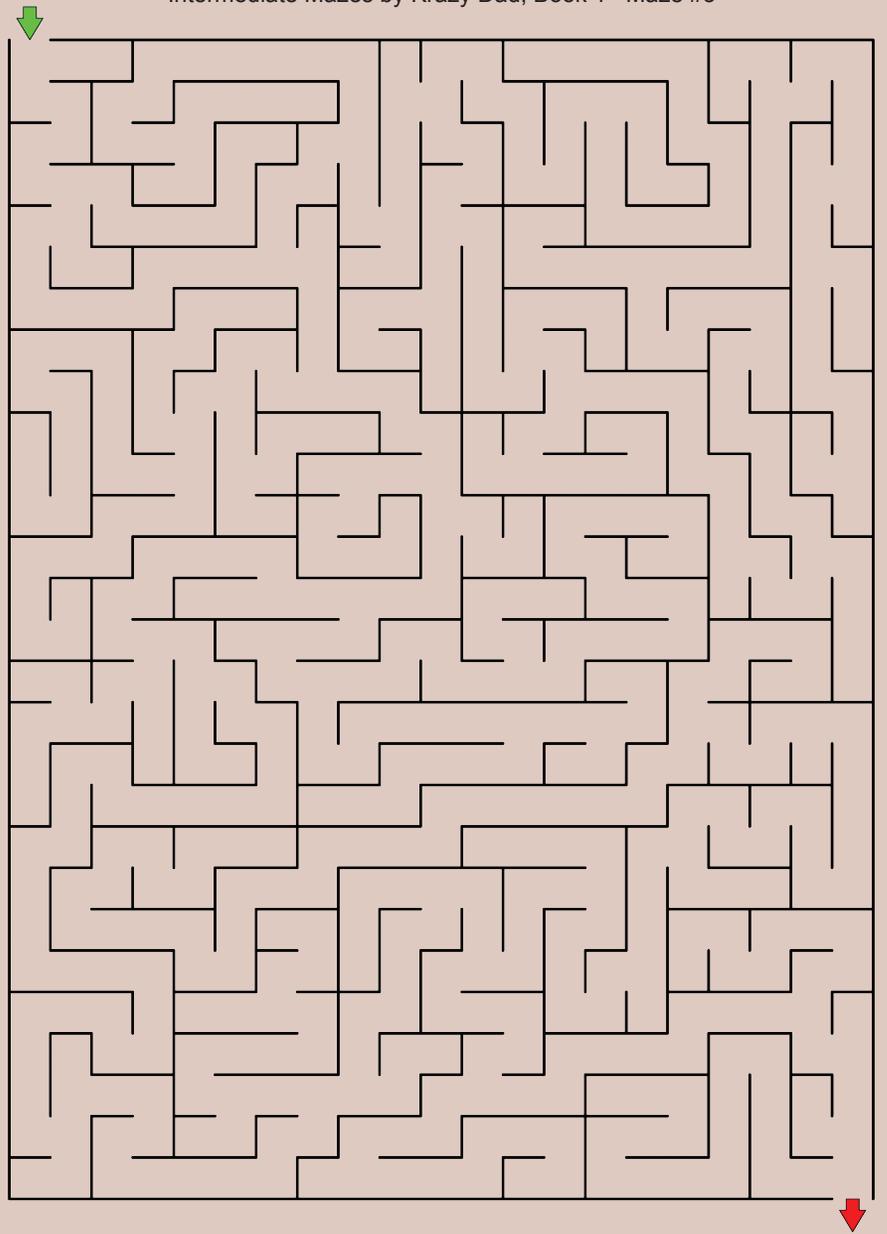
Why do cows wear bells?  
Because their horns don't work!

What does a snail say when it's riding on a turtle's back?  
Weeeee!!

How did the barber win the race? He knew a short cut.

## MAZE CRAZE

Intermediate Mazes by Krazy Dad, Book 1 Maze #3



Used with permission from KrazyDad.com

## Always Part of the Family

[www.freechristianillustrations.com](http://www.freechristianillustrations.com)



When we are born, we are born into a family – we don't have any choice in the matter. We all have a biological mother and father and, whether we like it or not, they will always be our biological parents. We may also have biological sisters, brothers, uncles and aunts. Some may not know who they are, some will wish they didn't know and change their name and end all contact. However, the fact remains

we were born into that family and nothing we can do will ever change that.

As Christians we are 'born again' into the Royal Family of God (through faith in Christ). We did nothing to earn our place in God's family and we can do nothing to change it. As soon as we believe in Christ, our names are placed in the 'Book of Life'. Once born into God's family, nothing can remove us—even ourselves. We may disown God. We may turn our backs on Him and never talk (pray) to Him. We may even tell everyone we're not a Christian, but it does not change the fact: once a Family member, always a Family member. We did nothing to earn salvation and we can do nothing to lose salvation. In Heaven, there will be many surprised people in the Royal Family of God. They will be eternally thankful that at one point in their life they believed in Jesus Christ and God immediately adopted them as joint heirs with Christ, sharing all His riches and privileges – and nothing they did thereafter could ever change that fact. (Rom 8:16-17)

## Mother's Corner Boundaries & Simplicity

by Ashlee Shoaff



Constructing an understanding of self, social and parenting contexts, and spiritual matters in a culture without foundational truths makes for a confusing and tiresome act at times. Mounds of philosophical approaches to life encroach on our ability to streamline our understanding of and functional practices in life. As spiritual beings, we yearn for meaning in our existence. In Matthew 4:4, Jesus reminds us that we have an innate need that exceeds satiating the carnal demands of life, namely food, but this can encompass earthly relationships and personal pursuits. In a relationship with Christ, the Alpha and Omega, through the Word and enlightenment of Christ's existence, we not only gain meaning, we also are given boundaries and simplistic applications for life's circumstances.

Living in an age of relativism blurs many of the boundaries God established for us. This notion that there are many truths based on personal or cultural beliefs fragments even the best civil societies. God forewarned the Jewish people in the Book of Deu-

teronomy about adopting the cultural practices around them. As parents (as well as individuals seeking the power and presence of God in our own lives), it is our privilege and obligation to give our children boundaries and a simplistic appreciation of life.

The Book of Proverbs illustrates many of the boundaries and simplicities that give us a colorful palette of understanding. The succession of this book delineates discernment for self-development, choices that influence social living, and the spiritual implications of righteousness versus wickedness. Though cultural and situational understanding may influence life experiences differently, this does not negate intrinsic values, or boundaries, God has placed on humanity. He has already written an awareness of His requirements on our hearts (Romans 2:14-15). Because those boundaries simplify and give insight to living life, we should feel compelled to share those simple, straightforward truths with our children.

The 10 Commandments (Exodus 20:1-17) are foundational truths that echo the simplistic nature of God's relationship to us and with us, as well as for our dealings with those around us.

**Boundaries** cont. on page 9

### The Bookshelf cont. from page 2

highly recommend Total Forgiveness and know that I will be revisiting its pages when unforgiveness becomes an issue.

Another book I heartily recommend is David Platt's Follow Me, published by Tyndale House Publishers, Inc. I was half way through the first chapter when I thought, "I love this book." Platt, pastor of The Church at Brook Hills in Alabama, quickly gets the reader's attention with his first chapter, Unconverted Believers, with subheadings like Pray This Prayer, "I Never Knew You," and Dangerously Deceived.

Platt says: "With these two simple words [Follow me], Jesus made clear that his primary purpose was not to instruct his disciples in a prescribed religion; his primary purpose was to invite his disciples into a personal relationship" (p 54). He spends the rest of the book cutting through the murkiness of today's watered-down

Christianity to the core of what a true disciple of Christ is and isn't. He deals with subjects like the indwelling of the Holy Spirit, Heaven and Hell, the importance of the Church, prayer, God's will, church discipline, and many more. Throughout the book, Platt, who has been on mission trips around the world, emphasizes the necessity of believers reproducing themselves like the early church did.

I liked Follow Me so much that I was puzzled why it was on the discount table at the bookstore. Perhaps it is its unassuming beige cover. Or perhaps it is its subtitle: A Call to Die. A Call to Live. A prayerful, meditative reading of Follow Me might just change a person's life.

Jeanine Garrison lives in Clinton County with her books and her husband Tim. The couple has three grown children.



### The Fundamentals cont. from page 3

original books, letters, and songs which comprise the Holy Writ, they are the most validated writings of antiquity. I am amazed at the amount of misinformation concerning the authenticity of Scripture. I never heard one of my college professors argue that our translations of Homer's *Iliad* and *Odyssey* are untrustworthy because we don't have the originals. Satan knows if he can get someone to doubt the integrity of the Bible, he may keep that individual from coming to a saving knowledge of Jesus Christ, or stunt the spiritual growth of a believer.

Scripture speaks to every area of our lives. You can trust what it says, and if you apply what you learn, you will live a life honoring to God, one for the benefit of others, and for your best interest as well. What other book offers so much? The Bible doesn't simply contain truth; it *is* truth. Furthermore, it has a track record to back up the truths it teaches.

The second fundamental, like all the rest, flows from the first. Although I don't really understand everything about God, I believe the Bible teaches the doctrine of the Trinity. For example, Matthew 3:16-17 reveals to us the story of Jesus' baptism. The Father, Son and Holy Spirit are all present and distinct from one another. Somehow God is three separate individuals, or entities, in one. I confess to the children I don't fully understand how this is. Let's not forget, if we could understand and explain everything about God, He would be no greater than we are.

We believe God has existed forever, and will continue to exist forever. The Bible begins with the presupposition that God exists (Genesis 1:1). He exists outside the realms of time and space which constrain us. This truth is critical to the Gospel message and promise of eternal life. The very One Who put everything in motion

has a purpose He has revealed to man through the revelation of Scriptures.

That leads us to another point concerning the second fundamental. It declares that the universe was created by God in a deliberate act. I believe He had a purpose for all this. We are not some great cosmic accident. God tells us He created us for His glory and our benefit. As a matter of fact, we should find our purpose and fulfillment in life by submitting to His will.

It is critical for every person to enter into a personal relationship with the Almighty, Creator God of the Bible. You may be able to understand God exists from the study and appreciation of God's created, natural world, but you can't be reconciled to Him without knowing the story contained within the pages of Scripture. Please, don't fool yourself by thinking it is good enough to simply know there is a God without really getting to know God in the person of His only begotten Son.

The next three fundamentals reveal how you can know God in a personal way. Knowing these truths helps us deal with the problem of evil and suffering in the world. They concern the person of Jesus Christ, the Fall of Man, and the responsibilities of a believer. Unfortunately, I don't have the space to finish our brief survey of the fundamentals of the faith, but when I'm finished I hope you will be proud to call yourself a "Fundamentalist Christian." I purpose to examine the next three points in future articles. I pray this has been a blessing to you and hope you look forward to the next issue.

Matthew Turner is principal of Victory Christian Academy and co-founder of the Kokomo TEA Party. Contact Matt: [vcamatt@yahoo.com](mailto:vcamatt@yahoo.com).



### Feeding the Hungry cont. from page 5

is reach out to the suffering and ease their burden. After all, as the gospel song by the Gaither Vocal Band says, "Nothing's quite as good 'til you give it away!"

Marlin Carpenter, a Master Gardener, operates Garden Gate Greenhouse at 500 S and Hwy 19 in Miami County. Stop by for all your gardening needs. [egardengate.com](http://egardengate.com)



Seek ye the LORD  
while he may be found,  
call ye upon him while he is near:  
Let the wicked forsake his way,  
and the unrighteous man his  
thoughts: and let him return  
unto the LORD,  
and he will have mercy upon him;  
and to our God,  
for he will abundantly pardon.  
Isaiah 55:6-7

## Non-Medicated Pain Control

by Rachel Irwin

Millions of Americans suffer with chronic pain. More Americans go to the doctor for pain than any other problem, with the exception of the common cold and upper respiratory infection. It is believed that 10% of Americans suffer from chronic pain. This is a personal subject to me because my own mother suffers from rheumatoid arthritis and the chronic pain that it causes. There are many different types and causes of pain; I'm not going to get into all that. The purpose of this article is to give you techniques to reduce pain. Whether or not you use pain medications, these techniques can help. They can help your pain medications work more effectively.

First, as a Christian, I must recommend that you pray about your pain. Take it to the Father and ask Him for wisdom, strength, and peace in dealing with your pain. God is so wise. Sometimes I wonder why my mother, one of the most dedicated Christian women I know, is suffering with this chronic pain. Then God reminds me through His Word that He is good and loves us and that all things work

together for good to them that love Him (Psalm 136:1, Romans 8:28).

Second, let me strongly recommend if you are having pain and do not know why, seek medical help. Pain is one of the ways our wonderfully created bodies (Psalm 139:14) tell us that something is not right. So if you are noticing a significant amount of pain, I recommend you first find out what is causing the pain.

Now let us look at ways we can help ease our pains.

**Massage**—The theory behind this is that stimulation of fibers transmit non-painful impulses that block painful impulses (Brunner & Suddarth's Medical Surgical Nursing). A hand, foot, or back massage are all helpful to someone who is experiencing chronic pain.

**Thermal Therapies (Hot and Cold)**—work somewhat the same way. Also, ice reduces swelling and should be applied to an injury or after surgery to reduce swelling. Ice should be applied no longer than 15 or 20 minutes at a time to avoid frostbite. Warm compresses can be applied to achy muscles but should never be applied to

an area that feels warm; this could mean infection. Applying warmth increases blood flow to the area, speeding up the healing process (Brunner & Suddarth's Medical Surgical Nursing).

**Relaxation Techniques**—work by focusing on breathing to help relax. Relaxation works by taking a slow deep breath in (in, two three) and breathing out (out, two, three). I am a firm believer that when relaxed your body is working at its prime. For example, if you take a pain reliever, it will work more quickly and better when your body is relaxed because veins are relaxed and blood flow increases. This also increases oxygen in the body. You have probably heard something similar being used in child birth (Brunner & Suddarth's Medical Surgical Nursing).

**Distraction**—focusing on something like the TV to take your focus off the pain. This technique can help relieve pain perception. While this will be less effective on severe pain, it tends to work well with mild to moderate pain. Watching TV, listening to music, visiting with

**Pain Control** cont. on page 10

### Return, O God of Love

Return, O God of love, return;  
Earth is a tiresome place:  
How long shall we, thy children, mourn  
Our absence from thy face?

Let heav'n succeed our painful years,  
Let sin and sorrow cease,  
And in proportion to our tears  
So make our joys increase.

Thy wonders to thy servants show,  
Make thy own work complete;  
Then shall our souls thy glory know,  
And own thy love was great.

Then shall we shine before thy throne  
In all thy beauty, Lord;  
And the poor service we have done  
Meet a Divine reward.

- Isaac Watts

### Boundaries cont. from page 8

They are spiritual and humanitarian laws. Translating them into modern day vernacular may help in giving modern day texture and meaning in the minds of our children. A simple, straight-forward approach is:

1. There is only one true and living God.
2. Do not be obsessed with anyone or anything besides God.
3. Do not misuse God's name.
4. Honor your parents with obedience and respect.
5. Set apart special times to worship God.
6. Do not kill.
7. Keep your promises.
8. Do not steal.
9. Do not lie.
10. Do not want what is not yours.

These set up boundaries for one's self. They give personal perimeters for spiritual matters, relationships with others, and civil duties. The Commandments give children a framework to live by and standards that will never change or be relative to the culture around them. Sear them into the hearts of your children for a

strong foundation, and recite them often (Deuteronomy 11:19).

Prayer supplies another strong, simplistic boundary for your children. Offering a format of prayer for your children's understanding, as Christ did for the disciples in the Lord's Prayer (Matthew 6:9-13), helps gain insights about how to commune with God. Many times memorizing this timeless prayer is a helpful first step, but never fear to deepen a child's practical application of it. By sharing what Jesus was exemplifying through His words, children can work through those same perimeters as their relationship deepens as they continue to relate to Him as their God. Explaining how the introduction of the prayer focuses God as the sacred being He is and His righteousness demonstrates how important it is to layer our prayers with statements of His character, refreshing our minds and hearts about our position of ultimate authority in life's circumstances. Continuing through the prayer, we see a need to carry on God's plans and purposes while on earth and the need to seek His provision for our daily sustenance. Talk to them about His desire for us to seek

forgiveness both from Him and for others. Articulate how we are naturally led into temptations through our five senses and emotions and that we are called to ask God to direct our choices and situations.

Providing prayer as another boundary (or guide) to live under, hopefully, propels our children into a reliance of seeing the world through God's perspective. Reciting the Commandments and overviewing themes in Proverbs creates those simple boundaries so that our children are not tossed about by every new trend or culture that seems enticing at the time (Ephesians 4:14). Infuse the teachings of these boundaries with your life lessons and how keeping to/turning away from some of these truths have resulted in victories and failures for you. This will serve as a testament to the abiding power in God's simple boundaries and will be as the following from Psalm 78:3-8:

[These truths] which we have heard and known, and our fathers have told us. We will not conceal them from our children, but tell to the generation to come the praises of the LORD, and His strength and His

wondrous works that He has done. For He established a testimony in Jacob, and appointed a law in Israel, which He commanded our fathers, that they should teach them to their children, that the generation to come might know, [even] the children [yet] to be born, [that] they may arise and tell [them] to their children, that they should put their confidence in God, and not forget the works of God, but keep His commandments, and not be like their fathers, a stubborn and rebellious generation, a generation that did not prepare its heart, and whose spirit was not faithful to God.

Without sharing the boundaries God designed, we are helping the world conceal the truths of our great Savior and Mighty Creator. His perimeters make for a more simplistic, palatable life.

Ashlee Shoaff, along with her husband, Stan, have four children. She is currently working on an advanced degree, lives in Howard county and serves our Lord at Victory Baptist Church.



## Been thinkin' 'bout . . . *Humpty Dumpty*

by Margaret Beall Tice

*Editor's Note: Margaret is a gifted FAFN contributor who recently had a severe fall and chose to write of her experience, in hopes it might be a source of encouragement to others who have had similar experiences.*

Like Humpty Dumpty, I had a great fall. Mine was in my Kokomo, Indiana, bathroom on Christmas Eve Day, 2012. At 80, trying out an aluminum walker, I was standing at the sink to wash my hands when a wave of tiredness caused me to lay my head down on my right forearm resting on the walker and sink while my left hand still held to the walker. I didn't realize that, like a horse, I had drifted off to sleep standing up. Releasing my left-hand grip on the walker handle awakened me. I stepped back to steady my balance. Instead, I lost it, was unable to catch the edge of the sink or the potty to break my fall, and said in my slow-motion descent, "I'm going to fall . . . hard." Landing on the tile floor on my left arm rendered it useless and, out of sight, I couldn't tell whether it was broken, bleeding or just without feeling. My phone was tantalizingly beyond my right fingertips, leaving me in two hours of pain, praying, even then sensing the Lord's assurance He was totally in charge of this; so I relaxed in His arms in perfect trust although in pain. After about two hours He reminded me I had landed on a fluffy red rug and led me to twist and turn the few inches to my cell phone, 911 and my son Jon. They came

momentarily, took me to St. Joseph, my closest hospital, where they did preliminary work and sent me straight to St. Vincent Hospital in Indianapolis. X-rays showed my pelvis and shoulder were broken, and Dr. Reveal shortly did a socket reversal on my left shoulder, saying my pelvis would heal on its own. Thankfully, no shoulder pain ever showed its ugly head and pelvic pain was dulled with regular medicine.

In a few days I went to Waterford Place, Kokomo, with wonderful re-hab care and great equipment, like a cattle sling, to lift me out of bed and set me on the potty. I graduated to various lifts and transports until I had strength to move about. With tenderness and close attention, they began very gradual therapy, moving me after months to being able to walk with a rollator, get in and out of bed, wash and dress with little help, and go to meals and therapy. More next time as God helps me recall.

*Margaret Tice, widow of Don Tice, businessman, pastor and Christian educator, mother of two sons who, with their wives and families, know, love and serve the Lord.*



**Pain Control** *cont. from page 9*

friends and family are all forms of distraction (Brunner & Suddarth's Medical Surgical Nursing).

**Guided Imagery**—Similar to distraction in that it helps with pain perception, guided imagery involves focusing on deep breathing similar to the previous relaxation technique. When taking a nice slow deep breath in, you imagine healing air, and while slowly breathing out you imagine breathing out the pain. I know it sounds a little crazy, but it helps you relax and distracts from the pain (Brunner & Suddarth's Medical Surgical Nursing).

**Exercise**—There are many exercises out there that help with different kinds of pains. Most involve

stretching and strength exercise. Many resources are available online that offer specific exercises for certain pain. Before starting any exercise routine, you must first consult with your doctor. While exercise can help, it can also cause further injury.

**Meditation on Scripture**—Turning to our Creator and His precious Word to help us with not just pain, but any hardship that we may be facing, is the answer to every question. Sadly it is often the last thing we Christians do. We tend to try and find answers from the world and try to fix things ourselves before first seeking God, the Great Physician, Healer, Savior, and Creator. We humans can be so silly sometimes.

**Marry Again?** *cont. from page 3*

was not so easy. My kids were OK with us being married, but they wanted us to pick a date off in the future so that everyone could be there. It wasn't long before we realized that there was never going to be any time when all of my kids and all of her kids could make it. And that being the case, at our age there was no point putting off what could be done soon.

Each one of my conservative children called and tried to convince me that we should wait. They thought that we needed more time to get to know each other. Normally that would be very good advice, and I would agree. But when the Lord makes it so very clear what He wants done, then we should just go ahead and do it, regardless of what would normally be prudent. Consider Gideon going into battle against what Judges 8:10 tells us was an army of 135,000 men, with only 300 of his own! Not prudent, but when God directs it, it's the right thing to do. The problem is being sure that the Lord is directing it. And we were.

To make a long story short, my oldest son, a pastor for 30 years, married us in our living room, with my daughter and her husband as witnesses, and our pastor and his wife taking part. It was October 29, 2012. We had a Facetime setup on my iPad so that Ginger's kids could watch and listen to the ceremony.

As I write this now, we have been married for nearly 6 months. Ginger is as eager to serve the Lord completely as I am. The Lord keeps confirming at every turn how right it is for us to be together. When we are not out of town visiting our kids, we are in church every time the doors are open. Ginger helps me in Children's Church. We

were together on the Child Evangelism Fellowship Team that held classes in Boulevard School. We sing in the church choir. We are in the mixed quartet at Victory Baptist Church. And I love this woman more each day.

Would I recommend meeting people on an internet dating service like we did? No, I wouldn't. For it to work, a person would have to be totally led by the Lord. Otherwise, the pitfalls and dangers are overwhelming. And for a person who is really committed to doing the Lord's will, there are many other ways He can and does direct to find life partners. The key to happiness and joy is being and staying obedient to the Lord.

Ginger and I are now eagerly looking forward to many years of happiness together, even though by the end of the year I will be 80 and Ginger will be 78. But we tell each other that even if we die tomorrow, it will still be worth it, because the joy and happiness we have already experienced is so tremendous. We plan to live life to the fullest, traveling to National Parks, taking cruises, flying the Bonanza, and I am even teaching Ginger to fly. She has already had two lessons and now the weather is more conducive to giving her more lessons. But the main thing is staying firmly in the center of the Lord's will and following His plan.

*Jim Wright earned his MA in Engineering from Oklahoma State, is a Certified Flight Instructor, and is retired from EDS. Jim teaches Children's Church and is a Deacon at Victory Baptist Church.*



Here are a few verses I have found that may be a comfort to you.

*No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it (1 Corinthians 10:13).*

*Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you (1 Peter*

*5:9-10).*

Wow, God's Word is so very powerful. Dear reader, I hope that this article can help you in some way. I pray that God will bless you and give you the strength to press on, allowing God to use you and bless you in spite of your pain, whether it is physical pain or something different. God loves you and so desires to help you.



*Rachel Irwin is married to Justin and has two children. She is a practicing RN in Howard County.*

## Cookin' Corner

by Donna Starkey

The first part of Proverbs 10:5 says, *He that gathereth in the summer is a wise son.* As I am putting together this article I know that my garden will be producing in abundance in a few weeks. The recipes that I am including will help in using some of that abundance of harvest.

### Creamy Vegetable Salad

1 medium onion, peeled and cut into chunks  
2 medium cucumbers, peeled and sliced into  $\frac{1}{2}$  inch slices (any thinner and they will not be crisp)  
 $\frac{1}{2}$  of a red or yellow pepper thinly sliced  
2 large tomatoes, seeded and cut into chunks (Roma tomatoes would be good here as they have fewer seeds.)

#### Dressing for the salad

2 tablespoons white vinegar  
 $\frac{1}{2}$  cup mayonnaise  
1 tablespoon parsley flakes  
4 tablespoons sugar  
1 teaspoon salt  
1 teaspoon dried dill

Mix together and pour over the vegetables. Mix well and store in the refrigerator for 2 hours, stirring at least once. This is also great the next day if you have left overs.

Zucchini is a vegetable that grows and multiplies quickly. It is also easy to grate and store in the freezer for use throughout the year.

### Zucchini Bread

3 eggs  
1 cup oil  
2 cups sugar  
2 cups grated zucchini (fresh or frozen)  
2 teaspoons vanilla  
3 cups flour  
1 teaspoon baking soda  
 $\frac{1}{2}$  teaspoon baking powder  
1 teaspoon salt  
1 teaspoon cinnamon  
 $\frac{1}{2}$  cup nuts (optional)

Heat oven to 325 degrees and grease and flour 2 loaf pans.

Beat eggs then add oil, sugar, grated zucchini and vanilla and cream together. Sift the flour, baking soda, baking powder, salt and cinnamon together and add the sifted ingredients to the creamed mixture. Mix together until well blended. Pour mixture in the 2 loaf pans and bake for 1 hour.

Donna Starkey is married to the Editor and lives in Miami County. She enjoys cooking, reading and spoiling her five grandchildren.



## Are We Prepared?

by Terry Seagraves

As I sit and look out my window, the wind is blowing the leaves off their branches and the squirrels are chasing each other from limb to limb. I love watching them; it's like they don't have a care in the world. I do believe you can tell which ones are the adults and which ones are the children. I see the older squirrels carrying acorns up the trees into their nests for winter. They know what is coming and they are getting prepared.

Just outside my window is a birdhouse and there has been a lot of activity. The sparrows are bringing in scraps, twigs and just about anything they can find to insulate their home for the winter. My daughter told me to be sure and brush our dog's fur outside and let the fur lay on the ground so the birds can pick it up and use it in their nests. So I make it a point to do that for them, and, of course, Rusty loves being brushed, so he is a big help. It is interesting to watch the different creatures prepare their homes for the season's change and it makes me wonder about us humans. Are we prepared?

Now I am not talking about preparing for the winter; I am talking about being prepared for eternity. John 3:36 tells us, *He that believeth on the Son hath everlasting life: and he that believeth not the Son shall not see life, but the wrath of God abideth on him.* We need to be prepared. The Bible tells us that Jesus is coming back to gather us to our Heavenly home. He is preparing us a place right now.

Are you prepared? Do you

know for certain that you are prepared for His great coming? Jesus paid a great price for our home; He gave his life. What are you doing to be prepared? Have you turned your life over to God? Are you reading your Bible? Are you praying? Are you sharing God's Word with your family and friends to help them prepare for a home for eternity in Heaven? Or are you just living your life with the attitude of, "Oh well?" Friends, there is a Heaven and there is a Hell and the thought of spending eternity in a fire so hot that it cannot be measured, and hearing the screams of lost loved ones all around is not something to be ignored.

Some people think they are young and they have plenty of time, but have you read the paper or seen on the news where people of all ages are dying? There is no age standard for death. Now I know this sounds out of character for me to write about, but I think of all my lost friends and family members, and I pray each day that they will start preparing. No one knows when our time will come, and we should be thankful for each day we have on this earth. The Bible tells us that His coming will be in the twinkling of an eye. There won't be a minute to say, "Okay, now I am ready." The time is now.

Until next time, my prayers for you always, Terry



Terry lives with her husband in Howard County and works with an area Child Evangelism Fellowship Good News Club.

"MY EXPERIENCE IN THIS OFFICE I HOLD HAS ONLY DEEPENED A BELIEF I'VE HELD FOR MANY YEARS: WITHIN THE COVERS OF THAT SINGLE BOOK (THE BIBLE) ARE ALL THE ANSWERS TO ALL THE PROBLEMS THAT FACE US TODAY IF WE'D ONLY READ AND BELIEVE."

—PRESIDENT RONALD WILSON REAGAN

YOU'RE INVITED

# VICTORY BAPTIST CHURCH

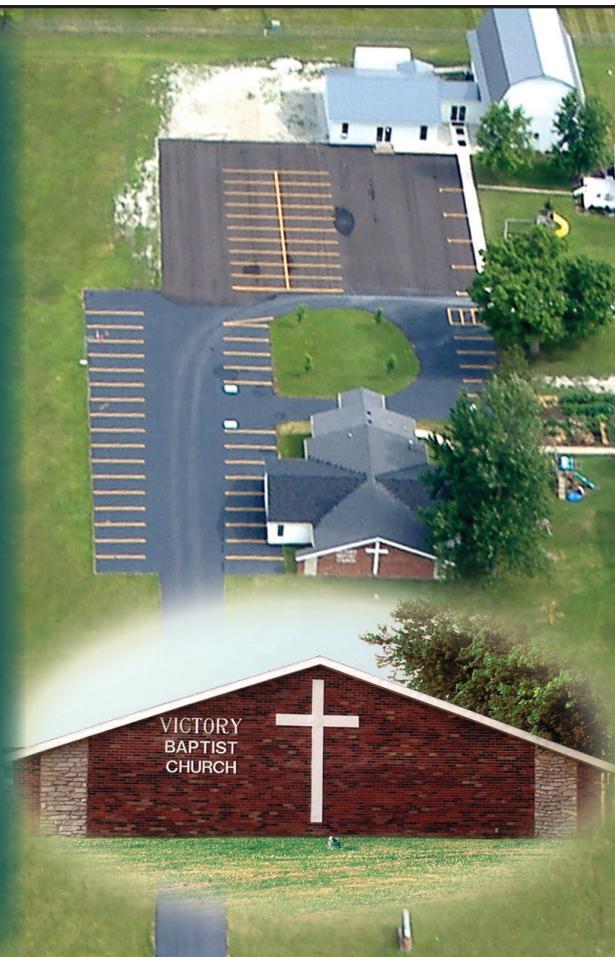
610 West Alto Road  
Kokomo, IN 46902  
(765) 453-9768  
Pastor Mike Ennis

### Sunday

Sunday School..... 9:00 a.m.  
Worship Service..... 10:00 a.m.  
Evening Service..... 6:00 p.m.  
*(No evening service every 4th Sunday of the month.)*

### Wednesday

Adult Bible Study..... 7:00 p.m.  
Truth Trackers..... 7:00 p.m.  
*(Ages 3 - 6th grade)*  
Teens..... 7:00 p.m.  
*(7th grade - high school)*



## Do you need counseling?

Victory Baptist Church offers  
**FREE counseling**  
to families and individuals.

Call 453-9768 for information or to set up  
an appointment.

## THE MEN OF VICTORY ARE ON A JOURNEY!!

Join us every second Saturday of the month in the "barn" at 9:00 am  
Victory Baptist Church, 610 W. Alto Road, Kokomo, IN

Delicious Breakfast, great fellowship, inspirational DVDs

**COME AND EXPLORE HOW TO BE THE MAN GOD WANTS YOU TO BE.**

### God's Simple Plan of Salvation

**The Bible says there is only one way to Heaven.**

*Jesus said: I am the way, the truth, and the life: no man cometh unto the Father but by me (John 14:6).*

**Good works cannot save you.**

*For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast (Ephesians 2:8-9).*

**Admit you are a sinner.**

*For all have sinned, and come short of the glory of God (Romans 3:23).*

**Be willing to turn from sin (repent).**

*Jesus said: I tell you, Nay: but, except ye repent, ye shall all likewise perish (Luke 13:5).*

**Believe that Jesus Christ died for you, was buried, and rose from the dead.**

*For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life (John 3:16).  
But God commendeth [demonstrated] his love toward us, in that, while we were yet sinners, Christ died for us (Romans 5:8).  
That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved (Romans 10:9).*

**Through prayer, invite Jesus into your life to become your personal Saviour.**

*For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation (Romans 10:10).*

*For whosoever shall call upon the name of the Lord shall be saved (Romans 10:13).*



## Victory Christian Academy

is

*Biblical Education Reform*

[vcaknights.com](http://vcaknights.com)

### K-12 Day School & Home School

Accredited Diplomas Available

*A Ministry of Victory Baptist Church*

*Call 453-9768 for more information.*