

GOOD NEWS!

From Your Chaplain

The following materials contain information that can promote your personal & professional growth!



Please do not remove this book or any of its contents. These materials are provided for every soldier for the purpose of education & discussion. We will gladly make copies available.

Thanks, The 2-6 Cavalry Unit Ministry Team

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PURPOSE:

These materials were developed for your ethical and spiritual well-being. Because many of them were previously created for discussion groups, some things may require explanation. I would love to discuss any of the information that interests you as I make my daily rounds through Squadron areas. If you would like to discuss something in greater depth or would like more privacy, I can schedule that for you. God bless you!

"Fighting Sixth!"

179 DAYS OF QUOTES & SCRIPTURES

WEEK 1

"We are given one life. And the decision is ours whether to wait for circumstances to make up our mind or whether to act, and in acting, to live." General Omar Bradley

"Teach us to number our days aright, that we may gain a heart of wisdom." Psalm 90:12

"The secret of success is to do the common things uncommonly well." John D. Rockefeller, Jr.

"Whatever you do, whether in word or deed, do it with all your might, as unto the Lord." Colossians 3:17

"Nothing gives one person so much advantage over another as to remain always cool and unruffled under all circumstances." Thomas Jefferson

"A gentle word turns away anger, and a soft answer curbs wrath." Proverbs 15:1

"Leadership is the capacity and will to rally men and women to a common purpose and the character which inspires confidence." British Field Marshall Bernard Montgomery

"Amariah the chief priest will be over you in any matter concerning the Lord, and Zebadiah, son of Ishmael, the leader of the tribe of Judah, will be over you in any matter concerning the king, and the Levites will serve as officials before you. Act with courage, and may the Lord be with those who do well." 2 Chronicles 19:11

"I count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is over self." Aristotle
"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds;

and to put on the new self, created to be like God in true righteousness and holiness." Ephesians 4:22-24

"No man ever sank under the burden of the day.

It is when tomorrow's burden is added to the burden of today, that the weight is more than a man can bear." George Macdonald

"Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matthew 6:34

"Those who give up essential liberty to purchase a little temporary safety deserve neither liberty nor safety." Benjamin Franklin

"He who finds his life will lose it, but he who loses his life for My sake will find it." Matthew 10:39

WEEK 2

"The ear of the leader must ring with the voices of the people." President Woodrow Wilson

"While Jesus was having dinner at Matthew's house, many tax collectors and 'sinners' came and ate with him and his disciples. When the Pharisees saw this, they asked His disciples, 'Why does your teacher eat with tax collectors and 'sinners'?' On hearing this, Jesus said, 'It is not the healthy who need a doctor, but the sick.'" Matthew 9:10-11

During the Civil War, Abraham Lincoln was criticized for his humor. To which he replied,

"With the fearful strain that is on me, if I did not laugh I would die."

"There is a time to weep and a time to laugh." Ecclesiastes 3:4

"The hotter the fire, the stronger the steel. It takes pressure to make diamonds out of coal." Anonymous

"... we (Christians) also rejoice in our sufferings, because we know that suffering produces perseverance, perseverance, character, and character, hope. And hope does not disappoint, because God has poured out His love into our hearts by the Holy Spirit, Whom He has given us." Romans 5:3-5

"In war, there is no prize for runner-up." General Omar Bradley

"David and his men reached Ziklag on the third day. Now the Amalekites had raided the Negev and Ziklag. They had attacked Ziklag and burned it, and had taken captive the women and all who were in it, both young and old. . ." 1 Samuel 30:1-2

"The worst sin towards our fellow creatures is not to hate them, but to be indifferent to them." George Bernard Shaw

"When He saw the crowds, He had compassion on them, because they were harassed and helpless, like sheep without a shepherd." Matthew 9:36

"Courage is not the absence of fear. It is the mastery of it." Anonymous

"Have I not commanded you? Be strong and courageous.

Do not be terrified; do not be discouraged, for the Lord your God will be with you, wherever you go." Joshua 1:9

“When all is said and done, there is more said than done.” Anonymous
“(The teachers of the law and the Pharisees) tie up heavy loads and put them on men’s shoulders, but they themselves are not willing to lift a finger to move them.” Matthew 23:4

WEEK 3

“Great men rejoice in adversity, just as brave soldiers triumph in war.” Seneca
“Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything. If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.” James 1:2-4

“Right is right, even if everyone is against it, and wrong is wrong, even if everyone is for it.” Sir William Penn
“Then Elijah said to them, ‘I am the only one of the Lord’s prophets left, but Baal has 450 prophets.’ 1 Kings 18:22

“The discipline of desire is the background of character.” John Locke
“Therefore, since Christ suffered in His body, arm yourselves also with the same attitude, because he who has suffered in his flesh is done with sin.” 1 Peter 4:1

“Nothing is so exhausting as indecision, and nothing so futile.” Bertrand Russell
“The sluggard says, ‘there is a lion in the road, a fierce lion roaming the streets’.” Proverbs 26:13

“He makes no friend who never made a foe.” Lord Alfred Tennyson
“Woe to you when all men speak well of you, for that is how their fathers treated the false prophets.” Luke 6:26

“The pessimist complains about the wind.

The optimist expects it to change.

The leader adjusts the sails.” John C. Maxwell

“(The spies gave Moses this account: ‘We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit. But the people who live there are powerful, and the cities are fortified and very large. We even saw descendants of Anak there. The Amalekites live in the Negev; the Hittites, Jebusites and Amorites live in the hill country; and the Canaanites live near the sea and along the Jordan.’ Then Caleb silenced the people before Moses and said, ‘We should go up and take possession of the land, for we can certainly do it.’” Numbers 13:27-30

“We make war that we may live in peace.” Aristotle
“(O Lord), scatter the nations who delight in war.” Psalm 68:30

WEEK 4

“Ask not what your country can do for you, but what you can do for your country.” President John F. Kennedy
“When the princes in Israel take the lead, when the people willingly offer themselves – praise the Lord!” Judges 5:2

“All growth depends on activity.
There is no development, physically or intellectually without effort, and that means work.” President Calvin Coolidge
“The Lord God took the man and placed him in the Garden of Eden, to work it and take care of it.” Genesis 2:15

“Marriage is our last, best chance to grow up.” Joseph Barth
*“The wife’s body does not belong to her alone but also to her husband.
In the same way, the husband’s body does not belong to him alone but also to his wife.” 1 Corinthians 7:4*

“Good God, man, history is full of examples of battles being lost because units stopped on the near side of a river.” George Patton
“Elisha said, ‘Get a bow and some arrows,’ and (the king) did so. ‘Take the bow in your hands,’ he said to the king of Israel. When he had taken it, Elisha put his hands on the king’s hands. ‘Open the east window,’ he said, and he opened it. ‘Shoot!’ Elisha said, and he shot. ‘The Lord’s arrow of victory, the arrow of victory over Aram!’ Elisha declared. ‘You will completely destroy the Arameans at Aphek.’ Then he said, ‘Take the arrows,’ and the king took them. Elisha told him, ‘Strike the ground.’ He struck it three times and stopped. The man of God was angry with him and said, ‘You should have struck 5 or 6 times; then you would have defeated Aram and completely destroyed it. But now you will defeat it only three times.’” 2 Kings 13:15-19

"If, from infancy, we treat our children as gods, they are liable to act like devils." P. D. James
***King David's son, who later tried to take the throne by force - "Now Adonijah, whose mother was Haggith, put himself forward and said, 'I will be king.' So he got chariots and horses ready, with 50 men to run ahead of him. (His father had never interfered with him by asking, 'Why do you behave as you do?'* He was also very handsome). . . " 1 Kings 1:5-6**

"God is never obliged to treat all men equally . . . Don't ever ask God for justice – you might get it." R. C. Sproul
"You, therefore, have no excuse, you who pass judgment on someone else, for at whatever point you judge the other, you are condemning yourself, because you who pass judgment do the same things." Romans 2:1

"Leadership is one thing you cannot delegate. You either exercise it or abdicate it." Robert Goizueta (President of Coca Cola)
"Barak said to her, 'If you go with me, I will go; but if you don't go with me, I won't go.' 'Very well,' Deborah said, 'I will go with you. But because of the way you are going about this, the honor will not be yours.'" Judges 4:8-9

WEEK 5

**"Courage is almost a contradiction in terms:
it means a strong desire to live, taking the form of the readiness to die." G. K. Chesterson**
"He was oppressed and afflicted, yet he did not open his mouth; he was led like a lamb to the slaughter, and as a sheep before her shearers is silent, so he did not open his mouth." Isaiah 53:7

"The dominant feeling of the battlefield is loneliness." General William Slim
***"Even though I walk through the valley of the shadow of death, I will fear no evil –
for You are with me; Your rod and your staff, they comfort me." Psalm 23:4***

**"A truly American sentiment recognizes the dignity of labor
and the fact that honor lies in honest toil." President Grover Cleveland**
"The worker is worthy of his wages." Luke 10:7

**"If, however, there is to be a war of nerves, let us be sure that our nerves are strong
and fortified by the deepest convictions of our hearts." Winston Churchill**
"Be strong and very courageous. Be careful to obey all the law Moses, my servant, gave you. Do not turn from it to the right or to the left that you may be successful, wherever you go. Do not let this book of the law depart from your mouth; meditate on it day and night, so that you will be careful to do everything written in it. Then you will be prosperous and successful." Joshua 1:7-8

"Sometimes the majority only means that all the fools are on the same side." Anonymous
"The Lord then said to Noah, 'Go into the ark, you and your whole family, for I have found you righteous in this generation . . . Seven days from now, I will send forth rain on the earth for forty days and forty nights. I will wipe from the face of the earth every living creature I have made." Genesis 7:1, 4

**"They (the Nazis) could take everything from me except one thing –
and that was the attitude with which I chose to respond to the situation." Victor Frankl**
***" . . . Love your enemies. Do good to those who hate you. Bless those who curse you. Pray for those who mistreat you. If someone strikes you on one cheek, turn to him the other also. If someone takes your cloak, do not stop him from taking your tunic. Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back.
Do to others as you would have them do to you." Luke 6:29-31***

"This is no time for ease and comfort. It is the time to dare and endure." Winston Churchill
" . . . 'When I sent you without purse, bag or sandals, did you lack anything?' 'Nothing,' they answered. He said to them, 'But now if you have a purse, take it, and also a bag; and if you don't have a sword, sell your cloak and buy one." Luke 22:35-36

WEEK 6

**"Outstanding leaders go out of their way to boost the self-esteem of their personnel.
If people believe in themselves, it's amazing what they can accomplish." Sam Walton**
"Do not withhold good from those who deserve it, when it is in your power to act. Do not say to your neighbor, 'come back later; I will give it tomorrow' when you have it with you now." Proverbs 3:27-28

“Unhappy is that man who is not sensitive to crowd-emotion, for he bears the weight of war on his shoulders alone.

To such a man war is indeed a nightmare.” Charles Carrington

“Jonathan said, ‘My father (the King) has made trouble for the country (by forbidding any soldiers to eat today). See how my eyes brightened when I tasted a little of this honey. How much better it would have been if the men had eaten today some of the plunder they took from their enemies. Would not the slaughter of the Philistines have been even greater?’” 1 Samuel 14:29-30

“Of all the things a leader should fear, complacency should head the list.” John C. Maxwell

“Search me, O God, and know my heart; test me and know my anxious thoughts.

See if there is any offensive way in me, and lead me in the way everlasting.” Psalm 139:23

“The most important single ingredient in the formula of success is knowing how to get along with people.” Theodore Roosevelt

“If I speak with the tongues of men and angels, I am but a resounding cymbal. If I give all I have to the poor, but have not love, I gain nothing. If I surrender my body to the flames, but have not love, I am nothing.” 1 Corinthians 13:1-4

“Can law & order survive in a land where justice is determined not by moral principle but by personal expediency?” Chuck Colson

“If My people, who are called by My name shall humble themselves and pray seek My face and turn from their wicked ways, then I will hear from heaven and forgive their sin and will heal their land.” 2 Chronicles 7:14

“Marriage is not an achievement which is finished. It is a dynamic process between two people, a relation which is constantly being changed, which grows or dies.” Walter Trobisch

“Husbands, dwell with your wives with understanding . . .” Peter 3:7

“One man with courage makes a majority.” Andrew Jackson

“David said to the Philistine, ‘You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, Whom you have defied.’” 1 Samuel 17:45

WEEK 7

“No person was ever honored for what he received. Honor has been the reward for what he gave.” Calvin Coolidge

“Even the Son of Man did not come to be served, but to serve and to give His life as a ransom for many.” Mark 10:45

“The acid test of battle brings out the pure metal.” General George Patton

“These have come so that your faith – of greater worth than gold, which perishes even though refined by fire – may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed.” 1 Peter 1:7

“The darkest hour in any man’s life is when he sits down to plan how to get money without earning it.” Horace Greeley

“The love of money is a root of all kinds of evil.” 1 Timothy 6:10

“Success seems to be connected with action. Successful people keep moving.

They make mistakes, but they don’t quit.” Conrad Hilton – founder of the Hilton Hotel chain

“A righteous man falls seven times, and gets up again, but the wicked are brought down by calamity.” Proverbs 24:16

“If you command wisely, you’ll be obeyed cheerfully.” Thomas Fuller

“King Rehoboam consulted the elders who had served his father Solomon during his lifetime, ‘How would you advise me to answer these people?’, he asked. They replied, ‘Today, if you will be a servant to these people, and serve them and give them a favorable answer, they will always be your servants.’” 1 Kings 12:6-7

“Keep your eyes open wide before marriage – half shut afterwards.” Benjamin Franklin

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” Ephesians 4:32

“Let us cross the river and rest in the shade.” General ‘Stonewall’ Jackson’s last words.

“Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day’s journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. . . Then a voice said to him, ‘What are you doing here, Elijah . . . go back the way you came’ (to confront the enemy).” 1 Kings 19:3-4, 9, 15

WEEK 8

“No man will make a great leader who wants to do it all himself or get all the credit for doing it.” Andrew Carnegie

“What is this you are doing for the people? Why do you alone sit as judge, while all these people stand around you from morning till evening? What you are doing is not good. You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone.” Jethro to his son-in-law, Moses, in Exodus 18:17-18

“Contentment comes, not in having what you want, but in wanting what you have.” William Hendricks
“... I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any & every situation, whether well fed or hungry, whether in plenty or in want. I can do all things through Him, Who strengthens me.” Philippians 4:11-13

“For want of nail, a shoe was lost; for want of a shoe, a horse was lost; for want of a horse, a rider was lost; being overtaken and slain by the enemy – all for the want of care for a horseshoe nail.” Benjamin Franklin
“If a man is lazy, the rafters of his house sag; if his hands are idle, his house leaks.” Ecclesiastes 10:18

“It is easy to be brave from a safe distance.” Aesop
“If we are thrown into the blazing furnace, the God we serve is able to save us from it, and he will rescue us from your hand, O king. But even if he does not, we want you to know, O king, that we will not serve your gods or worship the image of god you have set up.” Daniel 3:16-18 (Shadrach, Meshach, and Abednego to Nebuchadnezzar)

“Experience is a hard teacher because she gives the test first, the lesson afterward.” Vernon Law
“He who heeds discipline shows the way to life, but he who ignores correction leads others astray.” Proverbs 10:17

“Courage is rightly esteemed as the first of human qualities – because it is the quality which guarantees all others.” Winston Churchill
“The fear of the Lord is the beginning of wisdom.” Proverbs 1:7

“I have yet to find a man, however exalted his station, who did not do better work and put forth greater effort under a spirit of approval than a spirit of criticism.” Charles Schwab
“And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another – and all the more as you see the Day approaching.” Hebrews 10:24-25

WEEK 9

“Adult movies, and adult situations, are not adult. Adults don’t do such things.” R. Kent Hughes
“Flee from sexual immorality. All other sins a man commits are outside his body, but the man who sins sexually sins against his own body. Do you know that your body is a temple of the Holy Spirit, Who is in you, Whom you have received from God. You are not your own. You were bought at a price. Therefore, honor God with your body.” 1 Corinthians 6:18-20

“It ain’t the size of the dog in the fight, it’s the size of the fight in the dog.” American Proverb
“... if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there’ and it will move. Nothing will be impossible for you.” Matthew 17:20

“Marriage is three parts love, and seven parts forgiveness of sins.” Langdon Mitchell
“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” Ephesians 4:32

“Habit is a cable; we weave a thread of it every day, and at last we cannot break it.” Horace Mann
“Put on the whole armor of God that you may be able to stand against the devil’s schemes.” Ephesians 6:10-11

“There is no more miserable human being than the one in whom nothing is habitual, but indecision.” William James
“If the trumpet gives an uncertain sound, who will prepare himself for battle?” 1 Corinthians 14:8

“Genius is 1% inspiration and 99% perspiration” – Thomas Alva Edison
“Whatever you do, work at it with all your heart, as working for the Lord, not for men.” Colossians 3:23

“Gems cannot be polished without friction, nor men perfected without trials.” Anonymous
“Although (Jesus) was a son, He learned obedience from what He suffered.” Hebrews 5:8

WEEK 10

“When you see a good man, think of emulating him, when you see a bad man, examine your own heart.” Confucius
“Why do you look at the speck of sawdust in your brother’s eye? ... First remove the plank in your own eye and then you will see clearly to remove the speck in your brother’s eye.” Matthew 7:2, 5

"True courage is like a kite – a contrary wind raises it higher." John Petit-Senn
David to Goliath - "Today the Lord will deliver you into my hand, and I will strike you down, cut off your head and give your flesh to the birds of the air and to the wild beasts of the earth, that all the earth may know that there is a God in Israel." 1 Samuel 17:46

"A ship in the harbor is safe, but that is not what ships are made for." William Shedd
"For we are God's workmanship, created in Christ Jesus to do good deeds, which God prepared in advance for us to do." Ephesians 2:10

"The measure of success is not whether you have a tough problem to deal with, but whether it's the same problem you had last year." Anonymous
"In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's Word all over again. You need milk not solid food . . . Solid food is for the mature, who by constant USE have trained themselves to distinguish good from evil (emphasis mine)" Hebrews 5:12, 14

"Educators take something simple and make it complicated. Communicators take something complicated and make it simple." John C. Maxwell
" . . . in the church I would rather speak five intelligent words to instruct others than ten thousand words in (another language)." 1 Corinthians 14:19

"If you chase two rabbits, both with escape." Anonymous
"(Martha) has a sister called Mary, who sat at the Lord's feet listening to what He said. But Martha was distracted by all the preparations that had to be made. She came to Him and asked, 'Lord, don't You care that my sister has left me to do the work by myself? Tell her to help me!' 'Martha, Martha,' the Lord answered, 'you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her.'" Luke 10:39-41

"There isn't a person anywhere who isn't capable of doing more than he thinks he can." Henry Ford
"Moses said to the Lord, 'O Lord, I have never been eloquent, neither in the past, nor since you have spoken to your servant. I am slow of speech and tongue.' The Lord said to him, 'Who gave man his mouth? Who makes him deaf or mute? Who gives him sight or makes him blind? Is it not I, the Lord? Now go and I will help you speak and teach you what to say.'" Exodus 4:10-12

WEEK 11

"The test of courage comes when we are in the minority. The test of tolerance comes when we are in the majority." Ralph W. Sockman
Jesus to a woman accused by a mob – "If any one of you is without sin, let him be the first to throw a stone at her' . . . 'Woman, where are they? Has no one condemned you?' 'No one, sir,' she said. 'Then neither do I condemn you' Jesus declared. 'Go now and leave your life of sin.'" John 8:7, 10-11

"Seventy percent of success in life is showing up." Woody Allen
" . . . we have no power to face this vast army, but our eyes are upon You . . . (and the Lord said) you will not have to fight this battle. Take up your positions; stand firm and see the deliverance I will bring you, O Judah and Jerusalem. Do not be afraid; do not be discouraged. Go out to face them tomorrow and the Lord will be with you." 2 Chronicles 20:12, 17

"Let me assert my firm belief that the only thing we have to fear is fear itself." Franklin D. Roosevelt
"God did not give us a spirit of fear, but a spirit of power, of love and of self-discipline." 2 Timothy 1:7

(On integrity) "The high-spirited man may indeed die, but he will not stoop to meanness; Fire, though it may be quenched, will not become cool." The Hitopadesa
"In the temple courts (Jesus) found men selling cattle, sheep and doves, and others sitting at tables exchanging money. So he made a whip out of cords and drove all from the temple area, both sheep and cattle . . . to those who sold doves he said, 'Get these out of here! How dare you turn my Father's house into a market!' His disciples remembered that it is written: 'Zeal for your house will consume me.'" John 2:14, 16

"The more pride we have in ourselves, the more we dislike it in others." C. S. Lewis
"Young men, in the same way be submissive to those who are older. Clothe yourselves with humility toward one another, because, 'God opposes the proud but give grace to the humble.'" 1 Peter 5:5

"God help the man who won't marry until he finds the perfect woman. God help him more if he finds her." Benjamin Tillett
"All have sinned and fall short of the glory of God." Romans 3:23

“All progress has resulted from people who took unpopular positions.” Adlai Stevenson

“But Ebed-Melech, a Cushite, an official in the royal palace, heard that they had put Jeremiah into the cistern. While the king was sitting in the Benjamin Gate, Ebed-Melech went out of the palace and said to him, ‘My lord the king, these men have acted wickedly in all they have done to Jeremiah the prophet . . . Then the king commanded Ebed-Melech the Cushite, ‘Take 30 men from here with you and lift Jeremiah the prophet out of the cistern before he dies.’” Jeremiah 38:7-8, 10

WEEK 12

“In war, when a commander becomes so bereft of reason and perspective that he fails to understand the dependence of arms on Divine guidance, he no longer deserves victory.” General Douglas MacArthur

“(King) Saul died because he was unfaithful to the Lord; he did not keep the word of the Lord and even consulted a medium for guidance, and did not inquire of the Lord. So the Lord put him to death and turned the kingdom over to David son of Jesse.” 1 Chronicles 10:13-14

“No man is fit to command who can not command himself.” William Penn
“How can an elder lead the church if he can not lead his own family?” 1 Timothy 5:17

“I only regret that I have but one life to give for my country.” Nathan Hale
“Be strong and let us fight bravely for our people and the cities of our God. The Lord will do what is good in His sight.” 2 Samuel 10:12

“When one door closes, another opens. But we so often look so long and so regretfully upon the closed door that we do not see the ones which open for us” – Alexander Graham Bell

“‘For I know the plans I have for you,’ declares the Lord. ‘Plans to prosper you and not to harm you – plans to to give you a hope and a future. Then you will come to Me and pray to Me, and I will listen to you. You will seek Me and find Me when you seek Me with all your heart.’” Jeremiah 17:11-13

“You can do more than pray after you have prayed, but you cannot do more than pray until you have prayed.” John Bunyan
“I am the vine; you are the branches. If a man remains in Me and I him, he will bear much fruit; apart from Me you can do nothing.” John 15:5

“The chains of habit are too small to be felt until they are too strong to be broken.” Benjamin R. Dejung
“A simple man believes anything, but a prudent man give thought to his steps..” Proverbs 14:15

“The world expects results. Don’t tell them about the labor pains. Show them the baby.” Arnold Glasgow
“Now listen, you who say, ‘Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money.’ Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, ‘If it is the Lord’s will, we will live and do this or that.’ As it is, you boast and brag. All such boasting is evil. Anyone, then, who knows the good he ought to do and doesn’t do it, sins.” James 4:13-17

WEEK 13

“Profanity is the linguistic crutch of the inarticulate.” Anonymous
“Let no unwholesome talk come out of your mouths, but only what is helpful, that it may benefit those who listen.” Ephesians 4:25

“There are no great people in this world, only great challenges which ordinary people rise to meet.” William Frederick Halsy Jr.
“Think of what you were when you were called. Not many of you were wise by human standards. Not many were influential; not many were of noble birth. But God chose the foolish things of this world to shame the wise; God chose the weak things of this world to shame the strong; He chose the lowly things of this world and the despised things – and the things that are not – to nullify the things that are, so that no one may boast before Him.” 1 Corinthians 1:26-29

“A good leader inspires other men with confidence in him; a great leader inspires them with confidence in themselves.” Anonymous

“You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from My Father I have made known to you.” John 15:14-15 - Jesus to His Disciples

"Sin in a Christian man's life makes a coward of him." Henrietta Myers
"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The man who fears is not made perfect in love." 1 John 4:18

"Failure is only the opportunity to begin again – this time more wisely." Anonymous
"The way of a fool seems wise to him, but a wise man listens to advice." Proverbs 12:15

"The greatest freedom man has is the freedom to discipline himself." Bernard M. Baruch
"But I say to you, do not resist an evil person. If someone strikes you on the right cheek, turn to him the other also." Matthew 5:39

"I purpose to fight it out on this line if it takes all summer.
If you see the President, tell him that whatever happens there will be no turning back." Ulysses S. Grant
"Jesus replied, 'No one who puts his hand to the plow and looks back is fit for service in the kingdom of God.'" Luke 9:62

WEEK 14

"Small deeds done are better than great deeds planned." Peter Marshall
"And if anyone gives a cup of cold water to one of these little ones because he is My disciple, I tell you the truth, he will certainly not lose his reward." Matthew 10:42

"If I take care of my character, my reputation will take care of itself." Dwight L. Moody
"And the boy Samuel continued to grow in stature and in favor with God and with men." 1 Samuel 2:26

"I would rather fail in a cause that someday will triumph than triumph in a cause that someday will fail." Woodrow Wilson
God said to Ezekiel, "'You must speak My words to them, whether they listen or fail to listen, for they are rebellious. . . this is what the Sovereign Lord says, 'Although I sent them far away among the nations and scattered them among the countries, yet for a little while I have been a sanctuary for them in the countries where they have gone. Therefore, this is what the Sovereign Lord says, 'I will gather you from the nations and bring you back from the countries where you have been scattered, and I will give you back the land of Israel again.'" Ezekiel 2:7, 11:16-17

"It is better to deserve honors and not have them than to have honors and not deserve them." Mark Twain
"No one from the east or the west or from the desert can exalt a man. But it is God who judges; He brings one down, He exalts another." Psalm 75:6-7

"The final test of a leader is that he leaves behind him in men the conviction and will to carry on." Walter Lippman
"Recalling your tears, I long to see you that I may be filled with joy. I have been reminded of your sincere faith that first lived in your grandmother, Lois, & your mother, Eunice, and I am persuaded, now lives in you also." 2 Timothy 1:4-5

"You can tell how well you're doing by the type of enemies you're making." Winston Churchill
"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of Me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you." Matthew 5:11-12

"If criticizing someone gives you pain, take a deep breath and do it.
If it gives you the slightest bit of pleasure, keep your mouth shut." Anonymous
"Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted." Galatians 6:1

WEEK 15

"God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains;
it is His megaphone to rouse a deaf world." C. S. Lewis
"God does all these things to a man (Job's suffering)– twice, even three times – to turn back his soul from the pit, that the light of life may shine on him." Job 33:29-30

"Walk softly and carry a big stick." Theodore Roosevelt
"If it is possible, as far as it depends on you, live at peace with everyone." Romans 12:18

"There is no need to boast of your accomplishments. A great man is known. He needs no introduction." Anonymous
"Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good needs and glorify God on the day He visits us. Submit yourselves for the Lord's sake to every authority instituted among men . . ." 1 Peter 2:12-13

"I have committed many sins in my life.

And they all brought me pleasure, but none of them has ever made me happy." R. C. Sproul

" . . you must no longer live as the Gentiles do, in the futility of their thinking. Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more." Ephesians 4:17, 19

"Courage is contagious. When a brave man takes a stand, the spines of others are often stiffened." Billy Graham

"It is for freedom that Christ has set us free.

Stand firm, then, and do not let yourselves be burned again by a yoke of slavery." Galatians 5:1

"The price of greatness is responsibility." Winston Churchill

"So if you have not been trustworthy in handling worldly wealth, who will trust you with true riches? And if you have not been trustworthy with someone else's property, who will give you property of your own?" Luke 16:11-12

"If you want a place in the sun, you have to expect some blisters." Anonymous

"From everyone who has been given much, much will be demanded, and from the one who has been entrusted with much, much more will be asked." Luke 11:48

WEEK 16

(On integrity) "The Lamp burns bright when wick and oil are clean." H. P. Blavatsky

"We put no stumbling block in anyone's path, so that our ministry will not be discredited." 2 Corinthians 6:3

"There are only two ways to live your life. One is as if nothing is a miracle. The other is as if everything is." Albert Einstein

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus. " Philippians 4:6-7

"A man is a hero, not because he is braver than anyone else, but because he brave for ten minutes longer." Emerson

"I have no one else like him, who takes a genuine interest in your welfare. For everyone looks out for his own interest, not those of Jesus Christ. But you know that Timothy has proved himself. . . ." Philippians 2:20-22

"One advantage of being thrown on your back is that you face heaven." Bishop Fulton Sheen

"Some trust in chariots, and some in horses; but we trust in the name of the Lord our God." Psalm 20:17

"Humility does not mean that you think less of yourself.

It only means that you think of yourself less (often)." Ken Blanchard

"For by the grace given to me, I say to everyone of you 'Do not think more highly of yourself than you ought. But rather think of yourself with sober judgment, according to the measure of faith God has given you." Romans 12:3

"A good plan, violently executed today, is better than a perfect plan next week." Patton

"Do not boast about tomorrow, for you do not know what a day may bring forth." Proverbs 27:1

"Restlessness and discontent are the first necessities of progress." Thomas A. Edison

"But when he saw many of the Pharisees and Sadducees coming to where he was baptizing, he said to them; 'You brood of vipers! Who warned you to flee from the coming wrath? Produce fruit in keeping with repentance. Do not think you can say to yourselves. We have Abraham as our father.' I tell you that out of these stones God can raise up children for Abraham. The ax is already at the root of the tree, & every tree that does not produce good fruit will be cut down & thrown into the fire." Matthew 3:7-10

WEEK 17

"Leadership is tied to conviction. They have a vision of a better future,

and they feel strongly about the need to go there." Delorese Ambrose

"Without a vision, the people perish, but blessed is he who keeps the law." Proverbs 29:18

"Facts do not cease to exist because they are ignored." Aldous Huxley

"And Moses sent them to spy out the land of Canaan, and said to them, 'Go up this way Southward, and go up into the mountain and see the land, what it is and the people that live there, whether they be strong or weak, few or many." Numbers 13:18-19

“The ultimate leader is the one who is willing to develop people to the point that they will eventually surpass him or her in knowledge and ability.” Fred A. Manske Jr.

“He must become greater; I must become less.” John 3:30

“A leader does not deserve the name unless he is willing occasionally to stand alone.” Henry Kissinger
“Then Jesus told them, ‘This very night you will all fall away on account of me, for it is written: ‘I will strike the shepherd, and the sheep of the flock will be scattered.’ But after I have risen, I will go ahead of you into Galilee.” Matthew 26:31-33

“Abraham Lincoln, his hand and pen. He will be good, but God knows when.” Abraham Lincoln – as a child

“And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.” Romans 8:28

“There is no question what the roll of honor in America is.

The roll of honor consists of the names of men who have squared their conduct by ideals of duty.” Woodrow Wilson
“Do not exalt yourself in the king’s presence, and do not claim a place among great men; it is better for him to say to you, ‘Come up here,’ than for him to humiliate you before a nobleman.” Proverbs 25:6-7

“The best executive is the one who has sense enough to pick good men to do what he wants done, and self-restraint enough to keep from meddling with them while they do it.” – Theodore Roosevelt

“The greatest among you will be your servant. For whoever exalts himself will be humbled, and whoever humbles himself will be exalted.” Mark 23:11-12

WEEK 18

“The man who wants to lead the orchestra must turn his back on the crowd.” James Crook

“Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of Me. Rejoice and be glad, because great is your reward in heaven, for in the same way, they persecuted the prophets who were before you.” Matthew 5:11-12

“The soldier, above all other people, prays for peace, for he must suffer and bear the deepest wounds and scars of war.” MacArthur

“Pray for the peace of Jerusalem.” Psalm 122:6

“It is better to train 10 people, than to do the work of 10 people, but it is harder.” Dwight D. Moody

“And the things you have heard me say in the presence of many witnesses, entrust to reliable men who will also be qualified to teach others.” 2 Timothy 2:2

“When you flee temptation, leave no forwarding address.” Anonymous

“Can a man scoop fire into his lap without his clothes being burned?

Can a man walk on hot coals without his feet being scorched?

So is he who sleeps with another man’s wife; no one who touches her will go unpunished.” Proverbs 6:27-28

“Only a life in the service of others is worth living.” Albert Einstein

“No man has any greater love than this, that he lay down his life for his friends.” John 15:13

“It requires more courage to suffer than to die.” Anonymous

“Consider Him who endured such opposition from sinful men, so that you will not grow weary and lose heart. In your struggle against sin, you have not yet resisted to the point of shedding your blood.” Hebrews 12:4

“There has never yet been a man in our history who led a life of ease whose name is worth remembering.” Theodore Roosevelt
“(Many faithful Christians named in this chapter) were tortured and refused to be released, so that they might gain a better resurrection. Some faced jeers and flogging, while still others were chained and put in prison. They were stoned; they were sawed in two; they were put to death by the sword. They went about in sheepskins and goatskins, destitute, persecuted and mistreated – the world was not worthy of them. ” Hebrews 11:35-38

WEEK 19

“Leaders must be close enough to relate to others, but far enough ahead to motivate them.” John C. Maxwell

“Jonathan said to his young armor-bearer, ‘Come, let’s go over to the outpost of those uncircumcised fellows. Perhaps the Lord will act in our behalf. Nothing can hinder the Lord from saving, whether by many or by few.’ ‘Do all that you have in mind.’ His armor-bearer said, ‘God ahead; I am with you heart and soul.’” 1 Samuel 14:6-7

“It is well that war is horrible, or we should grow too fond of it.” Robert E. Lee

“After that whole generation had been gathered to their fathers, another generation grew up, who knew neither the Lord nor what He had done for Israel - (the miracles and victories in war that God had given Israel).” Judges 2:10

“A little rebellion now and then is a good thing, and as necessary in the political world as storms in the physical.” Thomas Jefferson
“Having brought the apostles, they made them appear before the Sanhedrin to be questioned by the high priest. ‘We gave you strict orders not to teach in (Jesus’) name,’ he said. ‘Yet you have filled Jerusalem with your teaching and are determined to make us guilty of this man’s blood.’ Peter and the other apostles replied: ‘We must obey God rather than men.’” Acts 5:27-29

“Worrying is like a rocking chair – it gives you something to do, but it doesn’t get you anywhere.” – Anonymous

“Who by worrying can add a single hour to his life?” Matthew 6:27

“The question, ‘who ought to be boss’ is like asking, ‘who ought to be the tenor’ in a quartet.

Obviously, it should be the one who can sing tenor!” Henry Ford

“We have different gifts, according to the grace given us . . . if it is leadership, let him govern diligently.” Romans 12:6, 8

“Faith in God is indispensable to successful statesmanship.” Abraham Lincoln

“The centurion replied, ‘Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed. For I am a man under authority, having soldiers under me; and I say to this man, ‘Go’, and he goes; and to another, ‘Come’, and he comes; and to my servant, ‘Do this’, and he does it.” Matthew 8:8-9

“Success is knowing the difference between cornering people and getting them in your corner.” Bill Copeland

“Tell these people who have said to you, ‘Your father put a heavy yoke on us, but make our yoke lighter’ – tell them, ‘My little finer is thicker than my father’s waist. My father laid on you a heavy yoke; I will make it even heavier. My father scourged you with whips; I will scourge you with scorpions. When all Israel saw that the king refused to listen to them, they answered the king: ‘What share do we have in David, what part in Jesse’s son? To your tents, O Israel! Look after your own house, O David!’ So the Israelites went home.” 1 Kings 12:10-11, 16

WEEK 20

“No act of kindness, however small, is ever wasted.” Aesop

“If anyone gives even a cup of cold water to one of these little ones because he is My disciple, I tell you the truth, he will not lose his reward.” Matthew 10:42

“A pint of blood will save a gallon of blood.” Patton

“‘All the king’s officials and the people of the royal provinces know that for any man or woman who approaches the king in the inner court without being summoned with king has but one law; that he be put to death’ . . . When Esther’s words were reported to Mordecai, he sent back this answer; ‘Do not think that because you are in the king’s house you alone of all the Jews will escape. For if you remain silent at this time, relief and deliverance for the Jews will arise from another place, but you and your father’s family will perish. And who knows but that you have come to royal position for such a time as this?’” Esther 4:11-14

“The quality of a person’s life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.” Vince Lombardi

“Each one should use whatever gift he has received to serve others, faithfully administering God’s grace in its various forms. If anyone speaks, he should do so as if speaking the very words of God. If anyone serves, he should do it in the strength God provides, so that in all things God may be praised through Jesus Christ. To Him be the glory and power forever. Amen.” 1 Peter 4:10-11

“The great end in life is not knowledge, but action.” Thomas Huxley, Jr.

“Knowledge puffs up, but love builds up.” 1 Corinthians 8:1

“Being in power is like being a lady, if you have to tell them that you are – you aren’t.” Margaret Thatcher

The Apostle Paul to Timothy, a new and very young Pastor - “Don’t let anyone look down on you because you are young, but set an example for believers in speech, in life, in love, in faith and in purity.” 1 Timothy 4:12

“A little faith will bring your soul to heaven. Great faith will bring heaven to your soul.” C. H. Spurgeon

“Praise the Lord, O my soul. All my inmost being praise His holy name. Praise the Lord, O my soul, and forget not all His benefits. He forgives all my sins and heals all my diseases. He redeems my life from the pit and crowns me with love and compassion. He satisfies my desires with good things so that my youth is renewed like the eagle’s.” Psalm 103:1-5

"The weak can never forgive. Forgiveness is the attribute of the strong." Ghandi
"Then Peter asked, 'Lord, how many times should I forgive my brother when he sins against me? Up to seven times?' Jesus answered, 'I tell you, not seven times, but seventy times seven.'" Matthew 18:21-22

WEEK 21

"Triumph is just 'umph' added to try." Anonymous
***Jesus to the Church in Laodicea - "I know your deeds, that you are neither cold nor hot. I wish you were either one or the other! So, because you are lukewarm – neither hot nor cold – I am about to spit you out of my mouth."* Revelation 3:15-16**

"The individual activity of one man with a backbone will do more than a thousand men with a mere wishbone." William Boetcker
"What good is it, my brothers, if a man claims to have faith, but has no deeds. Suppose a brother or sister is without clothes or daily food. If one of you says to him, 'Go, I wish you well. Keep warm and well fed' but does nothing about his physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead. But someone will say, 'you have faith; I have deeds.' Show me your faith without deeds, and I will show you my faith by what I do. " James 2:14-18

"My first wish is to see this plague of war banished from the face of the earth." George Washington
***"They shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war any more."* Isaiah 2:4**

"Adversity brings knowledge, and knowledge wisdom." Welsh proverb
***"My soul yearns for You in the night; in the morning my spirit longs for You. When Your judgments come upon the earth, the people of the world learn righteousness."* Isaiah 26:9**

"Action springs not from thought, but from a readiness for responsibility." Dietrich Bonhoeffer
"Then I heard the voice of the Lord saying, 'Whom shall I send? And who will go for us?' And I said, 'Here am I. Send me!'" Isaiah 6:8

"It's easier to fight for one's principles than to live up to them." Adlai Stevenson
"What causes fights and quarrels among you? Don't they come from your desires that battle within you? You want something but don't get it. You kill and covet but you cannot have what you want . . . That is why Scripture says, 'God opposes the proud but gives grace to the humble.'" James 4:1-2, 6

WEEK 22

"Conquer thyself. Till thou hast done this, thou art but a slave. For it is almost as well to be subjected to another's appetites as to one's own." Robert Burton
***"(And God said to Cain), If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it."* Genesis 4:7**

"Leadership means setting an example. When you find yourself in a position of leadership, people follow your every move." Lee Iacocca
"The Pharisees and the teachers of the law were looking for a reason to accuse Jesus, so they watched Him closely . . ." Luke 6:7

"And this be our motto – In God we trust!" Francis Scott Key
***"So he said to me, 'This is the word of the Lord to Zerubbabel: 'Not by power of might, but by My Spirit', says the Lord Almighty."* Zechariah 4:6**

"Duty is ours, consequences are God's." Stonewall Jackson
***"Do not take revenge, my friends, but leave room for God's wrath, for it is written: 'It is mine to avenge; I will repay,' says the Lord."* Romans 12:19**

"Never 'for the sake of peace and quiet' deny your own experiences and convictions." Dag Hammarskjöld
"Do not quench the Spirit's fire. " 1 Thessalonians 5:19

"The best servant does his work unseen." Oliver Wendell Holmes.
***"But when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they have received their reward in full. When you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father who sees what is done in secret, will reward you."* Matthew 6:5-6**

**“The soldier’s heart, the soldier’s spirit, the soldier’s soul are everything.” General George Marshall
“What good is it for a man to gain the whole world, and yet lose or forfeit his very soul?” Luke 9:25**

**“Let him who desires peace prepare for war.” Vegetius
“For waging war you need guidance, and for victory many advisers.” Proverbs 24:6**

WEEK 23

**“Life is hard. It’s harder when you’re stupid.” The Duke
“The wise in heart accept commands, but a chattering fool comes to ruin.” Proverbs 10:8**

**“Put your trust in God, my boys, and keep your powder dry.” Oliver Cromwell
“. . . Work out your salvation with fear and trembling,
For it is God who works in you to will and to act according to His good purpose.” Philippians 2:12-13**

**“It is better to be faithful than famous.” President Theodore Roosevelt
“A good name is more desirable than great riches. To be esteemed is better than silver or gold.” Proverbs 22:1**

**“It’s my job to build the people who are going to build the company.” John Schnatter (Founder & President of Papa John’s Pizza)
“It was He who gave some to be apostles, some to be prophets, some to be evangelists and some to be pastors and teachers, to prepare God’s people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.” Ephesians 4:11-13**

**“There is no bad weather. There is only bad clothing.” Norwegian Saying
“Go to the ant, you sluggard; consider its ways and be wise!
It has no commander, no overseer or ruler, yet it stores its provision in summer and gathers its food at harvest.” Proverbs 6:6-7**

**“Wishing for a thing does not make it so.” Captain Jean-Luc Picard
“What do you think? There was a man who had two sons. He went to the first and said, ‘Son, go and work today in the vineyard.’ ‘I will not’, his son answered, but later he changed his mind and went. Then the father went to the other son and said the same thing. He answered, ‘I will, sir.’ But he did not go. Which of the two did what his father wanted?” Matthew 21:28-31**

**“Loyalty is the marrow of honor.” Field Marshal Paul von Hindenburg
“(King) David longed for water and said, Oh, that someone would get me a drink of water from the well near the gate of Bethlehem!’ So the Three broke through the Philistine lines, drew water from the well near the gate of Bethlehem and carried it back to David.” 1 Chronicles 11:17-18**

WEEK 24

**“Indecision and delays are the parents of failure.” George Canning
“A little sleep, a little slumber, a little folding of the hands to rest and poverty will come on you like a bandit and scarcity like an armed man.” Proverbs 6:10-11**

**“In the final choice, a soldier’s pack is not so weary a burden as a prisoner’s chains.” General Eisenhower
“Be strong, Philistines! Be men, or you will be subject to the Hebrews, as they have been to you. Be men & fight!” 1 Samuel 4:9**

**“The nation today needs men who think in terms of their service to their country,
not their country’s debt to them.” General Omar Bradley
“They said to me, ‘Those who survived the exile and are back in the province are in great trouble and disgrace. The wall of Jerusalem is broken down, and its gates have been burned with fire.’ When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.” Nehemiah 1:1-4**

**“Reputation is what men and women think of us; character is what God and angels know of us.” Thomas Paine
“But the Lord said to Samuel, ‘Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart.’ 1 Samuel 16:7**

**“Praise the Lord and pass the ammunition!” Attributed to Chaplain H. M. Forgy during the bombing of Pearl Harbor
“(God) trains my hands for battle; my arms can bend a bow of bronze.” Psalm 18:34**

“If we are bound to forgive an enemy, we are not bound to trust him.” Thomas Fuller

***“Do not give to dogs what is sacred; do not cast your pearls before pigs.
If you do, they may trample them under their feet, and then turn and tear you to pieces.” Matthew 7:6***

“Living in an atmosphere of soldierly duty and esprit de corps permeates the soul,
whereas drill merely attunes the muscles.” Captain Sir Basil Liddell Hart

“A man of many companions may come to ruin, but there is a friend that sticks closer than a brother.” Proverbs 18:24

WEEK 25

“Too many courts martial in any command are evidence of poor discipline and inefficient officers.” General George Washington
“Fathers, do not exasperate your children. Rather, bring them up in the training and instruction of the Lord.” Ephesians 6:4

“No matter what may be the ability of the officer,
if he loses the confidence of his troops, disaster must sooner or later ensue.” General Robert E. Lee
***“The people were amazed at His teaching, because He taught them at one who had authority,
not as the teachers of the law.” Mark 1:22***

“A competent leader can get efficient service from poor troops, while, on the contrary,
an incapable leader can demoralize the best of troops.” General John J. Pershing
***“When they saw the courage of Peter and John and realized that they were unschooled, ordinary men,
they were astonished and they took note that these men had been with Jesus.” Acts: 4:13***

“The morale of the soldier is the greatest single factor in war.” Field Marshal Viscount Montgomery
***“If a man has recently married, he must not be sent to war or have any other duty laid on him.
For one year he is to be free to stay at home and bring happiness to the wife he has married.” Deuteronomy 24:5***

“To bring men to a proper degree of subordination is not the work of a day, a month, or even a year.” General Washington
***“No discipline seems pleasant at the time, but painful.
Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.” Hebrews 12:11***

“Hurrah, boys, we’ve got them!” General George Armstrong Custer before he & his men were killed at the Battle of Little Big Horn
***“Trust in the Lord with all your heart and lean not on your own understanding.
In all your ways acknowledge Him, and He will direct your paths.” Proverbs 3:5-6***

“The eyes of the world are upon you.
The hopes and prayers of liberty-loving people everywhere march with you.” Eisenhower in his address to the troops on D. Day
***“I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone – for kings and all those in
authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who
wants all men to be saved and to come to a knowledge of the truth.” 1 Timothy 2:1-4***

DAY 176

“There is a time to pray and a time to fight. This is the time to fight.” John Peter Gabriel Muhlenberg
“There is a time for everything . . . a time for war and a time for peace.” Ecclesiastes 3:1 & 8

DAY 177

“Discipline is founded on the good will of all ranks to do their best at all times.” Lt. Gen Sir Francis Toker
***“From Him, the whole body (the Church), joined and held together by every supporting ligament,
grows and builds itself up in love, as each part does its work.” Ephesians 4:16***

DAY 178

“A man of character in peace is a man of courage in war.” Lord Moran
“A friend loves at all times and a brother is born for adversity.” Proverbs 17:17

DAY 179

“Wars may cease, but the need for heroism shall not depart from this earth,
while man remains man and evils exists to be redressed.” Rear Admiral A. T. Mahan
***“While people are saying, ‘Peace & safety,’ destruction will come on them suddenly, as labor pains on a pregnant woman, & they
will not escape. But you, brothers, are not in darkness so that this day should surprise you like a thief.” 1 Thessalonians 5:3-4***

HOW TO MOTIVATE SOLDIERS

Suggestions for Success:

Give clear expectations, productive tasks, and positive feedback – tell them what they **can** do.
Identify unique abilities (teaching, art, encouraging) and use their skills to benefit the unit. Then praise them.
Make time to talk with them about unit goals & listen to their ideas and their morale issues.
Schedule activities that promote unit cohesion & make time to listen to individuals' personal issues.
Give them opportunities to make their own choices (within appropriate limitations) to develop leadership skills.
When they have identified a problem, act on it. Don't just talk about it. Then give them feedback.
Always set a good example of work ethics and professional expertise. Someone is always looking.
Give 100%, no matter what they give. Remember - **your** response is **your** responsibility.
Find ways to support their appointments, education, family needs, etc. and still accomplish the mission.
Practice courtesies – open a door for a Private whose hands are full; say "thank you" to a cook; etc.
Bring them something they need to support their mission (a tool, a TM, a cup of water, etc.).
Keep a leader's book to record strengths, weaknesses, successes, personal/family needs, etc.
If you bring them a problem, suggest a couple of possible solutions, too. Be willing to help.
Give private & public verbal recognition. Be specific about what they did well.
Give awards, certificates, passes, comp-time, positive EOM & spontaneous counseling.

Small Group Discussion: Share a success story of how a leader motivated you.

WHEN YOU HAVE TO DISCIPLINE

Suggestions for Success:

Always:

Remember, people have an incredible tendency to "live up to" (or down to) your expectations!

Set good limits and explain the reasons	Give choices when possible, not ultimatums
Be good to them, not just "right"	Remove temptations from immature soldiers and vice versa
Discipline to teach & build, not punish	Senior leaders, ensure that subordinate leaders support each other
Never discipline mistakes or accidents	Be realistic, consider their personality, knowledge, experience, etc.
Be consistent and don't give up	Remember, sometimes mercy can accomplish more than justice.

Before:

Be sure soldiers know the rules beforehand	Listen for the heart of the issue (was it ignorance or rebellion?)
Pick battles – don't discipline everything	Encourage appropriate "appeals". New info? New verdict!
Postpone or delegate if you're too angry	Choose a discipline that "fits the crime" & trains the soldiers.
Warn once, then discipline accordingly	Prepare them for what discipline is coming.

During:

Discipline in private. Be firm but fair.	Ask them to say why they believe they are there
Speak on their intellectual level.	Be clear, brief, and calm
Begin and end with something positive.	State the facts, don't debate with them
Don't get sarcastic, embarrass them, or yell	Address what they did , not who they are (no name-calling, etc.)
Consider giving them choices of discipline	Give them an opportunity to respond to the discipline.

After:

When they're receptive, remind them that they are a valuable part of the team. Express positive expectations of them. Immediately begin to reinforce their new habits and give regular feedback on their successes.

Small Group Discussion: How would you provide Corrective Training for . . .

Consistently missing formation	Disrespecting an NCO/officer
Malingering during PT	Failure to obey a lawful order (PMCS)

MAXIMIZING YOUR COUNSELING SKILLS

(with soldiers who are having personal difficulties)

Suggestions for Success:

Keep private problems private. If an issue is public, only involve those necessary to solve it.
Mutually schedule a time & place that will best foster a relaxed, caring conversation.
Listen. Don't "mind-read" motives, predict failure, judge them, or try to solve the problem.
Identify the "heart" of the problem. (**Why** did their check bounce? What do they **need**?)
Paraphrase their comments back to them to show you're listening and that you understand.
If you don't understand, ask open-ended questions that do not require a simple "yes" or "no" answer.
Use your "body language" – nod, smile, lean forward - no sighs, folded arms, rolling eyes, etc.
Give them the same respect, attention, and time that you'd want if you were in their position.
Wait for the other person to finish before you begin speaking.
Give **positive** feedback – focus on any **good** ideas they have & help them see what they **can** do.
As much as possible, lead them to think through issues and come up with their **own** answers.
Have them list or discuss previous attempts to solve the problem and why those attempts failed.
Brainstorm with them for possible solutions (do not evaluate until ideas have stopped flowing).
Have them select a few solutions that support their goals and help them evaluate the plans by pros and cons.
Encourage them to reach a specific agreement with those who are involved (**who** will do **what** and **how**).
Have them write a personal, daily "to do"s on what & how the will accomplish **their** specific tasks.
Suggest that they write up the plan, post it, read it daily, and evaluate at the end of each day.
Suggest that they schedule regular follow-up meetings to review the list together and note successes.
Be open and flexible to changes that may come later. (remember repeated setbacks that **you've** had)

WHEN AND WHERE TO REFER SOLDIERS

Two Scenarios You Must Refer:

- 1) When it is a matter of **physical safety** (refer to their chain, Mental Health, MPs, Chaplain, as appropriate)
- 2) When they have a problem **beyond your expertise** (refer appropriately - finance, legal, etc.)

"First-Line" Helps:

- A) **The Chain of Command** (CoC) is listed first for several reasons:
- a. The CoC should have the **best personal knowledge** of the soldier
 - b. The soldier's leaders have the **most immediate power** to affect their world.
I.e: to intervene with other soldiers, support appointments, get them time off, etc.
 - c. Using the CoC **promotes unit cohesion** through soldier care.
Skipping the CoC may burn bridges with soldiers who may be called to help later.
- B) **FRG, ACS, AFTB, AER, Chaplain, ASAP, Finance, Mental Health**, etc. are listed second because these groups have specialized skills, are close by, and **exist** entirely to help soldiers and their families. Many of these also offer counseling with confidentiality. If you are not sure about their confidentiality policy – ask first!
- C) **MPs, EO, JAG, Legal Assistance & Social Services** are listed third because referral usually involves an official investigation which is often irreversible. Whenever possible, problems should be solved at the unit level. (Refer all abuse to authorities)

Last Resorts: **IG, Congressman, & Civilian Agencies** should be called last because they involve investigations by powerful authorities because they have the least personal knowledge of the soldier & situation. Using these authorities also often comes back to 'bite' the soldier.

18 PRINCIPLES OF LEADERSHIP (from John C. Maxwell)

1. Leadership is **influence**. Do you have a **following**? Can you get people to **volunteer**? Do people **want** to listen?
2. Leadership is **dynamic** – (Management is static – keeping only a status quo) Great leaders continually seek to know & **grow** themselves. Humbly listen to peers, subordinates, and superiors, and act on the facts.
3. Leadership is **personal**. Soldiers follow **people**, not “disembodied regulations”. They want leaders who are stronger than they are. Find a good mentor. Listen to others. Remember, leaders tend to attract those who are like themselves – for good or for bad.
4. Leadership is **measured by succession**. “What will the organization be after you’re gone?”
 - a. Lead with long-term vision.
 - b. Create an environment to breed/encourage leadership.
 - c. Emphasize **team** leadership.
 - d. Mentor other leaders and be mentored yourself.

Achieve your potential and take others with you!! Remember . . .

Personnel determine potential	Relationships determine morale
Vision determines direction	Leadership determines success.
5. A leader is **a person of integrity**. He walks what he talks.- relationships, knowledge, intuition, experience, successes, ability. character communicates consistency, potential, & respect.
6. A leader is **a visionary**.

He knows where he’s going and how to get there. He notifies and equips his people with what they need to succeed.

P redetermine a course of action	A llow time for acceptance
L ay out your goals	H ead into action.
A adjust your priorities	E xpect problems
N otify key personnel.	A lways point to the successes
	D aily review your plan
7. Leaders are usually **developed by other successful leaders**.

“We can only teach what we know and reproduce who we are.” Network with other leaders.
8. A leader **has a 2nd nature knowledge** about situations, trends, resources, people, and himself. This “intuition” is from experience, constant learning, practice & experimenting, & close relationships with successful leaders.
9. A leader is a person who **can sell himself** to others.

“Leaders find the dream, then the people. Followers find the leader, then the dream.” Followers must love the leader *and* the vision before they’ll follow. Being “right” isn’t enough. People must **want** to follow you.
10. **Touch a heart**, before asking for a hand. Followers must believe that the leader cares for them. He must see their needs and meet them. He must know their abilities and nurture them.
11. **Form an inner circle**. No one person is equipped to do everything. A good inner circle wants to work & to raise morale.
12. **Lead leaders** - Build the people who build the team.

<u>Leaders who develop followers . . .</u>	<u>Leaders who develop leaders . . .</u>
Need to be needed	Want to be succeeded
Focus on weaknesses	Focus on strengths
Develop the bottom 20%	Develop the top 20%
Treat their people the same for “fairness”	Treat their leaders as individuals for impact
Hoard power	Give power away
Spend time with others	Invest time in others
Grow by addition	Grow by multiplication
Impact only people they touch personally	Impact people far beyond their own reach
13. **Empower your subordinates**.

They give authority, training, guidance, resources, freedom, & encouragement from security.
Common roadblocks are fear for job security, resistance to change, lack of self-worth

“The best executive is the one who has sense enough to pick good men to do what he wants done, and self-restraint enough to keep from meddling with them while they do it.” – Theodore Roosevelt
14. **Make decisions by the significant**, not necessarily by the imminent.

What is not required of you personally, delegate or eliminate! Spend most of your time doing what you do best and enjoy most. Develop others to do the rest. Choose activities that accomplish multiple priorities.
Constantly review objectives; remain open to revision; plan and practice.
15. **Think and act creatively to fulfill your vision**. Find a way to win.
16. **Make the most of momentum**. Identify a driving emotion, belief, event, etc. among your people and capitalize on it!
17. **Take advantage of timing** “Perception is reality to your subordinates.” For example . . .

A wrong action at the wrong time = a disaster. The right action at the wrong time = resistance.
A wrong action at the right time = a mistake. The right action at the right time = success.
18. **Sacrifice and persevere** – “you must give up to go up”

Your “rights” diminish as your responsibilities increase.

ASSESSING AND DEALING WITH SOLDIERS' ISSUES

GATHER INFORMATION

1. Identify the soldier's specific, present stresses or events. Ask them, their friends, their family . . .
 - a. "Any big changes at home or work lately?"
 - b. "How are finances, marriage, kids, etc.?"
2. Consider the soldier's past performance and personal history.
 - a. How have they typically worked/acted in the past?
 - b. Review counseling, achievements, reputation . . .

DEVELOP POSSIBLE PLANS

3. Explore options that will promote mission success ***and*** soldier care.
(Training, battle buddy, counseling for soldier and/or others involved, temporary duty change, time off, etc.)
4. Do a "risk assessment" of their issue and your possible courses of action.
What are the potential benefits and costs to the mission? to the soldier? to you as a leader?
5. Identify resource personnel and agencies that might be able to help with the specific issue.
(Legal, JAG, EO, Finance, ACS/AER, Mental Health, Family Readiness Groups, Chaplain, Social Work Services, Alcohol & Substance Abuse Program, Family Advocacy, TMC, Tricare, experienced leaders, etc.)
6. Select your plan. Consider steps 1-5 and choose the plan that best supports the mission ***and*** the soldier.
Can you ***support*** your plan with facts? Can you ***live*** with your choice? Can you ***defend*** it against criticism?
7. Inform appropriate levels of the Chain of Command.
 - a. Life/death issues & mission stoppers must be reported
 - b. Other issues should be solved at lowest level.

IMPLEMENT THE PLAN

8. Utilize appropriate resource personnel. Consider the need for multiple helping agencies.
9. Monitor the soldier and repeat steps above as necessary. Do their actions and attitudes show progress?
 - a. Progress following help indicates a valid problem.
 - b. Repeat offenses ***may*** indicate a problem-soldier.
10. Document everything! Paperwork can assist other helping agencies. It can also assist Chapters & UCMJ.

FOLLOW UP

11. Keep up-to-date on the soldier, directly or indirectly (by assigning someone as a battle buddy).
 - a. Support appropriate appointments for hurting soldiers
 - b. Discipline "problem soldiers" appropriately.

NOTE: Serious and pre-existing issues are not usually solved quickly or easily. Large debt, chronic health problems, marital issues, etc. may require long-term help from multiple agencies. Stay patient & committed!

We will send in a dead-lined HMMWV for hours of work at local, unit, & direct support maintenance. Don't our soldiers deserve at least that much care? Which one is the more valuable resource to your mission? We cannot accomplish our mission to standard if our people are not fully mission-capable!

LEADERSHIP STYLES & PERSONAL TEMPERAMENT

What makes an effective leader? Knowledge? Skills? Experience? Commitment?

All of the above, of course – and more. But your personal temperament also contributes to your effectiveness.

Temperament is the **style** by which you prefer to relate **information** to **decision-making**. It is part of your personality. Different temperaments have different strengths and challenges. **KNOW YOURSELF!** The Keirsey-Bates Temperament Sorter categorizes four, key personality traits. Each area also consists of two opposites. Different combinations of two of these areas describe temperament types, which influence our **preferred leadership styles**. To determine your personal temperament, ask yourself, “Am I . . .”

Extroverted?



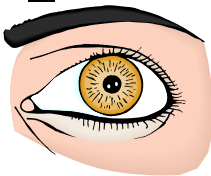
or

Introverted?



What energizes you?
People or Ideas?

Sensory?



The Human Eye

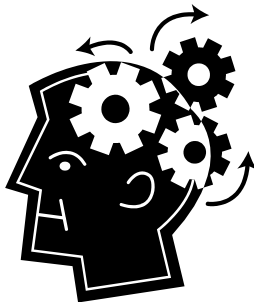
or

iNtuitive?



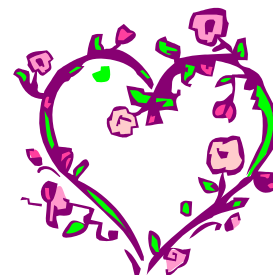
How do you know?
Your Senses or Hunches?

Thinking?



or

Feeling?



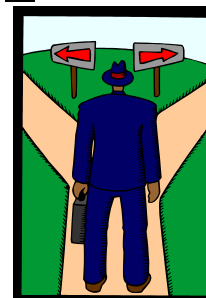
How do you process
the information?
Thinking or Feeling?

Judging?



or

Perceiving?



When do you prefer to decide?
Judge now with present facts
or
Later to perceive more options?

(CONTINUED ON REVERSE SIDE)

(LEADERSHIP STYLES & PERSONAL TEMPERAMENT *continued*)

Below are the four temperament types and brief descriptions of their uniqueness, strengths, & challenges. Being extreme in an area (intuitive, thinking, etc.) or borderline between opposites will affect accuracy

NTs - Rationalists (5-7% of the population)



Abraham Lincoln

Strengths - Strategy, analysis, & creativity. Great planners, teachers, inventors.

Challenges - Often works as a “lone ranger”. Can be strong-willed and close-minded. Many times they continue looking for information and delay decisions. NTs tend to resist authorities or instructions if there is not clear, good rationale.

Suggestions - Have an “inner circle” hold you accountable for teamwork and *timely* decisions. Work on your people skills, such as *empathy*, listening, and communicating *concretely* and specifically.

NFs – Idealists (8-10% of the population)



Indira Gandhi

Strengths - Cooperation, ethics, diplomacy. Effective counselors & advocates.

Challenges - May trust their feelings despite the facts. Can be taken advantage of because of their benevolent nature. Desires for deeper relationships might cloud their objectivity in decisions and conflict with accomplishing tasks.

Suggestions - Set, communicate, and enforce *boundaries* on your generosity, time, resources, etc. Work as a team with people who emphasize *facts*. Use Colin Powell’s 70% rule – when you have 70% of the facts – make a *decision*.

SJs – Guardians (40-45% of the population)



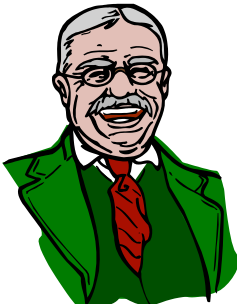
George Washington

Strengths - Team players, organized, & goal-oriented. Outstanding supervisors.

Challenges - Tend towards conformity without question. Often overlook the needs of people in order to meet the mission. May want a task accomplished so badly that they “leap without looking”. Can be workaholics and burnout easily.

Suggestions - Develop relationships with mentors who can develop your *personnel* skills and creative thinking. Be *aware* that your passion for your work may push you to run over those who help you with your work. Spread your emotions & leisure time over *several* areas other than just your work.

SPs – Artisans (35-40% of the population)



Theodore Roosevelt

Strengths - Confident, charismatic, & flexible. Superb performers & craftsmen.

Challenges - Hunger for excitement without thought to consequences. A bent toward spontaneity can lead to poor decisions. Opportunity-seeking spreads SPs thin. “Why fight reality” attitude limits willingness to look at possibilities.

Suggestions - Listen to people who know your limits. Prioritize your goals by what helps the *team* succeed. Learn to say ‘*no*’ to “exciting opportunities” that distract from the mission. Manage your time in *writing*. Have a *confidant*.

STRESS MANAGEMENT BASICS

1 - STRESSORS IN THE MILITARY

M – mobility (Frequent PCS)

I – isolation (Hardship tour, Schools, etc.)

L – lack of control (Many “bosses”, Little say in duties or PCS)

I – individual needs (Family issues, Finances, Medical problems)

T – temporary separations (Deployment, FTX, TDY, etc.)

A – authority (Can be a burden on leaders and subordinates)

R – risk (Combat, Physical strains, Weapons qualifications, etc.)

Y – youth (Young marriages & parents, In-experienced co-workers)

Stress Management Techniques for Job Troubles

Eat smart – 3 to 5 small meals, low in fat

Snack on fruits, vegetables, juices, etc.

Maintain supportive relationships

Manage your time well – plan ahead

Adapt to leadership styles

Learn how & when to say “No!”

Exercise regularly (aerobic & weights)

Take time off (passes, comp time, leave)

Make a child laugh

Reward yourself for a little something special

Slow down (talking, eating, walking, etc.)

Breathe deeply and slowly for 20-30 seconds

Avoid tight-fitting clothing

Know your stress “triggers”

Don’t sit and worry – take action!

See problems as opportunities to grow

Take personal time to relax

Be kind and respectful to others

Be consistent & fair (policies/people)

Know when to “speak up”/“be quiet”

Seek out a mentor / be a mentor

Get enough sleep (nap occasionally)

Beware of “volunteer overload”

Get someone to give you a massage

Get outside more often

Stretch and hold it for 20-30 seconds

Walk or bicycle to work instead of driving

Allow extra time for the unexpected

Listen to your favorite music

Take your concerns to God in prayer!

STRESS MANAGEMENT BASICS (continued)

2 - MILITARY STATISTICS ON SUICIDE

CPT Gary Trynieszewski, from the 84th Medical Detachment at Fort Carson, CO

Suicide attempts and threats mean that the individual has exhausted alternatives for solutions; not necessarily that the individual wants to die. The individual feels hurt, angry and hopeless, he added.

WHY do people commit suicide? CPT T said there are many reasons: A break up of a close relationship with a loved one; the death of a loved one (spouse, child, parent, sibling, friend, or even a pet); worry about job or school performance and concerns about failure; loss of support systems; loss of emotional safety which comes from moving to a new environment; loss of social or financial status of the family; and the compounding and disorienting effects of drugs and/or alcohol.

25 % of all suicide victims are under 30 years old. 66% of all attempts are under 40. And 50% of all who attempt over 40 are successful. More women than men attempt suicide. Women are more likely to use drugs or poisons, and the typical suicide attempt by a woman is made in her 20s or 30s. He explained that more men than women actually kill themselves, and men are most likely to use a quick violent means of suicide such as a gun or hanging. CPT T. said suicide statistics for **E5s and E6s** are the highest category on the pie chart. The highest suicide rates are among 25-34 year olds, and people aged 65 and over.

Methods of suicide include firearm (62%), hanging (29%), carbon monoxide (7%), pills (4%), poison (4%), cutting (2%), and train (2%). After stating that suicides by E5s-E6s are the highest category on the pie chart, he asked the audience for their opinion on why suicide was highest in that category. Some soldiers said this was the middle-management range where soldiers were given more responsibility, and expectations were greater and involved high stress at times.

Depression is often characterized by a profound sadness nearly everyday for at least two weeks; poor appetite, weight loss, or increased appetite or significant weight gain; change in sleep habits, either excessive sleep or inability to sleep; behavioral agitation or a slowing of movement; loss of interest or pleasure in usual activities or decrease in sexual drive; loss of energy; fatigue; complaints or evidence of diminished ability to think or concentrate; feelings of worthlessness, self reproach, or excessive guilt; withdrawal from family and friends, drastic mood swings; and, sudden change in behavior.

Myths about suicide include: mentioning suicide may give the person the idea; all suicidal persons are mentally ill; once people are suicidal they're beyond help; and it's not a suicide if there was no suicide note.

Trynieszewski said that the best **preventive measures** include finding out about suicide plans. The more specific the plan, the greater the danger, he said. Dwelling on suicidal thoughts is more dangerous than transitory thoughts, according to Trynieszewski. Some concern for the negative effects of one's death is a good sign, and the client who denies he will commit suicide is usually being truthful and can be temporarily trusted.

He listed some specific **ways to help**: Give active emotional support by showing that you take the person's feelings and wish to help. Listen to them and ask concerned questions. Explain that with help and support they can recover and enjoy good times again, Stay close until help is available or risk has passed. Encourage positive action by improving home environment, keeping busy and active. Get a change of pace and more exercise, he said. Suggest they try to change the situation, talk things over, try a new approach, and learn to relax. Seek professional help by going to a crisis or suicide prevention center, a physician, clergy, state, and local mental health associations, emergency rooms, community mental health, and walk in psychologist for a civilian family member.

In most cases, suicide can be prevented by performing **"do's" and "don'ts"**. Don't try to shock or challenge the individual. Don't analyze the person's motives. Don't argue or try to reason. Do know the facts. Do be a friend, and do get some help. The bottom line is "take all threats seriously!"

STRESS MANAGEMENT BASICS (continued)

3 - CIVILIAN STATISTICS ON SUICIDE

There were 30,810 suicides in the U.S. in 1991, or 1.4% of total deaths. Suicide is the 8th leading cause of death in the U.S. Every year, there are more suicide deaths in the U.S. than homicides. The state with the highest suicide rate was Nevada at 24.8 per 100,000. The lowest was the District of Columbia at 6.6 per 100,000. Suicide rates for the U.S. are average among industrialized nations and generally higher than developing countries.

Generally, the suicide rate in the U.S. has been level over the past 90 years, peaking at a rate of 17.4 per 100,000 and ranging from 12.0 to 14.0 per 100,000 over the past 10 years.

GENDER – Men are much more likely to kill themselves than women. Men account for 80% of all suicides in the U.S. Generally, women are more likely than men to attempt, as over 60% of suicide attempts are made by women. However, men are much more likely to be successful as they choose more lethal means.

AGE – Suicide rates increase with age. 75-84 year-olds have the highest suicide rate at 23.5 per 100,000. Elderly, white men over the age of 65 have a high risk – 42.7 per 100,000. Non-white elderly men have a suicide rate of 16.7 per 100,000. In comparison, women over 65 were 6.0 per 100,000. White males account for 70% of all suicides.

MENTAL DISORDERS AND SUBSTANCE ABUSE – Mental and addictive disorders are central risk factors for suicide. More than 90% of completed suicides are associated with these disorders. 20% of men and women with uni-polar depression or bipolar disorder commit suicide, 13% of schizophrenic patients commit suicide. This is 10 to 15 times the rate of the general population.

Only 3% of alcoholics commit suicide, but since alcoholism is so prevalent in society, 33% of all suicides involve alcoholism. Most alcoholics who commit suicide have over 20 years of alcohol abuse before dying. Few suicides are reported in alcoholics under age 40.

ADOLESCENTS – Suicide is the third leading cause of death, and climbing. Generally, suicide rates decrease with age. Since fewer young people die of health related causes, suicide is a leading cause of death among adolescents. Suicide rates among adolescents have significantly increased over the past forty years. In 1950, the rate for people ages 15-24 was 4.5 per 100,000 population. In 1990, the rate tripled to 13.2 per 100,000. The majority of adolescent suicides are committed by males. Among 15-24 year olds, 73% of suicides are committed by males. As with adults, female adolescents are far more likely to attempt suicide. For youth hospitalized after a suicide attempt, 1 out of 12 males succeed in committing suicide while only 1 in 300 females are successful in committing suicide. Among 15-24 year olds, suicide is the 3rd leading cause of death with a suicide rate of 13.1 per 100,000. Suicide rates at college campuses tend to be lower than the age adjusted general population.

SUICIDE METHODS – Most suicides are committed by firearms. Over 60% of all suicides are committed by firearms, and 80% of all firearm suicides are committed by white men. Hanging is the second most common method of suicide. Drug overdose accounts for over 70% of suicide attempts, although the vast majority of overdose attempts are unsuccessful.

STRESS MANAGEMENT BASICS (continued)

4 - GLAZER-STRESS CONTROL LIFE-STYLE QUESTIONNAIRE

(Please do NOT remove or write on this form)

- | | | |
|---|---------------|--|
| 1. Doesn't mind leaving things temporarily unfinished | 1 2 3 4 5 6 7 | Must get things finished at once |
| 2. Calm and unhurried about appointments | 1 2 3 4 5 6 7 | Never late for appointments |
| 3. Not competitive | 1 2 3 4 5 6 7 | Highly competitive |
| 4. Listens well, lets other finish speaking | 1 2 3 4 5 6 7 | Anticipates others in conversations (nods, interrupts, finishes sentences) |
| 5. Never in a hurry, even when pressured | 1 2 3 4 5 6 7 | Always in a hurry |
| 6. Able to wait calmly | 1 2 3 4 5 6 7 | Uneasy when waiting |
| 7. Easygoing | 1 2 3 4 5 6 7 | Always going full speed ahead |
| 8. Takes one thing at a time | 1 2 3 4 5 6 7 | Tries to do more than one thing at a time, thinks about what to do next. |
| 9. Slow and deliberate speech | 1 2 3 4 5 6 7 | Vigorous and forceful in speech (uses a lot of gestures) |
| 10. Concerned with satisfying himself, not others | 1 2 3 4 5 6 7 | Wants recognition by others for a job well-done |
| 11. Does things slowly | 1 2 3 4 5 6 7 | Fast doing things (eating, walking, etc) |
| 12. Laid back | 1 2 3 4 5 6 7 | Hard-driving |
| 13. Expresses feelings openly | 1 2 3 4 5 6 7 | Holds feelings in |
| 14. Has a large number of interests | 1 2 3 4 5 6 7 | Few interests outside of work |
| 15. Satisfied with job | 1 2 3 4 5 6 7 | Ambitious, wants quick advancement on the job |
| 16. Never sets own deadline | 1 2 3 4 5 6 7 | Often sets own deadlines |
| 17. Feels limited responsibility | 1 2 3 4 5 6 7 | Always feels responsible |
| 18. Never judges things in terms of numbers | 1 2 3 4 5 6 7 | Often judges performance in terms of numbers (how many? how much?) |
| 19. Casual about work | 1 2 3 4 5 6 7 | Takes work very seriously (brings it home, works weekends) |
| 20. Not very precise | 1 2 3 4 5 6 7 | Very precise (careful about detail) |

GLAZIER QUESTIONNAIRE ANALYSIS

SCORING: Assign a value from 1 to 7 for each score. Total them up. The categories are as follows:

Total Score: 110 – 140 = Type A1
Total Score: 80 – 109 = Type A2
Total Score: 60 – 79 = Type AB
Total Score: 30 – 59 = Type B2
Total Score: 0 – 29 = Type B1

DEFINITIONS:

TYPE A1 – If you are in this category, especially if you are over 40 and smoke, you have a high risk of cardiac arrest.
TYPE A2 – Your risk is not as high as the A1. You should nevertheless, pay careful attention to your life-style.
TYPE AB – This is a healthier pattern than either A, but you have the potential for slipping into an A life-style.
TYPE B2 – You are less-cardiac prone. You are generally relaxed and cope adequately with stress.
TYPE B1 – You tend to possess the extreme of non-cardiac traits.

The higher you score the more cardiac prone you tend to be. Remember, though even B persons occasionally slip into A behavior, and any of these patterns can be changed over time.

STRESS MANAGEMENT BASICS (continued)

5 - ORGANIZATIONAL CHANGES RATING SCALE

(Please do NOT remove or write on this form)

Below are listed many of the events in organizations, which have been found to stimulate stress reactions in individual organizational members. The scale value of each event reflects the degree of disruption it causes in the average age member's life. Since individuals vary in their tolerance for stress, the total Organizational Change Score should be taken as a rough guide only. Generally, however, the higher the score, the greater probability of a significant health change in the near future.

1. Transferred against your will to a new position or assignment	81
2. Being shelved (moved to a less important job).	79
3. Decrease in status (either actual in relation to peers).	68
4. Disciplined or seriously reprimanded by your superior.	67
5. Reject of your request to transfer to a new, more satisfying job.	65
6. Sudden, significant change in the nature of your work.	60
7. Cancellation of a project you were involved with and considered important.	60
8. Major or frequent changes in instructions, policies or procedures.	59
9. Being promoted or advanced at a slower rate than you expected.	58
10. Transferred voluntarily to a new position or job (not a promotion)	52
11. Anticipation of own imminent retirement.	47
12. Major reorganization (at least department wide)	46
13. Sudden decrease in positive recognition of your accomplishments, from any source .	46
14. Major change of technology affecting your job (computers, techniques, etc.).	46
15. Gave major briefing or formal presentation.	46
16. Significant deterioration in conditions (noise, lighting, temperature, space, etc).	45
17. New boss or supervisor.	45
18. Sudden significant decrease in the activity level or pace of your work	43
19. Sudden significant increase in the activity level or pace of your work	37
20. Major relocation of your work place	31
21. Increase status (either actual or in relation to peers)	30
22. Required to work more hours per week than normal due to crisis deadline, etc .	29
23. Transfer, resignation, termination or retirement of a close friend or valued colleague.	24
24. Being promoted or advanced at a faster rate than you expected	24
25. New subordinates	23
26. Major change in work schedule	23
27. New co-workers	21
28. Noted increase in positive recognition of accomplishments from any source.	20
29. Significant improvement in conditions (noise, lighting, temperature, space, etc)	17
30. Minor relocation of work place	5

TOTAL ORGANIZATIONAL CHANGE SCORE

Organizational Change Score

Percent Chance of Illness

375

75%

250

50%

125

25%

STRESS MANAGEMENT BASICS (continued)

6 - LIFE CHANGE AND PHYSICAL AILMENTS

(Please do NOT remove or write on this form)

After studying the recent histories of people with medical problems, Homes and Homes (1970) have concluded that any number of illness, and not just the commonly recognized psycho-physiological disorders, can be precipitated by the stress accompanying changes in one's life. To measure the impact of different kinds of changes, Homes and Rahe (1967) have developed the Social readjustment Rating Scale, which rates each kind of potentially stressful event in terms of "life change units" (LCU's)

LIFE EVENTS

LCU'S

Death of a Spouse	100
Change of Residency (moving)	81
Divorce	73
Marital Separation	65
Jail Term Death of a Close Family Member	63
Personal Injury or Illness	63
Marriage	50
Fired at Work	47
Marital Reconciliation	45
Retirement	45
Change in Health of Family Member	44
Pregnancy	40
Sex Difficulties	39
Gain of New Family Member	39
Business Readjustment	39
Change in Financial State	38
Death of a Close Friend	37
Change in a Different Line of Work	36
Change in Number of Arguments with Spouse	35
Mortgage over \$10,000.00	31
Foreclosure of Mortgage of Loan	30
Changes in Responsibilities at Work	29
Son or Daughter Leaving Home	29
Trouble with In-Laws	29
Outstanding Personal Achievement	28
Beginning or Ending of School	27
"Stay home" Spouse Begins or Stops Work	26
Change in Living Conditions	25
Revision of Personal Habits	24
Trouble with the Boss	23
Change in Work Hours or Conditions	20
Change in Schools	20
Change in Recreation	19
Change in Church Activities	19
Change in Social Activities	18
Mortgage or Loan Less than \$10,000.00	17
Change in Sleeping Habits	16
Change in Number of Family Get-togethers	15
Change in Eating habits	15
Vacation	13
Christmas	12
Minor Violations	11

TOTAL LCU'S _____

Scores indicate likelihood of developing ailments. 300-449 = 33%; 450-599 = 66%; 600 < = 90%

**** For Demonstration Purposes Only . . . Not Suitable for Research ****

IMPROVING YOUR TEACHING SKILLS

Suggestions for Success:

Do proper research on your topic or use a guest speaker/subject matter expert.
Write out a few specific objectives. Structure the lesson to help everyone in the group succeed.
Choose a place & time that will aid their learning – consider sound, comfort, distractions, etc.
Avoid times right after formations or right before COB. Try to avoid classes too close to mealtimes.
Use 2 or 3 different presenters if possible. Be sure to coordinate material and timing beforehand.
Begin with your purpose statement and your specific, performance or learning objectives.
Have an opener/ice breaker that relates to the subject and captures their interest.
Use the 1/3-2/3 rule. You talk 1/3 of the time. Get them to talk 2/3s. Mix it up, so no one gets bored.
Incorporate PEs, hands-on tests, role-plays, readers, brainstorming, etc for max participation.
Provide handouts on which they can write.
Use different visual aids, but be creative and not too predictable.
Maintain eye contact and smile as much as possible.
Speak loudly enough for the farthest person to hear you.
Exaggerate your facial expressions, body language, hand motions, and voice inflection a little.
Use humor when appropriate.
Vary the speed and intensity of your words occasionally. Pauses can also be powerful.
Watch their body language to identify boredom, confusion, disagreement, and respond to help.
Ask questions that cannot be answered “yes” or “no” in order to promote discussion.
When asking a question, call an individual’s name *after* the question (it gives all time to think).
Don’t be afraid of silence when you ask a question, and DO NOT answer your own questions.
Rephrase your question, be more specific, or break it down into simpler parts to help them get it.
When someone has a question or comment, have them stand and face the group so all can hear.
Compliment all correct answers. Find something good to say to each person who participates.
Choose simple or shy people to answer easy questions so everyone has a chance to participate.
When teaching facts or principles, be brief & follow immediately with illustration & application.
If someone gets off-track, identify something useful they said, and use it to get back on track.
End with a brief review of the major points and an opportunity for their questions and comments.
Practice to an honest audience, if possible. At least have someone critique your lesson plan.
Have all materials set up and tested prior to the lesson (projector, extra pens, butcher board).
Break up lecture time with participation, games, a short video, etc. Variety is a must.
Give breaks - normally about 10 minutes every hour. Have them stand and stretch as needed.
Always do an AAR for feedback to improve your classes. Then act on the feedback.
Thank them for their attention and tell them how they can reach you if they have other questions.

Let's hear from you!

What do you think is most essential to effective teaching? What hinders learning most of all?

Practical Exercise:

Have 5 or 6 soldiers (“Hollywood Hams”) take a few moments to create and perform a skit on “The Worst Military Class Ever” on whatever topic the group chooses. One soldier should be the “instructor”, while the others play the class. After the skit, have the audience identify as many poor teaching techniques, mistakes, disasters, distractions, etc. as possible.

TIME MANAGEMENT

Prioritizing and Organizing:

Lead with vision! A vision is a specific, improved picture of the future, unique to a group's needs & strengths.

What does your **group** need to meet the commander's intent? (motivation, organization, teamwork, etc.)

How can you help meet those needs through **your** natural strengths and passions?

What "movers & shakers" in the unit have **other** strengths & passions you will need?

How can you incorporate those "movers & shakers" to formulate, sell, & move toward the vision?

Keep the vision simple, positive, & practical - where you want to go and how you want to get there.

A sample vision statement follows (will vary based on mission, need, size, and available resources of the unit)

"To build (**who?**) - junior NCOs, (**how?**) - through mentoring, so they will (**what?**) - model, train, and motivate their lower enlisted, (**why?**) - resulting in high unit cohesion and mission focus."

Begin each day by reviewing duties & prioritizing by the vision.

Distinguish the "tyranny of the urgent" from the **significant** by the vision.

Write out the **significant** "to do's" at the first of each day, week, month, etc.

Prioritize and number each item from the most to the least significant.

When you cannot avoid the "urgent", accomplish those tasks in ways that also move toward the vision.

Divide items into sub-tasks and assign deadlines to each.

Do not proceed to the next priority until you have accomplished the higher priority.

Don't wait for **all** of the information all the time. It may not come. When you have 70%, make a decision.

Continue to evaluate priorities in light of the vision and think creatively.

Have an in-box and out-box identified for others and use it.

Have an "act on" and "file" box for your self.

Act on, delegate, file, or eliminate everything on your desk by the end of each day.

Keep your files (active and inactive) organized according to your most common duties/subjects.

File documents as "inactive" if you have not used them in the last year.

Box or toss items you haven't used in several years

Keep key references and resources organized on or near your desk.

Use a Rolodex or tape a typed sheet of frequently called numbers and agencies to your desktop.

Use 1 hand-held organizer, 1 desktop calendar, and 1 year-at-a-glance calendar on your wall.

Record work & personal duties in each of the above. Update all organizers at the same time.

Identify your routine duties and schedule the times and places for time-efficiency.

Schedule your most difficult work during "your peak performance hours" (AM or PM person?).

Trust God to deal with what is beyond your scope & ability

Supervising and Delegating:

Remember - even the Lone Ranger had Tonto. **Everybody** needs to work as a **team**.

Focus **your** time and energy on **your** strengths and specialty areas.

Regularly communicate your intent to your subordinate leaders.

Supervise or appoint supervisors to those who lack knowledge, skills, and/or will to work.

Emphasize teamwork - pair skilled workers with newer, less experienced soldiers.

Delegate to soldiers who have exhibited levels of consistent responsibility.

Delegate items appropriate to subordinates who display the necessary strengths & experience for the tasks.

Mentor your subordinates. Don't just tell them & walk away. Be a father, a coach, a confidant, & a guide.

1st Make your expectations clear from the beginning & show them how it should be done.

2nd As their understanding grows, work beside them to hone skills & answer questions.

3rd Gradually work less with them, give more freedom and less supervision.

4th Delegate tasks and send them out with responsibility & authority (stay available)

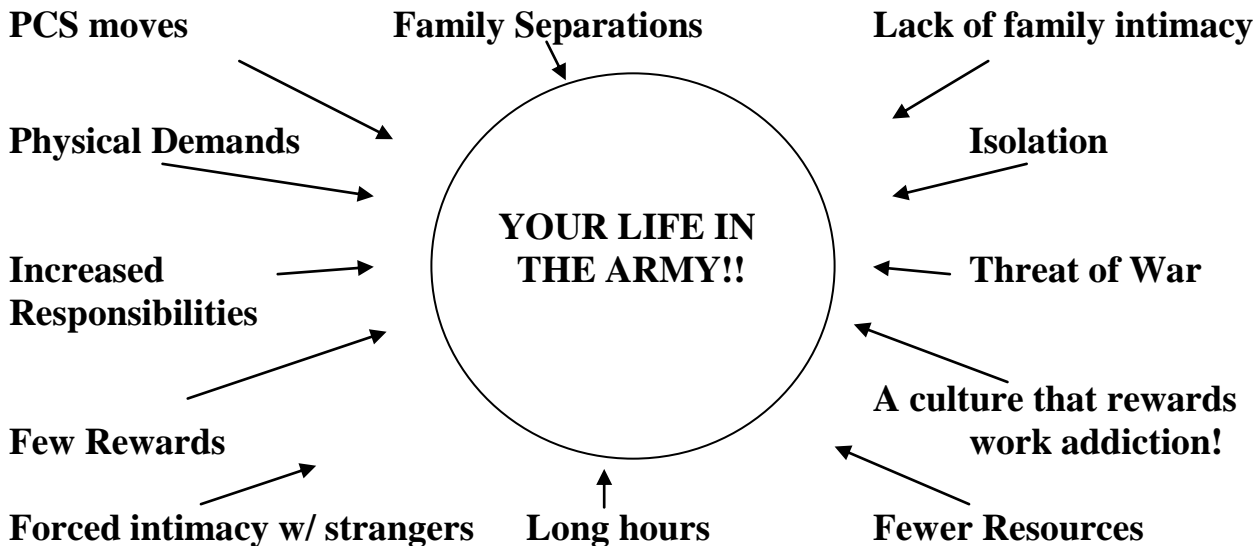
5th Entrust them with more leadership duties as appropriate and continue to mentor them.

6th Continually give positive & corrective feedback to keep them on track with mission.

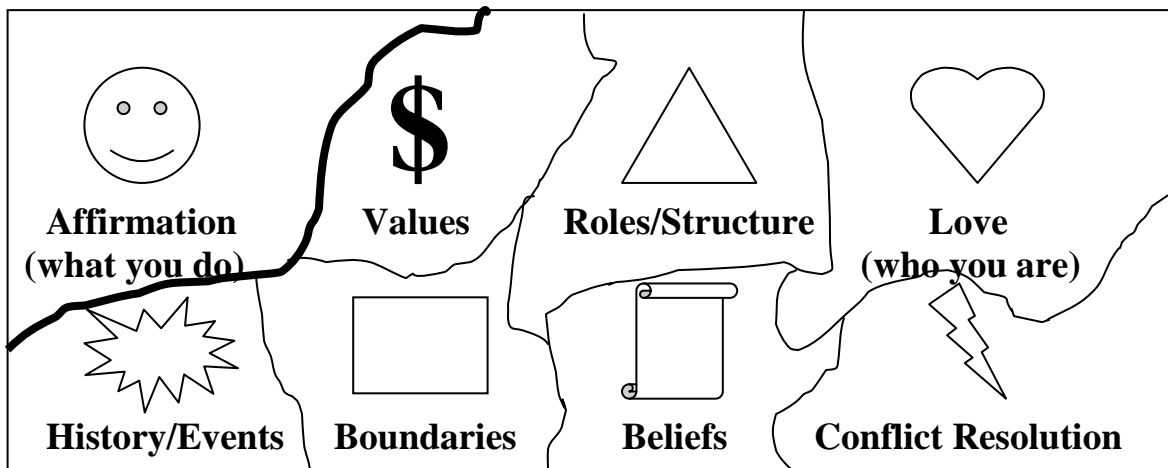
IDENTIFYING & DEALING WITH BURNOUT

"Just the fact, Ma'am!"

1. As soldiers, we work in a world that weighs on us from the outside . . .

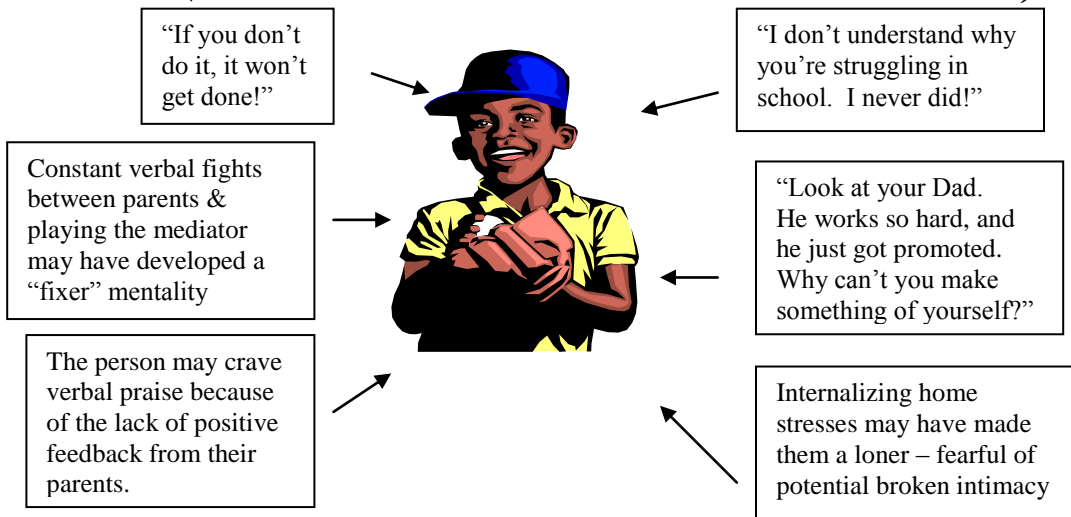


2. Many soldiers also live in a personal world that is “injured” or “empty” on the inside. We are like puzzles, made up of many pieces shaped by our family of origin. Often, a key piece was left out or distorted, stunting healthy emotional development. In such cases, a soldier naturally (& often unconsciously) feels driven to “fill” that empty spot or “force” the distorted piece. Consider the visual image of an example “puzzle” below . . .

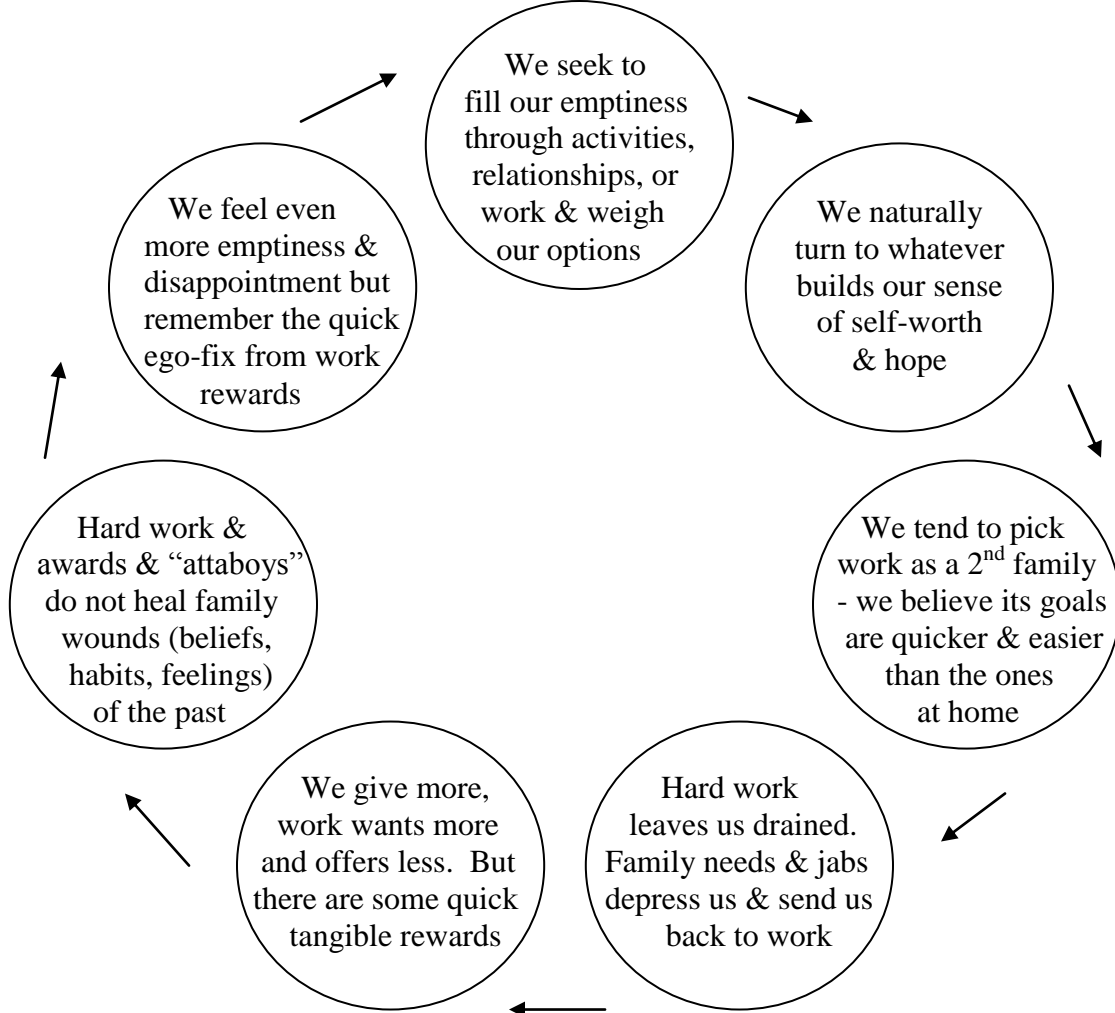


Another way of describing the same drive is as follows. Driven soldiers often want to “protect a bruise” or “flex a muscle” they acquired from their original family (see illustration on next page). Such a person may show symptoms such as *a perfectionist attitude, type-A personality (driven and tense), low self-esteem (often known only to the person), a loner-mentality, task-orientation*, or some combination. Generally, anyone with these traits is a prime candidate for burnout – especially when they have no healthy, close relationships – the very thing that created their drive for acceptance, control, etc.

(BURNOUT continued – “Where does it start?”)



3. When a “driven” person is under pressure, they relive childhood messages and react by “flight” or “fight”. This provides temporary relief (“I am in control”, “I am a good person”, etc.). ***But if the internal struggle is not addressed and the external world continues to apply pressure, they exhaust hope & burnout!***



There are two key places to break out of this “burnout cycle”. 1, understand & eliminate the false hopes or fears from the past that are driving you (ie: Put those “voices from the past” in perspective!) 2, you must fill the void with close, healthy, personal relationships. Neither is quick or easy, but both are key!

SEX, WORK RELATIONSHIPS, & THE MILITARY

How do you see Leadership & Sexual Relationships as similar in the following areas?

Power/Submission	Personal & individual	Trust/Commitment	Intensity
Special attention	Time together/Intimacy	Decisions/Consequences	Emotions

MYTHS ABOUT SEXUAL MISCONDUCT

“Not me, never!”	“It will change when . . .”	“Sex is no big deal.”	“I can’t stop!”
“I won’t get caught.”	“I can stop anytime.”	“It was their fault!”	“It’s mutual“

THREE TYPES OF SOLDIERS & THEIR COMMON TRAITS

The Lonely Leader - Workaholic, Stressed & Isolated, No Consequences, Alcohol/drug use, No accountability, No close friends/family

The Predator - Dysfunctional family, Early psychological trauma, Power problem, No respect for women, Right circumstances, Secrecy & no accountability

The Hurting Soldier – Young, Stressed/In crisis, No close friends/family Shy/quiet

Practical Exercise:

Read the “**Typical Steps**” and “**Impulsive Relationships**” to yourself. Make notes on where and why you agree/disagree. Prepare to share your thoughts as they relate to “**A Matching Set**”.

TYPICAL STEPS TOWARD SEXUAL MISCONDUCT

Two People with Inner Hurts

- Usually, a female subordinate (emotionally wounded or in crisis) goes to a senior soldier, whom she sees as caring or powerful.
- The male supervisor (who feels stressed at work and not appreciated at home) is glad to have someone look up to him.

Transference/Counter-transference

- The female expresses her belief and trust in the leader. Her inner hurt & comfort with him lead her to open up emotionally.
- The leader’s need to be respected, appreciated, etc leads him to believe her words of praise and desire to “live up to her expectation”.

Helping turns to Bonding

- The female shares more of her heart and begins to feel close to the leader - an emotional touch.
- As the leader listens/offers advice & comfort, he often reaches out to comfort - a physical touch.

Temptation leads to Teasing

- The female begins to make her self more attractive for him.
- The male gives her more attention and affection.

They confuse boosted self-esteem for love & begin a sexual relationship that is neither love nor fulfilling.

WHY IMPULSIVE RELATIONSHIPS DO NOT SATISFY

- We tend to look for people who seem to complete us - a “*matching set*” – serious/playful, scientist/artist, thinker/feeler, lone ranger/socialite, helper/hurting, pursuer/distancer, overachiever/immature, etc.
- Based on our desires (conscious or unconscious), we make 2 contracts with them:
 - to heal past hurts (often by . . .)
 - playing future roles
- But two problems emerge:
 - They also have issues and are not able to heal our hurts!
 - Their hurts are their #1 concern and they’re not interested in playing any roles!

(SEX & WORK RELATIONSHIPS continued: A Case Study)

SSG Allen and PFC Brown work in the same platoon. They recently returned from a deployment, and - between recovering equipment, a coming change of command, and having their FTX extended by two days next month - pressures are high. Both are married, but unhappy and see work as a getaway.

SSG Allen is probably the best NCO in his company. He's a self-starter and quickly volunteers to supervise any mission. He consistently "maxes" PT, arrives early and stays late, and still manages to lend a sympathetic ear to any in need. What people don't see under his squared-away exterior is a constant feeling that "his work is never good enough". In fact, that is what his father said for 18 years.

PFC Brown is a quiet soldier. She doesn't try to stand out in the platoon, but she always pulls her fair share. Because she does her work, stays out of trouble, and seems to want to be alone, she doesn't have many close friends. What they don't see is her fear of being alone. Although she loves her husband, he thinks she's clingy and tries to spend a lot of time with his single friends. She's afraid that he'll leave her - after all, divorce seems to have run in her family for generations.

Last month, PFC Brown went to her squad leader, SSG Allen, to talk about her marriage. After talking and crying on his shoulder, she felt that she had found a friend, and his esteem was boosted from being wanted and needed. Gradually, they began spending more time together, taking breaks, and having lunch once a week. One day after COB formation, he was walking her to her car, and he gave her an "innocent" kiss on the cheek. Soon they became sexually involved.

Both seemed to meet each other's needs. She constantly complimented SSG Allen on his physique, wise leadership, and kind heart, and he seemed to be there whenever she needed him. But soon, both felt the emptiness returning, and began faulting each other with the very things that originally attracted them.

SSG Allen was always there for her, until she began feeling better. Then he would begin spending time with other hurting soldiers or high-speed missions. PFC Brown was always complimentary of him, until he began spending time with other soldiers or missions. Then she would withdraw and become depressed again. SSG Allen noticed her depression, and the cycle started all over again. Still, they kept their relationship, driven by their hurts, each hoping that the other person would change and fulfill their dream..

Soon their personal relationship began to affect work so that others noticed. They were found out and the commander called into his office. Both received a field grade article 15 and a chapter for adultery. Both are still empty. Neither has identified the root of their pain, so neither has taken steps to address it. Both will continue the same futile search, applying a band-aid to a heart wound.

Suggestions for Success

Prevention and Avoidance

Do a personal assessment. Ask yourself, "Am I Hungry? Angry? Lonely? Tired? H.A.L.T.!!!
Never meet with a soldier alone behind closed doors. Have a window cut for your office door.
Refer hurting soldiers to other helping professionals or agencies.
Set, communicate, and enforce professional boundaries.
Be aware of the psychological wounds from your past that drive you.
Retrace your feelings, beliefs, habits and deal with them at the source.
Work on your present family relationships, especially with your spouse.

Recovery

Tell a trustworthy superior/mentor what happened and ask them to hold you accountable.
Break off the relationship with the soldier.
Talk to him/her about the false foundation and how the relationship is self-destructive for both.
Determine to avoid any unnecessary and all private contact with the other person.
If you're married, confess it to your spouse and ask for forgiveness.
Surround yourself with new, positive, same-sex relationships.
Consider speaking to your command about the possibility of a rehabilitative transfer.
Work on future prevention and avoidance.

COMBAT STRESS & ETHICAL DECISION-MAKING

Symptoms

Body shuts down or goes into overdrive
Soldier withdraws and becomes depressed

Control of bodily functions and senses go
Soldier exhibits a hyper-alertness

Misconduct due to Combat Stress

Mistreatment of prisoners, animals, and allies
Self-inflicted wounds

AWOL/excessively on sick call/malingering
Fraternizing/looting/raping

Influential Factors

Problems on Home Front
Sense of Mission

Threat Level (NBC)
Malnutrition

Unit Cohesion
Unpredictability

Physical Injuries
Fears & Anxieties

Leader Responsibilities

Promote Cohesion
Assure Physical Fitness
Conduct tough, realistic training
Care for the Physical Well-Being of the Troops
Keep Information flowing

Self-Care & Coping Techniques

Accept what you can't change
Set realistic expectations
Make yourself look calm
Focus on mission & Keep busy when not resting
Talk about facts and success
Stay in touch with rest of team
Care for your body
Talk about grief and worries in proper place

Combat Stress Control (CSC) Resources

Each Division Mental Health Section has a Psychiatrist, Social Work Officer and Clinical Psychologist, plus 6-7 enlisted Behavioral Science Specialist (MOS 91G). A 91G NCO should be with each maneuver Brigade, joined by an Mental Health officer before combat. The psychiatrist is mobile to where he/she is most needed. The 85 person CSC Company provides preventive consultations, triage & stabilization, and does 1-2 week reconditioning/retraining programs.

The Ethical Decision Making Process

There is a moral problem – “What *should* I do?” or “What is the *right* thing to do?”

1. Define the problem (the hardest part – get the facts. Is it a problem or a misunderstanding)
2. Know the Rules

Loyalty – to U.S., Army, unit, & soldiers

Duty – to your obligations

Respect – others as you would want to be treated

Selfless Service – put others before yourself

Honor – live up to all the values

Integrity – do what it right (even when alone)

Personal Courage – toward physical & moral danger

3. Develop and evaluate courses of action
4. Choose the course of action that best reflects Army Values

Take “the decision test” - Can you live with it? Can you defend it? Can you submit it to public scrutiny?

References

GTA 8-7-1 Combat Stress Control

GTA 21-3-6 Battle Fatigue – Company Leader Actions and Responsibilities

GTA 21-3-4 Battle Fatigue – Normal, common signs; what to do for self and buddy

The American Soldier: Combat and It's Aftermath by S. A. Stouffer

Military Leadership: Social Psychology of Combat by Kevin S. Donohue

Personal Interviews with 11th Transportation Battalion soldiers who served in the Gulf War

Personal Interviews with Chaplain who served after Scud attack on port of Da'rahn

LEADERS, MISSION, & RELIGIOUS/ETHICAL CONFLICTS

Accommodations for Worship – What should you do when a soldier wants a time and place to worship, but nothing seems to be available for their religion? Unfortunately, there are not enough Chaplains to represent every faith group. However, there are some things that we can do that will accommodate most faith groups:

Identify soldiers who have unique religious needs (S-1 can do an ad hoc query for you on religious preference)

Ask the Chaplain to order copies of their Scripture (allow lead time to order the books)

Arrange a quiet, private place for them to pray. The Chaplain can help you.

Help the Chaplain identify other soldiers of the same faith who would be willing to lead a service for them.

AR 165-1 reminds leaders that Title 10 of the Constitution guarantees all Americans the right to worship. Soldiers must understand, however, that mission always comes first. Our preference of timing & place for worship is not guaranteed.

AR 670-1 and Religious Practices - Occasionally, you may encounter a soldier who wants to wear their hair, jewelry, a tattoo, etc. in ways that violate Army regulations. The bottom line is that AR 670-1 is the standard for all soldiers – **regardless** of religious faith and practice. Leaders should **know** the standards (and any local command policies) before they confront a soldier. Soldiers should remember that most “conflicts” with AR 670-1 are not **commanded** by their religion. In the rare situation when it **is** commanded by their religion, there may be grounds for a Chapter.

Confidentiality/ Privileged Information – Can the Command require a Chaplain to reveal the soldier’s confidences? In order to provide soldiers with a “safe haven” to speak without fear of reprisal, the Army has provided Chaplains, doctors, lawyers, etc. with something called “privileged information”. It is a legal term that describes the right to **“refuse to testify against a counselee in court”**. A court can order a Chaplain to break confidence. In which case, the Chaplain could 1) testify, or 2) refuse to testify and be held in contempt. Chaplains should discuss information with only those who are directly involved with helping the soldier. If it is necessary to share the information, the soldier should be informed first.

Conscientious Objector Status – How can a soldier enlist in the armed forces and, later, claim that they cannot “in good conscience” go to war or support a war? First of all, it is possible. Fortunately, there is an Army regulation exclusively devoted to dealing with this issue. AR 600-43 requires that the soldier interview with a Chaplain to determine the validity of their claim. The Chaplain must be someone who has not counseled the soldier before – preferably, a Chaplain in another unit. The results of the interview will be automatically sent to the Command with the Chaplain’s finding. The finding will be based on a series of specific questions, as outlined in the AR.

EO/UCMJ/Chapters – In cases where a soldier claims religious discrimination, the first and best **offense** is always personal confrontation. Go to the offending soldier in private and calmly tell them why you believe that you a victim of discrimination. Be specific. If possible, bring someone with you who witnessed the discrimination. Make sure your witness is someone of good reputation. If the person will not listen, take it to the EO representative in your unit. If they will not listen, take it up the chain of command. If the chain of command will not listen, you have the right to take it to Legal. Documentation will be essential. The most convincing **defense** is witness’s statements from reputable soldiers of various ranks, in multiple situations, that show a pattern over time. If a soldier is going to claim discrimination, he/she should first take a hard look at their past counseling statements. Is it a matter of discrimination or work performance?

Requests for Special Rations - Some of our soldiers have religious dietary needs. In garrison, those needs are most easily met by approving separate rations for them. For the field, the soldier may be issued multi-faith MREs. In both cases, AR 600-20 and AR 600-75 state that the soldier must interview with a Chaplain. The interview follows a checklist. The results of the interview are given to the Command - even if the soldier terminates the interview before it is over and requests that the results not be sent. This is to assist the Command in discerning the validity of the soldier’s request. This process should be completed months before going to the field. Leaders should make every effort to support soldiers’ legitimate needs. According to Muslim and Jewish Chaplains, the vegetarian MREs will also meet their soldiers’ needs.

Medical Profiles – Can a leader order a soldier to violate a profile? Must a soldier obey such an order? The answer in both cases is “yes, but”. A profile is a doctor’s recommendation, not a binding order. But, if a soldier or leader knowingly violates a profile, and the soldier is injured as a direct result, both could be held liable. Leaders should creatively manage soldiers’ duties so that we utilize *all* of our soldiers to accomplish our missions without unnecessary risks. Although soldiers cannot sue Army doctors and military leaders, the leader’s Commander can initiate letters of reprimand, loss of command, even involuntary discharges. When leaders notice a soldier “habitually” going to sick call & getting profiles, documentation can make it easier for the leader to help a hurting soldier. Documentation can also assist a leader in discharging a malingering soldier. If you have further questions, consult AR 40-501 for more details.

CALENDAR OF KEY HOLIDAYS FOR MAJOR RELIGIONS

(A guide for leaders)

Christian Feast Days (Celebrated by Protestant and Catholics)

Ash Wednesday – The first day of Lent (40 days before Easter). It is a day of fasting and penitence. Generally, Catholics and Anglicans observe by having their foreheads marked with a cross of ashes to symbolize sorrow.

Palm Sunday – The Sunday before Easter, celebrated in congregational worship, usually about one hour.

Holy Thursday – Just before Easter. Usually celebrated by Catholics, Episcopalians, Lutherans, and some others.

Good Friday – Follows Holy Thursday, also celebrated by groups with a “high church” tradition, as above.

Easter – Generally acknowledged as the most important Christian holy day. Many celebrate with a sunrise service in addition to the regularly scheduled Sunday service. There may also be an evening service.

Ascension – 40 days after Easter, a worship service is held. Usually celebrated by “high church” traditions.

Pentecost – Takes place on the 7th Sunday after Easter. Observed by many Charismatics and Pentecostals

Advent – The four Sundays before Christmas. Celebrated by most of the Christian denominations. Generally, The regularly scheduled Sunday service will be devoted to one of the four themes of Advent.

25 December - Christmas – Next to Easter, the most celebrated Christian holiday. Many traditions celebrate on the Sunday before Christmas; some observe services on Christmas day. There may be an evening service.

Ecumenical Days (all faiths)

1st Thursday in May - National Day of Prayer – Usually celebrated in an hour-long service of prayer & message.
F

Islamic (Muslims date their holidays by the lunar calendar)

Friday Prayer – Weekly, for about 1 hour, basically at high noon. It consists of a sermon and the group prayer

Ramadan Fasting – The ninth (lunar) month. Muslims abstain from all food & drink from sunup to sun down. Every evening, they break the fast together, offer their fourth prayer of the day, and enjoy a meal which has been prepared by someone in the Islamic community.

Eid-ul-Fitr (Feast of Fast-Breaking) – A three-day celebration immediately after Ramadan. On the first day, there is a prayer and sermon, followed by a feast which lasts the remainder of the three-day period. Attendance for the prayer is mandatory. It is held anytime between sunrise and high noon.

Eid-ul-Adha (Feast of Sacrifice) – A three-day celebration immediately after Hajj (annual journey to Mecca). On the first day, there is a prayer, a sermon, & a feast which lasts for the three-day period. Attendance for the prayer is mandatory. It is held anytime between sunrise and high noon.

CALENDAR OF KEY RELIGIOUS HOLIDAYS (continued)

Jewish (all begin at Sundown [1800 as a norm] of the previous day and end at Sundown on the holy day)
The Passover - 1st, 2nd, 7th, & 8th Days – Usually begin in April and commemorate the Jews exodus from slavery in Egypt. Work during these four days is forbidden. The Passover is preceded by a day of fasting. The first day involves a family meal, called a Seder, full of religious symbolism. Faithful Jews observe strict dietary rules, to include removal of certain foods from their homes. Rigorous cleaning of their homes over several days (sometimes weeks) often occurs.

Rosh Hashanah, the 1st & 2nd Day – “Head of the Year”, usually occurs in the middle of September. A 10-day period of spiritual reflection, the first two day of which no work is allowed at any time. Jews celebrate with prayers, acts of repentance, works of charity, and corporate worship. It is also common to seek reconciliation with those whom one has wronged in the past year.

Yom Kippur – Meaning “Day of Atonement”, it occurs 10 days after Rosh Hashanah. This is a day of fasting, praying. No work is allowed for the 24 hour period. Many Jews gather to worship corporately.

Hanukkah, 8-Day Festival – “Festival of Lights”, usually occurs between late November and mid-December. It is characterized by gift-giving, decoration, music, and eating symbolic foods. Work is permitted.

Protestant

1st Friday in March - World Day of Prayer. Generally, an hour of prayer, singing, & a sermon for about an hour
1st Sunday in November - World Communion Sunday. Prayer, singing and a sermon. Usually about an hour.

Roman Catholic

Holy Mass – Observed every Sunday with a priest or an extraordinary ministry of the Eucharist (EME).

1 Jan - Mary Mother of God – A Holy Day of Obligation. Celebrates Mary as the Mother of Jesus, a woman of greatness, who has guided Jesus’ love, care, education, example, and personality.

Ascension of our Lord – Celebrated at Sunday Mass to commemorate Jesus’ ascension into heaven.

15 Aug - Assumption of the Virgin Mary – Mary is taken up to heaven, shares her son’s triumph over death, anxiety, darkness, and pain; it constitutes an image of hope for the future.

1 Nov - All Saints Day – Celebrates many great Christians who have dedicated their lives to God. Many were sacrificed for their beliefs. Catholics are encouraged to follow their strength and inspiration.

Immaculate Conception – Holy Date of Obligation varies each year. Celebrates special favor given to Mary by God - “Mary had a faith that our spirit prepared and a love that never knew sin.”

COPING WITH LOSS & GRIEF

Common Myths

Kids grieve like adults – (they may internalize or act out)
Men and women grieve the same – (men **do**, women **feel**).
It takes 2 months to get over it – (there is no set period)
When your grief is resolved it won't come up again
You should not be angry w/ the deceased – (it's natural)

Kids must be protected from loss – (listen & talk)
Grief is the same each time – (expressions varies)
Grief will steadily decline – (there are "triggers")
Your family will be the same – (things will change)
It is better to put them in the past – (talk it out)

Phases of grief :

Shock/disbelief, denial, sorrow, bargaining, loss of meaning/status, guilt, anger, depression, and acceptance
There is no set order to these phases. However, most people will go through all of the stages. Generally, if someone gets "stuck" in a phase, they will not be able to accept the loss until they have resolved the phase.

Variables that impact grief

Nature of attachment, prior deaths, social influences, cultural expectations, was the death natural, accidental, suicide, homicide, etc? Does the grieving person have a network of friends that they can rely on?

Phases of Emergency Care-giving:

A. Bring stability and calm

Go immediately to the grieving person. Communicate your availability & care. Help them to be physically and emotionally comfortable. Just listen to their concerns. Do not try to problem-solve (you can not bring their loved one back). Be sensitive to their needs (not yours) for a hand around the shoulder, etc. Talk calmly and softly. Avoid cliches like, "I know how you feel" and "everything is going to be okay".

Events that occur in first year after a death

Watch for the following events and help them through them: division of goods among other family and friends, change in living conditions, change in social status, difficulty during the holidays, the search for fellow sufferers, apathy or depression, and eventually, an inner-healing process.

Common Response Styles

The Postponer (It will go away)	The Displacer (feelings projected on another)
The Replacer (prematurely finds another to meet needs)	The Minimizer (it's no big deal)
The Somaticizer (physical ailments)	The Helper - be patient and help them

3 Dysfunctional Responses

Avoidance – "I don't want to talk" Idealization – "They were wonderful!" Obliteration – As if they never lived

Mobilize help

Call for medical help if necessary. Notify chain of command. Help them notify appropriate family & friends. Plan for long-term care. Continue to call and/or visit regularly. Organize a group to rotate follow-up calls and visits. Help them tell their story (getting the facts and feelings out can help them heal). They will usually be the best judge of how many times they need to tell the story. Provide information on bereavement support groups if they seem "stuck" or lonely. Refer them to chaplains or friends to deal with any spiritual issues. Normalize their grief by reminding them that grieving takes time. You may even say, "it's okay to be angry (sad, etc.). I would, too." Help them feel comfortable to express their emotions. In time, you will need to instill hope that they will feel better eventually. Be careful not to do this prematurely – you will come across and uncaring and unrealistic. Follow-up. Most people forget or expect them to "bounce back".

The Serenity Prayer:

"Lord, grant me the serenity to accept the things I can't change,
The courage to change the things that I can,
And the wisdom to know the difference."

Reinhold Niebuhr

(Suggestions to Companioning Others through Grief)

Initially

Listen without judging;
Ask if they would like to talk or remain silent.
Offer a hug, a tear, some sign of concern
Attend the funeral or memorial service.
Offer to find baby-sitting help.
Bring a meal, snack etc.
Offer to do some errands, chores, answer the phone, etc.
Ask about preference for donations and memorial.
Send a note, card, poem, etc.
Bring over groceries.
List who wrote or brought gifts.
Answering sympathy notes.

Inappropriate Comments

“It was for the best.”
“Don’t cry”
“You’re young, you can have another child”
“At least you have the rest of your family”
“I know just how you feel”
“Time heals all wounds”
“If there is anything I can do, just call me.”
“It’s a blessing

Later

Bring a book that might offer some comfort.
Pass on names and numbers of similar grievers.
Give a gift certificate for dinner.
Give a plant, bush, tree, or flowers.
Share memories, if appropriate.

Long Term

Talk about other things.
Check on the grieving process – inform friends.
Remember anniversary dates with a card or call.
Allow them time to adjust.
Be patient – grieving takes time.

“Forget about it.”
“It was God’s will”
“You have to be strong for your family”
”It could have been worse”
“You’ll get over it.”
“Think of those who are worse off.”
“God needs him (her) more than you do.”
“Life goes on.”

Self-Coping Suggestions

Accept and allow yourself to grieve.
Keep busy
Cut down or eliminate use of tobacco or alcohol
Eat well
Get rid of imagined guilt
Join a group and talk with others who are grieving
Read books and literature on the subject.
Force yourself to concentrate on one thing at a time

Talk about it with your family & friends
Take care of yourself
Get enough sleep
Exercise regularly
Accept your understanding of the death
Associate with old friends also
Postpone major decisions
Record your thoughts in a journal

Important Papers

Will
Marriage certificates
Special bequests
Medical and dental reports
Life Insurance Policies
Rental property records
Mortgage Insurance policy
Annuity contracts
List of savings and checking Accounts
List of previous addresses
Mutual fund and other investments
Title or property deeds

Birth Certificates
Burial instructions/burial plot deed
Adoption papers
Safe deposit box keys
Educational records
Homeowners Insurance Policy
Employment records
Auto Insurance policy
Veteran benefits
Social security card
Tax records
Passports

Power or Attorney
Divorce records
Financial Estate Planning
Military records
Property Insurance Policies
Shot records
Health Insurance policy
List of valuables
List of credit accounts
Stocks and savings bonds
Mortgage/loan agreements
Death certificate

EMERGENCY PRAYERS & SERVICES FOR DYING SOLDIERS

(to be read or performed by a fellow soldier)

If a soldier is dying and a Chaplain or other minister is not available, the following writings & prayers may be read to the wounded. Please ask for the soldier's religious preference & permission first. Most will welcome your service.

For Buddhists

The Ti-Sarana - "Buddham Saranam Gaccami (I take refuge in the Buddha). Dhamman Saranam Gaccami (I take refuge in the Dharma). Sanham Saranam Gaccami (I take refuge in the Sangha)."

"And now I betake myself, Lord, to the Blessed One as my refuge, to the truth, and to the order. May the blessed one accept me as a disciple, as one who, from this day forth, as long as life endures, has taken refuge in them." (In the event of death, the following prayer may be said): "Studying the same doctrine, under one master, you and I are friends. See yonder white mists floating in the air on the way back to the peaks. This parting may be our last meeting in this life. Not just in a dream, but in our deep thought, let us meet often hereafter."

For Catholics

The Hail Mary - "Hail Mary, full of Grace! The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, mother of God, pray for us sinners, now and at the hour of our death. Amen."

The Act of Contrition - "O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because of Thy just punishments, but most of all because they offended Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more, and to avoid the near occasions of sin. Amen."

The Sign of the Cross - "In the name of the Father, and of the Son, and of the Holy Spirit. Amen."

In the event of death, the following may be prayed: "Eternal rest grant unto (the deceased's name), O Lord and let perpetual light shine upon them. May their soul and all the souls of the faithful departed through the mercy of God rest in peace. Amen."

For Hindus

Narayana (The name of their lord Vishnu). If he/she is not able to do so, then anyone may whisper "Narayana" in their ear. A spoonful of pure water is then placed in their mouth.

(says Vishnu) "Arjuna, of this be sure, none who pays me worship of loyalty and love is ever lost. For whosoever makes me his haven, base-born though he may be, yes, women too, and artisans, even serfs, theirs is to tread the highest way. On me thy mind, for me thy loving service, for me thy sacrifice, and to me thy prostrations. "Let thine own self be integrated and then shalt thou come to me, thy striving bent on me."

After death, the body is to be cleansed, dressed, and the mark of Vishnu placed on their forehead. Then the body is to be cremated, and three days later the ashes are to be immersed in a river. Hindus believe that the soul will rest with the ancestors of the person's family at the feet of their god in peace.

For Muslims

The Allah Ekber - "There is no god but Allah, and Muhammed is his prophet."

The Al-Fatihah - "In the name of Allah, most gracious, most merciful - Praise be to Allah, the cherisher and sustainer of the worlds. Most gracious, most merciful, master of the Day of Judgment, thee do we worship, and thine aid we seek. Show us the straight way - the way of those on whom thou hast bestowed thy grace, those whose portion is not wrath, and who go not astray."

The At-Tauhid - "In the name of Allah, most gracious, most merciful. Say, "He is Allah, the one! Allah, the eternally besought of all! He begetteth not, nor was begotten. And there is none comparable unto him."

The An-Nas - "In the name of Allah, most gracious, most merciful. Say, "I seek refuge in the lord of mankind, the king of mankind, the god of mankind, from the evil of the sneaking whisperer, who whispereth in the hearts of mankind, of the jinn and of mankind."

Following the above passages from the Koran, the person's mouth is to be moistened with water.

After death, a Muslim worship leader must be summoned to perform the ritual washings and wrappings to prepare the body for burial

For Jews

The Shema – “Hear O Israel: the Lord our God, the Lord is One.”

The Confession for the Critically Ill – “Lord my God, God of my fathers, before Thee I confess that in Thy hand alone rests my healing or my death. If it be Thy will, grant me a perfect healing. Yet if my death be fully determined by Thee, I will in love accept it at Thy hand. Then may my death be an atonement for all sins, transgressions, and for all the wrong which I have committed before Thee. Amen.”

The 23rd Psalm – “The Lord is my Shepherd; I shall not want. He makes me lie down in green pastures; He leads me beside still waters. He restores my soul. He guides me in the paths of righteousness for His Name’s sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me. Your rod and Your staff, they comfort me. You prepare a table for me in the presence of my enemies. You anoint my head with oil. My cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.”

For Orthodox Christians

1. **The Trisagion** – “Holy God, Holy Mighty, Holy Immortal, have mercy on us (3 times). Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen. All holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy God, visit and heal our infirmities for thy name’s sake. Lord have mercy, Lord have mercy, Lord have mercy. Glory to the Father, and to the Son, and unto the Holy Spirit, now and ever, and unto ages of ages. Amen.”

2. **Psalm 51** (from the Old Testament) and/or **The Lord’s Prayer**.

3. **The Nicene Creed** – “I believe in one God, the Father Almighty, Maker of heaven and earth and of all things visible and invisible, and in one Lord Jesus Christ, the Son of God, the only-begotten, begotten of the Father before all ages, Light of Light, True God of True God, begotten, not made, of one essence with the Father, by whom all things were made, who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man. And He was crucified for us under Pontius Pilate, and suffered, and was buried, and the third day He rose again, according to the Scriptures, and ascended into heaven, and sits at the right hand of the Father, and He shall come again with glory to judge the living and the dead, whose kingdom shall have no end; and in the Holy Spirit, the Lord, the Giver of life, who proceeds from the Father; who with the Father and the Son together is worshiped and glorified, who spoke by the prophets; in one Holy Catholic, and Apostolic Church. I acknowledge one baptism for the remission of sins. I look for the resurrection of the dead, and the life of the world to come. Amen.”

After death - “O God of spirits and of all flesh who has trampled down death and destroyed the Devil and granted life to Thy world, do Thou O Lord, give rest to the soul of Thy servant, (the deceased’s name), who is fallen asleep, in a place of brightness, a place of refreshment, a place of repose, where all sickness, sorrow and sighing have fled away. Pardon every sin which (he/she) has committed, whether by word, deed, or thought, for Thou art a good God and love mankind, because there is no person who lives and does not sin. Thou alone art without sin. Thy righteousness is an everlasting righteousness, and Thy law is truth. For Thou art the Resurrection, and the Lord, and the Repose of Thy servant, (Name), who is fallen asleep, O Christ our God, and unto Thee do we ascribe glory, together with Thy Father, who is from everlasting, and Thine all holy, and good and life-creating Spirit, now and ever, and unto ages of ages. Amen.”

For Protestants

1. **The Lord’s Prayer** – “Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For Thine is the kingdom, and the power, and the glory forever. Amen.”

2. **The Apostle’s Creed** – “I believe in God the Father Almighty, Maker of heaven and earth; and in Jesus Christ His only Son our Lord; Who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; He descended into Hell. On the third day He rose from the dead. He ascended into heaven, and sits on the right hand of God, the Father Almighty, from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic (or “universal”) Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.”

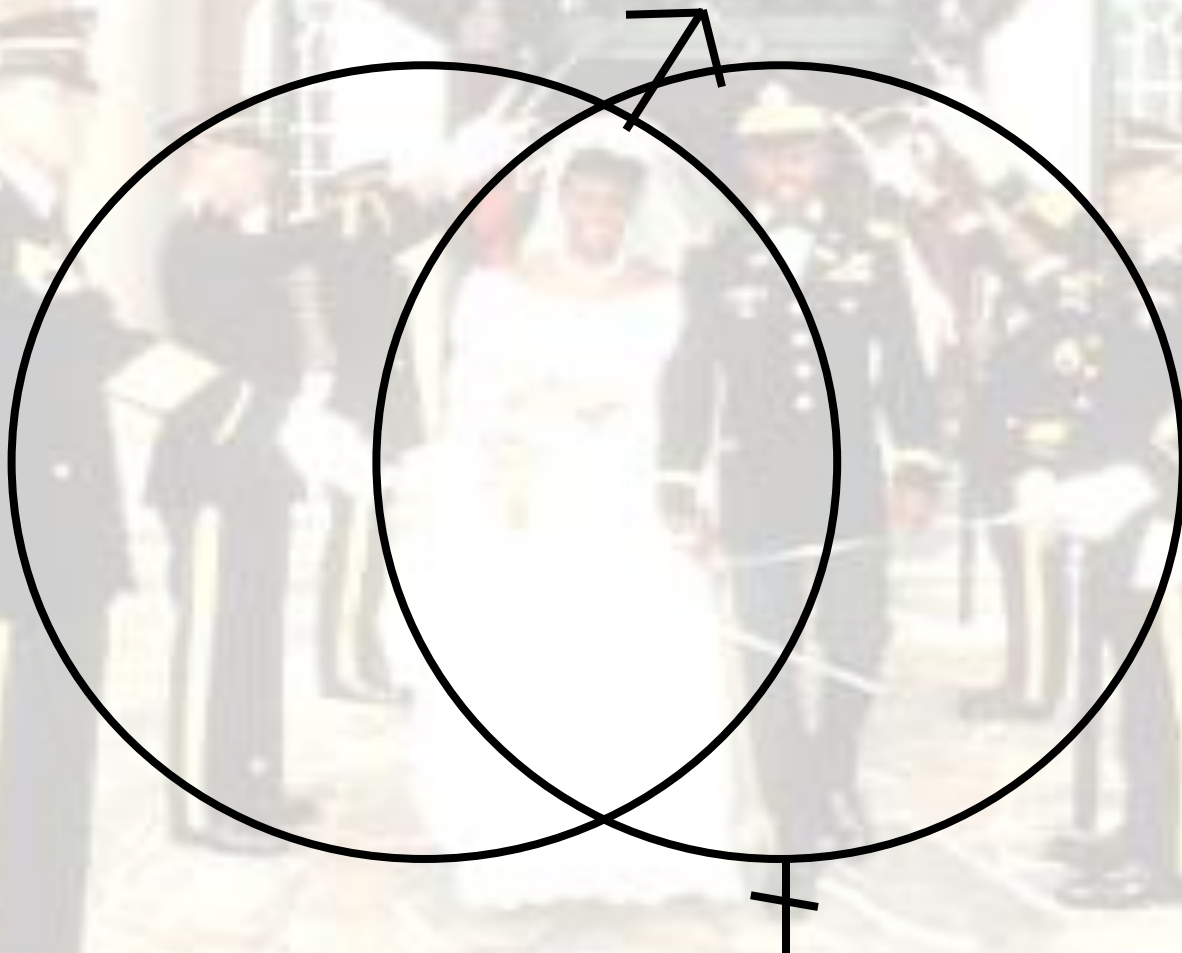
3. **The 23rd Psalm** – “The Lord is my Shepherd; I shall not want. He makes me lie down in green pastures; He leads me beside still waters. He restores my soul. He guides me in the paths of righteousness for His Name’s sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me. Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil. My cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.”

Baptism – Many believe in baptism by immersion, but, because of the circumstances, they may consent to sprinkling. Say the following, as you sprinkle water on their head, “I baptize you in the name of the Father, and of the Son, and of the Holy Spirit. Amen”

PURSuing UNITY IN MARRIAGE



The symbols above represent many things that define who we are. Pick 5 that are most significant in your relationship and fill in the symbols below. (Do **NOT** show your mate yet) Where the circles overlap, put the things that unify you. Put divisive things in the outer areas. Trade & compare.

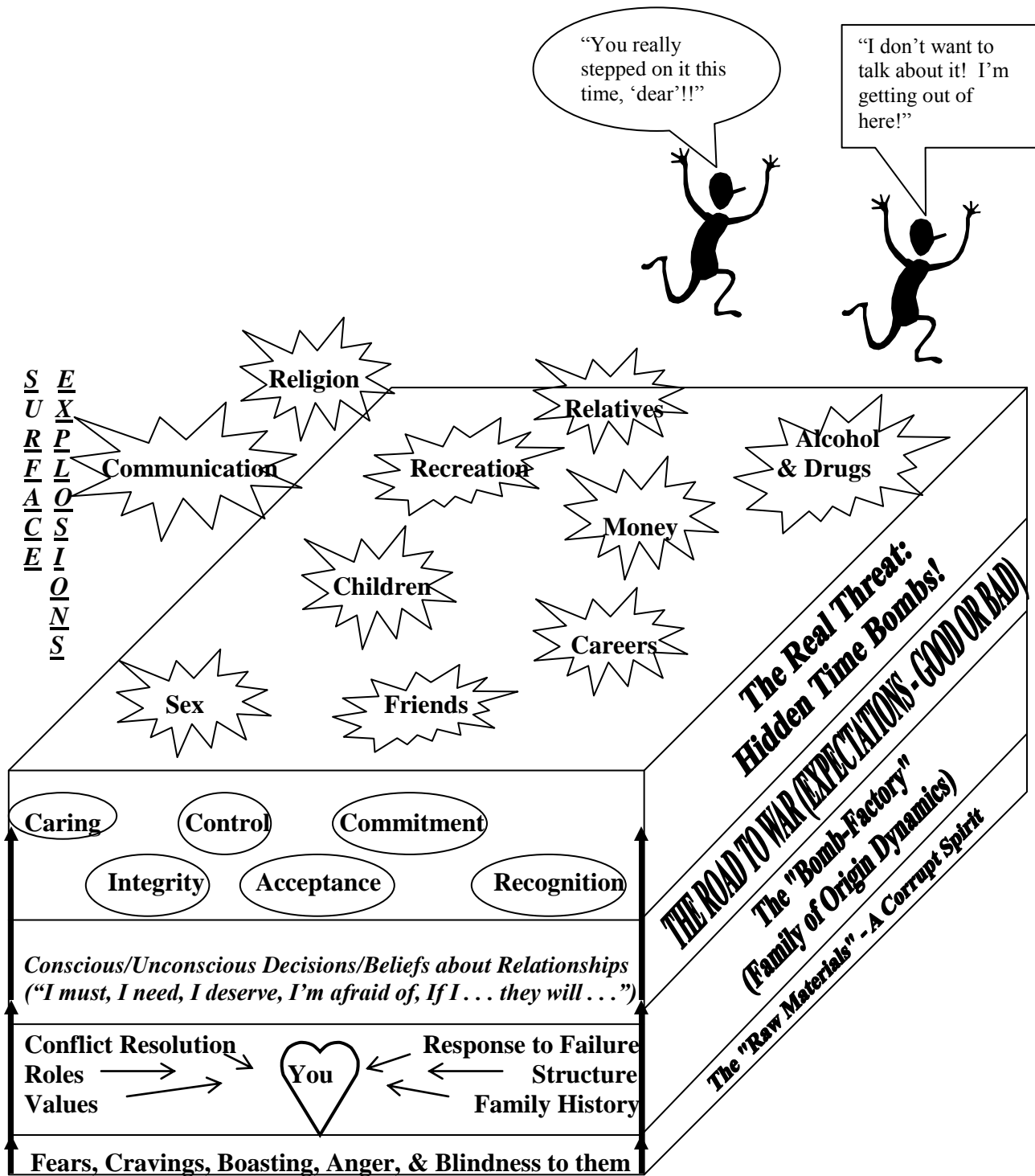


NOT MARRIED YET? TRY THIS TEST TO SEE IF THEY SHOULD BE YOUR “SOUL MATE”:

1. How do they act around their family & best friends? *This reveals their habits in relationships*
 2. What do they do when they are very tired, hungry, and angry? *This reveals their true spirit.*
 3. Where do they spend their leisure time and money? *This reveals their moral & material values.*
 4. Who is in charge? If you have no vertical loyalty to God, *your future will be a personal tug-of-war!*
- * No one suddenly improves after the wedding. In fact, most relax a little! Are you committed to them!?!*

PURSUING UNITY continued – “Why we fight”

Life’s Little “Mine!!” Field



"The Bottom Line:"

"Listen, learn, and lovingly deal with the 'heart of the matter'!"

TEAMBUILDING IN MARRIAGE

Husbands, love your wives by leading them, through . . .

Initiative . . .

Select a career and friends that build your family - &
If she wants to work, help her find a good job - and
Ask her if your job is helping/hurting the family - &
Bring her your goals for the families future - and
Lead her (and the children) in family worship - and
Set aside a time with her to establish a budget - and
Get up first, put the coffee on, and run her a bath - &
Fill the car with gas before it gets below ¼ tank - &
Volunteer to regularly do certain home chores - and
Call her during a break & talk about her concerns - &
Check her schedule, arrange a sitter, set up a date - &
Praise her in writing (be specific), mail it to her - &
Pay the bills when they come in (before fun \$) - and
Identify and start some regular family activities - and
Hold her hand & hug her in private and public - and
Take care of repairs when they happen - and
Tell her that you want to make love with her - and
Help the children with homework and chores - and
Take her to visit her family or friends - and
Offer to “hold down the fort” or take the kids out - &
Ask her for advice in areas in which she excels - &
Maximize your energy for her - diet & exercise - and
Do household repairs/chores - and

and a Selfless Attitude:

work through hard times asking for her comfort & advice.
have a good attitude when her work requires extra time.
put in for vacations/passes, discuss possible job changes.
listen to her wisdom, experience, & hunches to guide you.
ask for her input in choosing a church or new friends.
entrust part of the budget (food, clothes) to spend her way.
let her sleep in on Saturdays, while you play with the kids.
if you have a second car, give her the better one.
do the dirty and heavy household duties, or let her pick.
listen to her and do not interrupt her thoughts.
take her to her favorite restaurant & an activity she likes.
talk to her about things that are important to **her**.
put money in savings for vacations, gifts, & emergencies.
do things that your wife & children enjoy, not just for you.
show her affection in ways that make **her** feel loved.
run any errands for her quickly and without complaining.
do the “do’s” she likes. Never force her to please you.
praise her to the kids when she can hear & when she can’t.
bring a gift, a game, etc. when you visit her people.
give her some free time to relax alone or with her friends.
act on her good advice, even if it requires you to change.
exercise at times that do not take away from the family.
do them in a timely manner, and do not put them off.

Wives, love your husbands by supporting them, through . . .

Helping . . .

Agree to work (or not) according to family goals - &
Bring him your concerns about your job - and
Keep the home a pleasant place to live - and
Help w/ family projects (vacations, investments) - &
Come to him with ideas regarding family matters - &
Be on time when you’re both going somewhere - and
Bring him a lunch when he can’t come home - and
When he’s made a godly decision, help his plan - &
Call him at work to encourage him - and
Befriend a godly, married woman for her wisdom - &
Do things to please him recreationally & sexually - &
Follow through on tasks he has given you - and
Praise him in front of his friends for his strengths - &
Tell the children that Dad has the final decision - and
Have dinner ready soon (if you do the cooking) - and
Stick to the budget you both agreed upon - and
Keep his uniforms pressed and ready for work - and
Keep in good shape for your energy level - and
Discipline the children in love as you both agreed - &
If your parents & he disagree, support him - and
Help organize the details of family events - and
Tell him your worries/hurts and ask for his help - &
Be kind and friendly to his family/friends - and

with a Respectful Attitude

if he complains later, agree to set new goals together.
listen to his advice without interruption or critique.
get his input before re-decorating or large purchases.
encourage him when difficulties arise.
when you disagree, do it privately and calmly.
if he’s late, let him suffer consequences, not your words.
compliment him when he shows dedication and patience.
when he fails, be gentle & suggest alternative plans.
when he calls you from work, try keep it brief..
make friends that respect your husband and helpful to you.
if you have opposing desires, voice your hurt, not anger.
if he over-tasks, relay your feelings tactfully.
talk to him about weaknesses privately and helpfully.
talk favorably of him to the children.
allow him time to transition when he comes home.
suggest any budget changes by showing family benefits.
if you need his help around the house, ask - not demand.
dress to please him in public (in good taste).
teach the children to obey and respect their father.
if your parents are right, let him lead & talk to him later.
whisper gentle advice on how he can inspire the children.
be patient if he tries to fix you. Tell him about your heart.
if they’re bad influences, talk gently & in private later.

FOREPLAY AND INTERCOURSE

“Just the Facts, Ma’am”

1. Sex is ***intended to bond a man and woman together in body and spirit***. (Genesis 2:24, 1 Corinthians 6:16)
2. Sex in marriage is ***holy and good***. God encourages sexual intimacy. (Genesis 2:25)
3. We are to primarily ***seek the our spouse’s pleasure***. When we marry we give our “rights” over our bodies to our mates, but neither should demand something that is distasteful to the other. (1 Corinthians 7:4)
4. Sex should ***be regular and continuous*** so that neither spouse “burns” or is tempted to find satisfaction elsewhere. The frequency should be agreeable to the couple. (1 Corinthians 7:5-6)
5. ***Husband and wife are equals***. The man does not have superior rights to the woman. Both should seek to stimulate the other and either may initiate. (Galatians 3:28, Ephesians 4:22)
6. ***God allows great freedom in sex***. Whatever is enjoyable to both (and is not explicitly forbidden in Leviticus 18 or implicitly by the Scriptures) is acceptable. Be flexible & enjoy pleasing your mate.
7. ***The quality of your sex life is indicator of your real relationship***. (Genesis 3:7, Song of Solomon 1:5-6)
8. ***When surveyed, most couples ranked the “Top 5” things that were most important to them as follows:***

Men prefer:

1. Sexual Fulfillment
2. Attraction
3. Recreational Companionship
4. Domestic Support
5. Admiration

Women prefer:

- Conversation
Affection
Family Commitment
Honesty
Financial Security

Suggestions for Success:

Redefine “foreplay”. Show them respect and affection ***throughout*** the day, be***FORE*** you ***PLAY***.

Go slow and be aware of past hurts and incidents.

Call your spouse from work for a quick “how are you doing?”, “how did it go?”, or “just wanted to say ‘hi’.”

Leave him/her a little note of encouragement somewhere that they will find it later.

Begin & keep a habit that they’ve been hinting at. I.e: making the bed or a pot of coffee, before you go to work.

Be attentive to their emotions and care for them as soon as you come home.

Be physically affectionate in ways that ***they*** like. If they’re in doubt, watch. Do they smile or put up with it?

Timing is everything. Is he/she tired or into a T.V. show? Are you confident that the kids are asleep? Etc.

Bathe, shave, brush your teeth and put on his/her favorite cologne/perfume before being intimate.

Discuss any preferences about birth control well before your wedding night.

Learn your spouse’s “signals” that they do or do not want to make love.

Be sensitive to how you talk to each other during sex. What words do they consider nice, okay, or “ugly”?

Try making love in different rooms, or at different times than usual. Be creative, but do not embarrass or push.

Kiss and look into each other’s eyes – kisses and eyes are intense communicators of feelings.

Read a book (not pornography) on sex and discuss preferences and techniques together.

Dress to please your spouse, but be careful about provocative clothing in public

Please your mate with no expectations of what you might get in return.

Take your time and tease him/her (but do not pretend and then not deliver)

Talk to your mate and compliment them in ways that he/she appreciates.

Give each other rubdowns with body oils or lotions.

Tell your mate when he/she pleases you. Be specific.

Cuddle and talk lovingly to each other afterward

Keep the bedroom clean and attractive. Prepare the room with candles and music.

Be willing to be sexual without expecting or demanding intercourse.

Not sure if your mate would enjoy something new? Talk about it ***well*** before, & don’t request it ***during*** sex.

Hire a baby-sitter, take your spouse to dinner, and rent a nice room.

MONEY MANAGEMENT

Suggestions for Success

Budgeting:

Record your income and expenditures for 1-2 months (save your receipts) and identify what are “real bills” vs.” frills.”
Sit down ***with your partner*** and discuss your financial goals, values, and strategies.
Brainstorm ***together*** on how to increase your income and/or decrease your spending.
Set your family, financial priorities together and ***be realistic***.
Identify fixed expenses (car payment, rent, etc.) variable expenses (phone bill, food, etc), periodic expenses (taxes, car maintenance, etc.), and personal allowances (vacations, date night, etc.)
Establish a separate account for emergencies (car repairs, medical bills, etc.) and don’t touch it unless you need it.
Develop a budget ***together*** and stick to it. Continually evaluate needs for adjustments with bill or income changes.
Use the allotment system or automatic drafts to pay fixed expenses, especially if you’re afraid you’ll spend the money.
Mark envelopes for “entertainment”, “clothes”, “food”, etc. Put the budgeted cash in each, and when it’s gone – it’s gone!
Set aside a little money for entertainment. “Don’t try to eat the whole elephant today.”

Shopping/Spending:

If credit card debt has been a big problem, cut them up NOW.
If you always pay-off credit card bills each month, leave them at home, unless you plan to make a specific purchase.
Shop for clothing and gifts “out of season”. Ie: summer clothes at the end of summer.
Look for clothing in consignment shops and thrift stores.
Use the local commissaries and coupons from newspapers.
Occasionally, share potluck dinners with friends rather than eating out.
When you shop for clothing, plan so that a few shirts and pants will coordinate with each other to make several outfits.
Identify and use military discounts on entertainment events
Try generic brands and bulk items (when they are less expensive)
Never go grocery shopping on an empty stomach.
Grocery shop weekly, instead of monthly. Shop by a written list for specific meals.
Buy birthday and Christmas gifts when they’re on sale during the year. Don’t wait until the last minute.
Ask around and identify inexpensive places to go for entertainment and dining out.
Avoid impulse spending. Take someone shopping with you who will hold you accountable.
Delay large purchases for 30 days to talk it over, shop around, and wait time the chance to kill the “impulse”.

Debt Management:

Let the most money-conscious and responsible person pay the bills.
Pay your bills, priority debts, and savings/investments as soon as you’re paid. Delays invite “decision detours”.
Cut some luxury items (cable channels, music CDs, alcohol, etc.) and apply the money to debts or an investment
Make long distance calls only during weekends and evenings, when possible
Join a car pool, bike, walk, or use public transportation.
Double and triple up on payments when you can, focusing on the highest interest bills first.
Never use credit cards unless the item is budgeted, necessary, and you can pay it off by the end of the month.

Checking:

Balance your checkbook every time you write a check (include fees and penalties)
Avoid making ATM withdrawals from your checking account. Savings accounts don’t bounce.
Avoid making withdrawals from ATMs that do not belong to your bank. They often charge fees.
Always enter all checks, electronic transfers, and automatic deductions as if they have already cleared.
If you use a check-card, keep it in your checkbook. Enter uses each time or at least keep receipts in the checkbook.
Have one joint account, not separate ones for husband and wife.

Savings & Investments:

Begin to invest now (mutual funds can have a good yield with little risk). Even \$25 a month begins a good habit.
Invest regularly, rather than lump sum once a year. It reduces risk, cost, and establishes good habits
Invest in mutual funds – you benefit from professional management, diversification, liquidity, and services.
Invest for the long term. The longer you stay in, even allowing for losses, the more likely you are to profit.
Stay invested (in stable corporations) and buy more stocks when the prices drop.
Start paying on a piece of land and/or a house as soon as possible. You can usually rent or sell it at a profit.

BUDGET WORKSHEET

(Amounts must be **discussed** and **agreed upon** by husband **and** wife **before** implementing the budget)

TITHE (for Christians)

DEBTS

Car payment

Credit Cards

Other

SAVINGS

INVESTMENTS

Retirement

College for Children

HOUSING

Mortgage/Rent

Insurance

Property Taxes

Electricity

Heating

Water

Sanitation

Telephone

Cleaning

Repairs/Maintenance

Supplies

Improvements

Furnishings

TRANSPORTATION

Insurance

Gas and Oil

Maintenance/Repairs

Parking

Other

FAMILY ENTERTAINMENT

Family Night (food, movie)

Babysitters

Magazines/Papers/Cable

Couple's Date Night

Clubs and Activities

PERSONAL RECREATION

Husband's Allowance

Wife's Allowance

MEDICAL EXPENSES

Insurance

Doctors

Dentists

Prescription Drugs

Other

FOOD

CLOTHING

INSURANCE

Life

Disability

CHILDREN

School Lunches

Allowances

College/Tuition

Lessons

Other

GIFTS

Christmas

Birthdays

Anniversary

Other

VACATIONS

Transportation

Hotels

Gas

Food

Souvenirs

Gifts

GENDER DIFFERENCES & COMMUNICATIONS

<u>Generally, Men tend to . . .</u>		
Be goal-oriented	Bond through physical activity	Think first
Want to fix the problem	Pull away in verbal conflicts	Focus on the details
Be reluctant to give praise	Get defensive with mate	Avoid responsibility

<u>Generally, Women tend to . . .</u>		
Be relationship-oriented	Bond through talking	Feel first
Want to be understood	Persist in talking it out	See the big picture
Be reluctant to receive praise	Find fault with their mate	Control & manipulate

LISTENING SKILLS AND CONFLICT RESOLUTION

Effective Communication Techniques

Talk on a common, healthy level (physically, emotionally, & intellectually) and maintain eye contact.
Be direct; be brief; and say what you want, with good tact, tone, and timing.
If you must criticize their behavior, be specific and brief. Begin and end your statement with positive remarks.
Stop to give the other person time to talk. Don't make them wait forever or beg to be heard.
Look for the good in them, and praise them for what you see.
Take time each day to give positive and helpful feedback.

Fine-Tuning Your Listening Skills

Stay put until the discussion is completed. Do not leave the room (mentally or physically).
Mutually agree to honor a "time out" and reschedule the discussion if it gets too heated.
Paraphrase statements back to demonstrate understanding. If you don't understand, ask open-ended questions.
Use your "body language" in helpful ways – nod, smile, lean forward - no sighs, folded arms, rolling eyes, etc.
Listen to understand. Don't "mind-read" motives, predict failure, judge them, or try to solve the problem (yet).
Wait for the other person to finish before you begin speaking.

Tips on Conflict Resolution

Keep private issues private. If an issue is public, only involve the people necessary to solve the problem.
Address conflicts as soon as possible. Do not allow emotions time to escalate.
Mutually schedule a time & place that will best foster a relaxed, caring conversation.
Identify the "heart" of the problem – is this about control? caring? commitment? recognition? acceptance? etc.
Pick your battles. If the problem is not *immoral* or *unsafe*, maybe you should let it go.
Stay on one topic until you understand each other and have agreed on a plan
List and discuss previous attempts to solve the problem and why they failed.
Take turns and take responsibility by using "I" statements. Avoid "you", "never", and "always".
Brainstorm for possible solutions (do not evaluate them at this time). No ultimatums.
Make requests, not demands: "Could we cut back a little on evening TV and talk more?"
Rate the possibilities by pros and cons from least to most significant (according to your joint goals).
Agree on a proposal (who will do what, how, & when?). Write up the specifics. Post it and read it daily.
Schedule a follow-up meeting. Review the list together. Note your responsibilities and their successes.
Write daily "to do" notes on what and how you will accomplish specifics from the list.
Be open and flexible to changes that may come later.

HOW TO "FIGHT" WITHOUT BEING MEAN "The P.I.T.C.H. O.F. LOVE!" (Ephesians 4:21 - 5:2)

1. Attack the *Present Problem*, not the *Person* or their *Past* (v. 27)
 2. *Imitate* God's sacrificial love (v. 4:24 & 5:1-2)
 3. *Tell the Truth*. Stop lying, exaggerating, etc. (v. 4:25a)
 4. Keep *Calm* and *Current*. Put away anger & avoidance (v. 26)
 5. *Hear* their *Heart* & *Help* with your words & ways (v. 28-29)
 6. *Obey* God's Word & Spirit (v. 21-23, 30-31)
 7. *Forgive* them, & *Free* your heart (v. 32)
- "Never give up on *LOVE*"

Communications in marriage is like "coach pitch" baseball. Because *your coach* is pitching to you, he tries to set you up for success. Shouldn't we do the same in marriage? Even if our partners don't cooperate, consider this: Babe Ruth held the record for homeruns for almost 40 years. Most people *don't* know that he also held the record for strikeouts! If you keep throwing the "p.i.t.c.h. o.f. LOVE", you may not get the results that you want immediately. But if you don't give up, you'll eventually succeed! If Ruth did it for baseball, shouldn't we do it for love?!

HOW TO BALANCE FAMILY & WORK

Loving your family when you're at work:

Suggestions for Success:

Use your work organizer to remind you of family errands that you need to run during the day.
Take a few minutes during a slow morning or afternoon and call to encourage them.
Surprise your children by having lunch with them at their school one day.
Request a 4-day pass in a month that has no holidays.
Use the allotment system to ease financial stress at home.
When your wife gives you a card or children draw a picture, display it in your office.
Surprise them by bringing a video and dinner (make sure dinner isn't on the stove!).
Keep your family informed and bring them to upcoming social events.
While you're at work, mail your spouse, children, etc. a "love note" or card.
On deployments, regularly use emails, post cards, and DSN calls to reach out and touch them.
Ask for a couple of hours off and meet them at the gym to play ball after school.
If you live too far to go home for lunch, meet your spouse half way or in the Dining Facility.
When family members have major or "scary" medical appointments – go with them.
Put your loved one's pictures on your desk and show them when they come to see you.
Identify co-workers who might make potential friends for your family and have them over.
Try to leave work on time – your family misses you and life is too short!
Praise your individual family members to your co-workers – they'll hear about it later.
Do your best at work – your job puts food on their table and pride in their hearts!

Taking care of work when you're at home:

Suggestions for Success:

Don't talk about work the minute you walk through the door.
If they complain about their day, listen. Comparisons to your day disrespect them.
Talk mostly about their day, family stuff, & fun things. Don't sound like you miss work.
Have your uniforms ready to go the night before so you don't wake them in the morning.
When you do PT on the weekends or at night, time it so as not to take away family time.
If you **must** bring work home (a surprise, tasked, emergency), again, choose a good time.
Discuss "voluntary" duty with them **first** (schools, swapping staff duty, etc.)
When they ask about your day, focus on the positives. Keep any negatives brief.
Before long deployments, be sensitive to family reactions. Listen and talk about feelings.
After long deployments, be a "respectful stranger" at home - take it slow and don't push.
If you must come in after hours, bring one of the kids & make it fun (when appropriate).
When packing TA-50, let your children help you pack – talk about what each thing does.
Well before you go on FTX, TDY, etc. plan activities for them while you're gone.
If you receive non-emergency work calls at home, schedule the work for the morning.
When preparing for major decisions (re-enlistment, ETS, etc.), make **joint** decisions.
After major decisions, help them transition – keep them informed & involve them.
Put your family first (you marry forever – but sooner or later, you have to retire)

Let's hear from you!

How have you put your family first and still accomplished your mission?

How have your friends done well or poorly in this area?

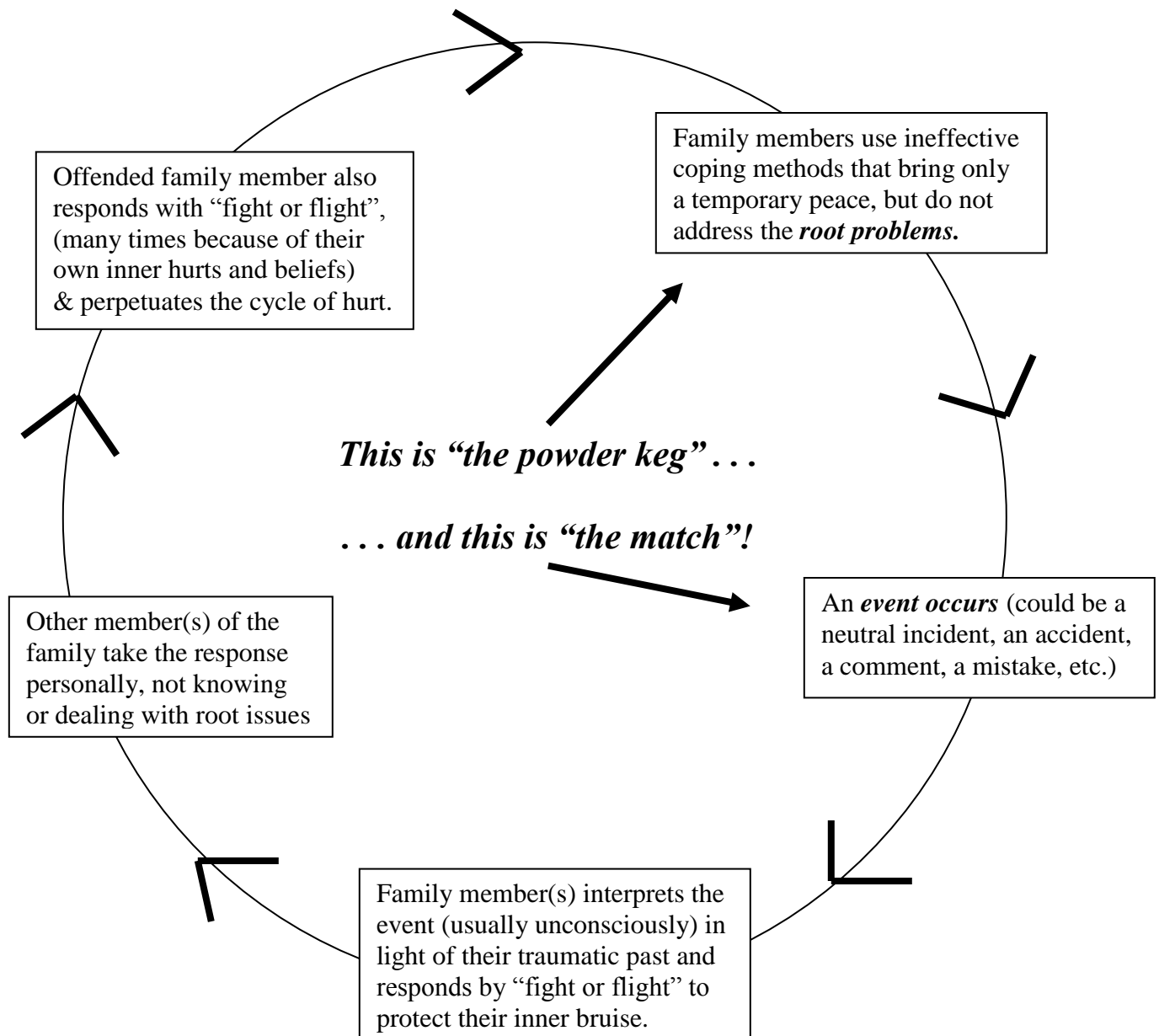
What are some lessons you have learned from your friends?

THE CIRCLE OF FAMILY FIGHTING

Families (with or without children) are made up of two-way relationships. That means that we are in a constant cycle of influencing each other – for better or for worse. In other words, families are like teams - like any sports team - the victory or loss (and ***new game plan***) belongs to each member.

Therefore, when problems occur, even if only one person has the bulk of the problem, everyone must take responsibility and participate in the solution. The husband/wife relationship is more importance to the family's health than the parent/child relationship because they have the greater responsibility and influence. More (but not all) time and attention should be given to the marriage.

Often, at least one family member has ***personal beliefs, feelings, or habits*** that hinder family unity & harmony. These hopes, fears, habits, etc. usually stem from a past, traumatic background.



When the family problem is reoccurring and begins to destroy healthy function (selfless leadership, respectful support, conflict resolution, unity, etc.), the family may require ***professional counseling***. Obviously, in such cases, “the powder keg”, “the match”, or both have to be identified & addressed. Counseling can offer an objective perspective & techniques to bring ***understanding & healing***.

DIVORCE & FAMILY

Phase

Divorce:

1. The decision to divorce
2. Planning the breakup of the system
3. Separation
4. The divorce

Emotional Transition Process

Acceptance of inability to resolve tensions enough to continue marriage

Supporting viable arrangement for all parts of the system.

- a. Willingness to continue cooperative co-parental relationship & dual financial support of children.
- b. Work on resolution of attachment to spouse

More work on emotional divorce:
Overcoming hurt, anger, guilt, etc.

Developmental Issues

Acceptance of one's own part in the failure of the marriage

- a. Cooperation on custody, visits, \$
- b. Dealing with extended family
- c. Establishment of self re work and financial independence.

- a. Mourning loss of intact family
- b. Re-structuring marital and parent-child relationships and finances: adaptation to living apart.
- c. Realignment of relationships with extended family; staying connected with spouse's family.

- a. Mourning loss of intact family, giving up fantasies of reunion.
- b. Retrieval of hopes, dreams, expectations from the marriage.
- c. Staying connected with families.

Post Divorce Family

Custodial single parent

Willingness to maintain financial responsibilities, continue parental contact with ex-spouse, and support contact of children with ex-spouse and family & entries into the family system.

- a. Making flexible visitation arrangements with ex-spouse and his/her family
- b. Rebuilding own finances
- c. Rebuilding own social network

Non-custodial single parent

Willingness to maintain parental contact with ex-souse and support custodial parent's relationship with children.

- a. Finding ways to continue effective parenting with children.
- b. Maintaining \$ responsibilities
- c. Rebuilding own social network

1. Entering the new relationship

Recovery from loss of first marriage (adequate "emotional divorce")

Recommitment to marriage and to forming a family with readiness to deal with complexity & ambiguity.

2. Conceptualizing and planning new marriage and family

Accepting one's own fears and those of new spouse and children about remarriage an forming a stepfamily

Accepting need for time and patience for adjustment to complexity and ambiguity of

1. Multiple new roles
2. Boundaries: space, time membership, and authority
3. Affective issues: guilt, loyalty conflicts, desire for mutuality, un-resolvable past hurts.

- a. Working on openness in the new family to avoid pseudo-mutuality.
- b. Planning for maintenance of cooperative financial and coparental relationships with ex-spouses.
- c. Planning to help children deal with fears, loyalty conflicts, and membership in two systems
- d. Realignment of relationships with extended family incl new spouse kids
- e. Planning maintenance of connections for children with extended family of ex-spouse(s)

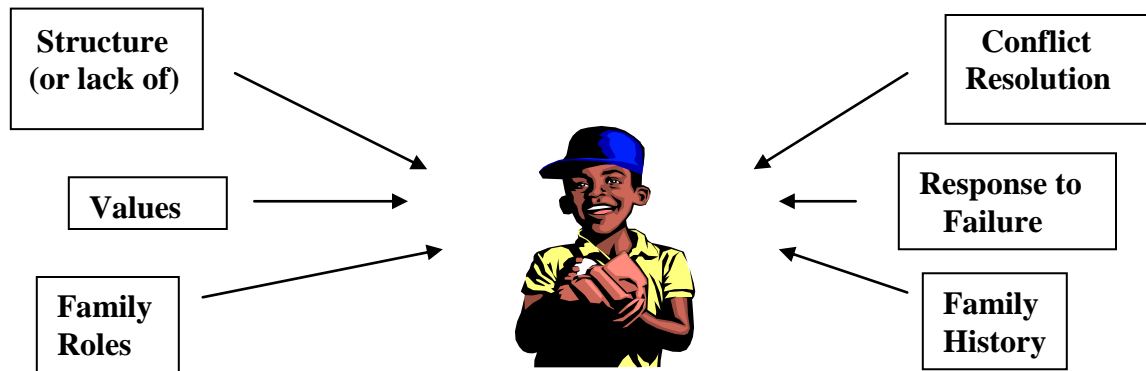
3. Remarriage and reconstitution of family

Final resolution of attachment to previous spouse and ideal of "intact" family; acceptance of a different model of family with permeable boundaries

- a. Restructuring family boundaries to allow for inclusion of new mate/parent
- b. Realignment of relationships and \$ arrangements throughout subsystems to permit interweaving of new systems.
- c. Making room for relationships of kids with non-custodial parents, grandparents, etc.
- d. Sharing memories and histories to enhance stepfamily integration.

SHAPING INFLUENCES ON OUR CHILDREN

Many influences shaped us and shape our children. Most of them occur in our family of origin.



**However, life is like a sailboat –
*the winds may be strong, but you can adjust the sail, and God can change the wind.***

WHEN CHILDREN MISBEHAVE

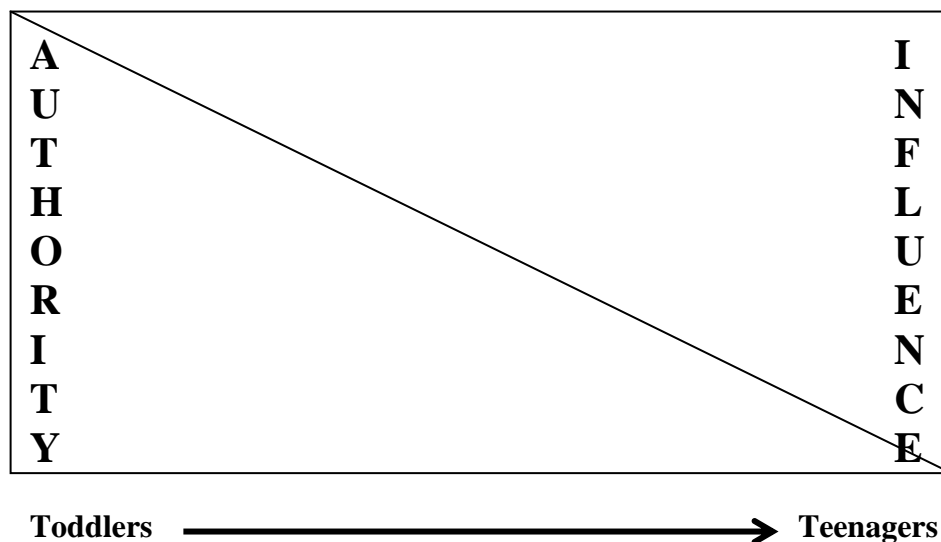
Your child wants something and doesn't get it. They perceive us as barriers to their happiness and may become angry, sad, confused, etc. When they persist, we often give in to stop their tantrum. They begin to see a pattern that gets them what they want. And they repeat the pattern.

As parents, our job is to convince them (as godly examples, providers, teachers, etc.) that joy comes in trusting and obeying us as we exercise our authority and influence over them. Authority is the rightful power we have (by our position) to make them obey. Influence is the result of winning their trust, and therefore their obedience.

A parent might use their authority to take away a teenager's keys to the car or pick up their 4 year-old and place them in their room, when the child refuses to go on their own. A parent can only influence their child to avoid if the child believes (because they've witnessed over time) that their parent's love, wisdom, and help are real.

Because younger children do not have the understanding and skills to protect and guide themselves, we must exercise more authority over them during these early years. As children gain understanding and skills, they also begin to grow toward independence. We must help them by transitioning from less authority to more influence.

**If we force authority on an older child, we may slow their maturity and embitter them.
If we try to influence only (too early), they often become fearful and selfish.**



MOLDING OUR CHILDREN WITH “THE 2 HANDS OF LOVE”

Tips on Nurture

Be good in their eyes, not just “right” in yours
Give them regular physical affection
Reward them with praise & time with you
Set aside regular time to talk to them
Schedule regular family activities
Make daily time with each child
Set limits and explain their good purposes
Give choices when possible, not ultimatums
Reward them (irregularly and without notice)
Give them adequate notice about changes
Give them a chance to make limited choices
Tell them what they can do, not just “don’ts”
Review and change house rules as they grow
Give responsibilities and help them succeed
Supervise and participate to prevent problems
Set a good example with your spouse & peers
Encourage good children to come over
Try a chart to record good behavior/rewards
Love by knowing & meeting personal needs
Keep their environment structured & positive
Ensure they get rest, nutrition, & exercise
Support their school activities – get involved
Provide time & space to be “creative kids”
Invest in helpful games, videos, & programs
Network with other parents for information
Have them help you (make it enjoyable)
Buy toys that help promote relationships
Identify their abilities and provide for growth
Censure negative influences & explain why
Serve them with your strengths.
Know your weaknesses. Prepare accordingly
Provide for and allow creativity
Talk with them about family goals & morals

If you’ve been messing up . . .

Confess specifics to them & ask forgiveness
Trust Him to do what you can’t.
Make sure you have all the facts.
Show how the Bible applies to life.
Reveal a struggle & have them pray for you.
Always talk in love & constructively.
Check **your** motivation and selfish desires.
Resist the urge to clone yourself.
Don’t try to have deep talks “on the fly”..
Listen and respect preference differences.
Correct without belittling.
DO NOT MAKE “PEACE” YOUR GOD!!

Tips on Discipline

General Information:

Create or wait for receptive moments
Remove temptations from them & vice versa
Ensure both parents support each other
Discipline to shepherd, not punish
Never discipline mistakes or accidents
Be realistic – consider their age & personality
Practice mercy - it is greater than justice
Be consistent and don’t give up

Before the Event:

Be sure children know the rules beforehand
Listen to understand their heart issue first
Teach and encourage appropriate “appeals”
Pick your battles – don’t discipline everything
Postpone or delegate if you’re too angry
Choose a method to “fit the crime” & train
Warn once, then discipline them accordingly
Prepare them - say what, why, & how much

During the Discipline:

When you talk, kneel down to their level.
Be clear, brief, loving & *grieve* when you talk
State, don’t debate or chase them down
Address their behavior, not their person
Never get sarcastic, embarrass them, or yell
Get them to tell you what they did wrong
At times, give them choices of discipline
Discipline in private. Be firm but loving.

After the Discipline:

When they’re open, comfort w/ words & hugs
Admit and apologize for any mistakes
Start fresh – don’t hold the past against them
Do an AAR with your spouse - make changes
Immediately begin or reinforce new habit

Remember the following . . .

Expect warfare and don’t over-react.
Look for opportunities to “share & show”.
Ask lots of gentle, specific questions.
Follow-up after talks.
Deal honestly with your own attitudes.
Gently put them into decision-making roles.
Give soft answers. Ask penetrating questions.
Ask yourself “what is Biblically important?”
Be prepared for them to exert independence
Avoid cliches and over-used stories.
Overlook minor offenses. Pick heart battles.
Remember, you’re not alone (Matthew 28:20)

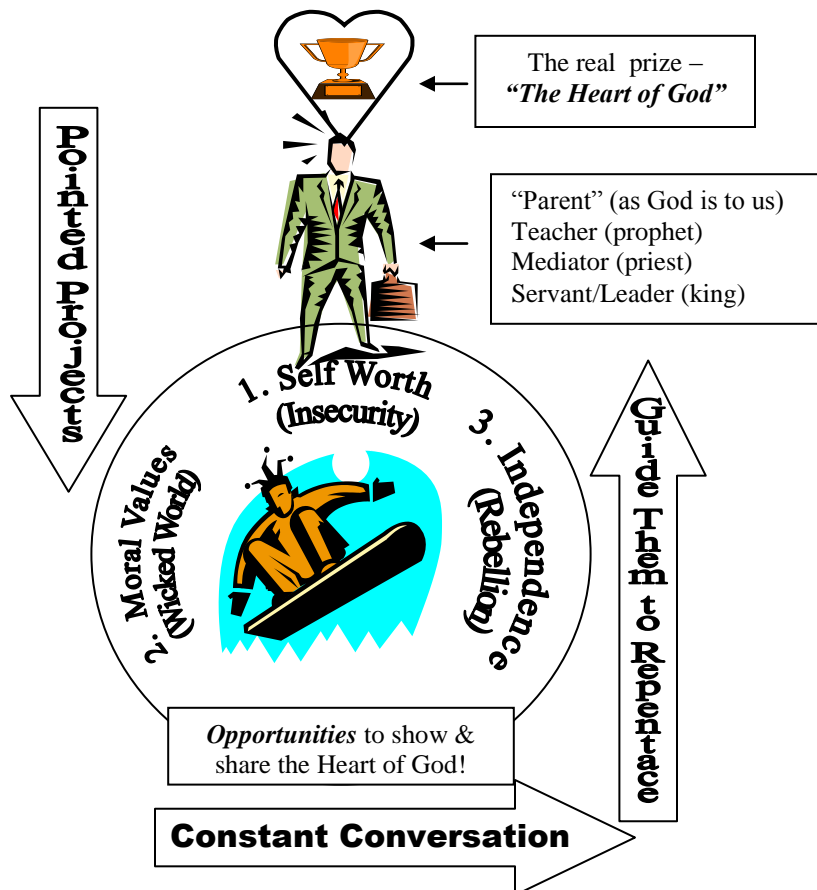
THE TEEN YEARS

Many parents often neglect their children (“they’re doing okay”), abuse them (“they’re horrible!”), or completely indulge them (“they’re my world!”). By the time they’re teenagers (and their spirit has been ignored, broken or spoiled), those same parents often see them as “a problem to endure”! That is A WORLDLY APPROACH!



WE NEED A “HEAVENLY PERSPECTIVE”!

1. Our **goal** must be a personal relationship with God (for them & us), not peace, power, etc.
2. Our **role** is middle-man to God (teacher, mediator, and model), not center of the universe.
3. Our **teen** is a “broken gift” that we must build up & give away, not an obstacle to our goals.
4. Their **world** is an opportunity to show & share the person & work of Jesus, not chaos to endure.
5. Our **tactics** must be proactive & purposed to help them, not reactive/haphazard to defend ourselves



GOD'S DESIGN FOR YOU & YOUR TEEN

Suggestions for Success:

Pointed Projects – find their specific struggles and work on them one at a time.

- | | |
|---|---|
| Treat trials as opportunities | Watch for obvious & subtle spiritual struggles. |
| Know their struggles and views. | Help them think through to make good decisions. |
| Know their heroes and direct them to godly ones. | Practice situational problem-solving with them. |
| Deal with yourself before dealing with your teen. | Help them succeed. Don't fight for power. |
| Gently help them examine their defensiveness | Train them to guard their hearts. |
| Teach God's truth and principles on relationships | Teach them to be submissive to authorities. |
| Seek out other believers for your self & your teen. | Ask them to help you understand. |

Conversation - seek them out daily to engage, encourage, and evaluate *with* them.

- | | |
|---|---|
| Tell them you love them & show your support. | Talks private, honest, & practical. |
| Be part of their world. | Keep conversations interesting, caring, & brief. |
| Take them seriously and never mock them. | Make wisdom appealing (plan & capture interest). |
| Don't accept their attempts to isolate themselves. | Talk about sex <i>early</i> and stay <i>available</i> . |
| Ask specific, gentle, open-ended questions. | Be gently persistent (they won't pursue <i>you</i>) |
| Help them examine their hearts. | When they fail, help them discuss and evaluate |
| Discuss - don't cross-examine. | Talk to them about cultural gray issues |
| Initiate the talk, get them to talk, focus on positives | Expose their heart lovingly |
| Share your own relevant struggles. | Always point them to Christ. |
| Prepare them by talking about what's out there. | Test & critique the culture biblically with them |
| Make engaging family worship a priority | Point them to His wisdom & answered prayers |
| Be grace-centered in use of Scripture | Be an example of hunger for God |

Leading them to Repentance - heart-felt repentance, not parental control over their behavior.

1. Help them *think* – focus on concrete situations and ask these questions:
 - What happened? (help them objectively remember the situation)*
 - What were you thinking and feeling? (help them remember their emotional response)
 - What did you do? (help them be specific about their behavioral response)
 - Why did you do that? (help them reveal their motives, goals, desires, etc.)*
 - What was the result? (help them think through how their response affected others)

2. Help them *confess*
3. Help them *choose* a new course
4. Help them *commit* to change

More Suggestions on Leading them to Repentance

- | | |
|--|---|
| Be their helpers, not judges and jailers. | Live the truth and confess your failures. |
| <i>Let them see God's purity and pardon in you.</i> | <i>Avoid boundary debates and rules that are empty of love.</i> |
| Pray with and for them. | Catch them doing things right. |
| <i>Don't let them divert your attention to siblings.</i> | <i>Never call names or attack their character.</i> |
| Help them expose their thoughts and motives. | Help them see <i>their</i> part in their problems. |
| Beware of simply regulating behavior. | Never use guilt, fear, or bribes as motivators. |

2 Roles of the Family

1. God designed the family to *necessarily practice love*

A family is a place where we are called to love people whom we did not choose.
A family is a place where we naturally relax and our true hearts are exposed.
A family daily offers opportunities for constant, caring environment to earn trust & respect.

2. The family is the best place to *show & teach the hope of Jesus'* changing power & forgiveness.

We must point them to God as their example and strength, not us.
We must teach them His truth, their responsibility to love others, and Jesus' work.
We must train them to do their responsibilities and to know God's (and not reverse them).
We must encourage and gently hold them accountable, & confess and turn from *our* sins.

5 GOALS FOR YOUR TEEN



1. *Help them to focus on the spiritual struggle*

The unseen (God, their spirit, & their relationship to Him) is eternal. Wordly goals & problems won't last.
 All thinking, feeling, and behavior stem from and are a reflection of our spirit.
 All people are born selfish by nature and need to be recreated by God to grow in Jesus' image.
 We must have a "war-time" mentality – actively looking for subtle or obvious enemies and opportunities.
 We must teach them about their enemy and his ways (lies and distortion of God's truth).
 We must help them have a biblical self-image and knowledge of their weaknesses and gifts.

2. *Develop a heart of wisdom and conviction in them*

We must help them think & live by Scripture – have a predetermined plan, be firm, & live it.
 We must help them clarify boundary (black & white) and wisdom (principle) issues.

3. *Train them to respond and interact as "salt & light" within their culture.*

Jesus calls His people to be "Salt & Light" (Matthew 5:13-16).
 Salt provides flavor, brings healing, fights against decay.
 Light provides direction, reveals stumbling blocks in the darkness, and gives warmth.
 Remind them that Cultures shape the pace and agenda of relationships and spirituality.
 Teach them that all created things are good, but are used with either good or evil meaning or intention
 Help them understand and evaluate cultural idols (materialism, relativism, pluralism, etc.)
 Help them distinguish cultural differences from sinful preferences (eg: skateboard designs and)
 Isolation from the world leads to self-righteousness. Integration with the world leads to compromise.
 Isolation is impossible (must live *in* the world). Integration is dangerous (must *not* live *like* the world).
 We are called to identify common ground between culture and Scripture (Acts 17:22-23)
 Jesus wants us to bring the gospel to the common ground (Acts 17:24-31).
 We must do more than critique, but declare *positively* what God intended.

4. *Cultivate a heart for God in them*

We are created to glorify and enjoy Him. We must help our children to fulfill this purpose
 We are often negligent/complacent and do not work to raise them in Him.
 We must help them develop a sense of "awe" when they leave home. But *We* need a relationship *first*.
 We must put our children before our lifestyles. And we must live our faith with integrity in front of them
 The sign of His Spirit in them – a hunger to know and please Him – a pursuit of God.
 Independent personal worship, desire for corporate worship/teaching, teachable spirit, fellowship, talk openly about
 Scriptures & relationship with Him, decisions made from biblical perspective,

5. *Prepare your children to leave home.* – Our teens don't belong to us.

Many want to leave home because they were corrected without grace or out of frustration
But we can't give them what we don't have ourselves!
 We must communicate that we too are people in process of Jesus' forgiveness and change
 Living God's love means that we . . .
 Accept them (by God's grace), Incarnate His love, Identify with them (as sinners), Enter into relationship
 Developing maturity will show beginnings of . . .

Sensitivity to God's will
 Perseverance
 Godly relationships

Putting off & on
 Kingdom awareness
 Natural independence

Biblical perspective on wealth
 Acceptance of responsibility
 Teachable spirit

Appreciation of grace
 Applying the Bible
 Biblical self-esteem

WHAT ABOUT DISCIPLINE?

1. Why should I discipline? Because it is God's method of restoring a child to trust and obedience.

The "spirit" of the law – If we love our children, we must not allow rebellion to run its course.

"His father *had never interfered* with him by asking, 'Why do you behave as you do?'" 1 Kings 1:6ff

"He who spares the rod hates his son, but he who loves him is careful to discipline him." Proverbs 13:24

The "spirit" of the law – Discipline should be in love, for their holiness, as a part of training.

"The Lord *disciplines those He loves*, and He punishes everyone He accepts as a son . . . Our fathers discipline us for a little while as they thought best, but God disciplines us for our good, *that we may share in his holiness*. No discipline seems peasant at the time, but painful. Later on, however, it produces a harvest of righteousness & peace for those who have been *trained by it*." Hebrews 12:6, 10-11

The "spirit" of the law – Our methods must encourage our children.

"Fathers, do not embitter (exasperate) your children, or *they will become discouraged*." Colossians 3:21

2. The following are not effective or proper forms of disciplining bad behavior:

Ignoring the Behavior – communicates that, either they are not doing anything wrong.

Verbal Warnings, but no Action – communicates that you (or their actions) are not serious.

Yelling – communicates that you are annoyed, not that you love them.

Withholding Love – communicates that you only love them when they do what you want.

Messages of Guilt – communicates that *they* are bad, not their behavior

Physical Abuse – communicates that they are a burden to you and an obstacle to your peace & happiness.

3. Some effective forms of discipline. (should always match the offense and be age-appropriate)

Verbal scolding, time out (in playpen, corner, or room), taking away privileges or toys, apology (spoken or written), extra chores (that match the offense), have them pay for damages (through chores, allowance, their yard sale), early bedtime, water instead of sweet drinks and/or no dessert (for hyperactivity), etc.

4. When should I consider spanking?

When there has been a pattern of willful disobedience & they have not been responsive to other forms of disciplines.

Please note – spanking may not be appropriate for every child or for every parent. See #5.

5. You probably should NOT spank if YOU

are spanking to "give them what they deserve".

believe you can "whip the devil out of them".

feel the need to spank more than 2-3 times.

have left bruises or welts on them.

spank wildly, "wherever you can hit them".

have to chase them & forcibly hold them down.

You probably should NOT spank if THEY

are too young to understand right from wrong.

are too old (embarrassed easily & can reason with you).

don't trust you or know you love them.

are exasperated (acting out of hopelessness)

have been physically or emotionally abused

respond better to other forms of discipline

6. If you are going to discipline by spanking, the following guidelines may help:

Gently take them to a private place to preserve their self-respect.

Calmly talk them through what happened. Lead the talk. Grieve with them. Listen, but don't debate.

Allow them an opportunity to appeal (give you new information that may affect your decision).

Try to secure a voluntary confession of disobedience (if their appeal has not revealed their innocence)

Remind them of the love behind the rule & discipline's purpose (to restore them to obedience & safety).

Tell them exactly how and how much you're going to discipline them.

Gently lay a younger child over your knee. Have older children *voluntarily* bend over.

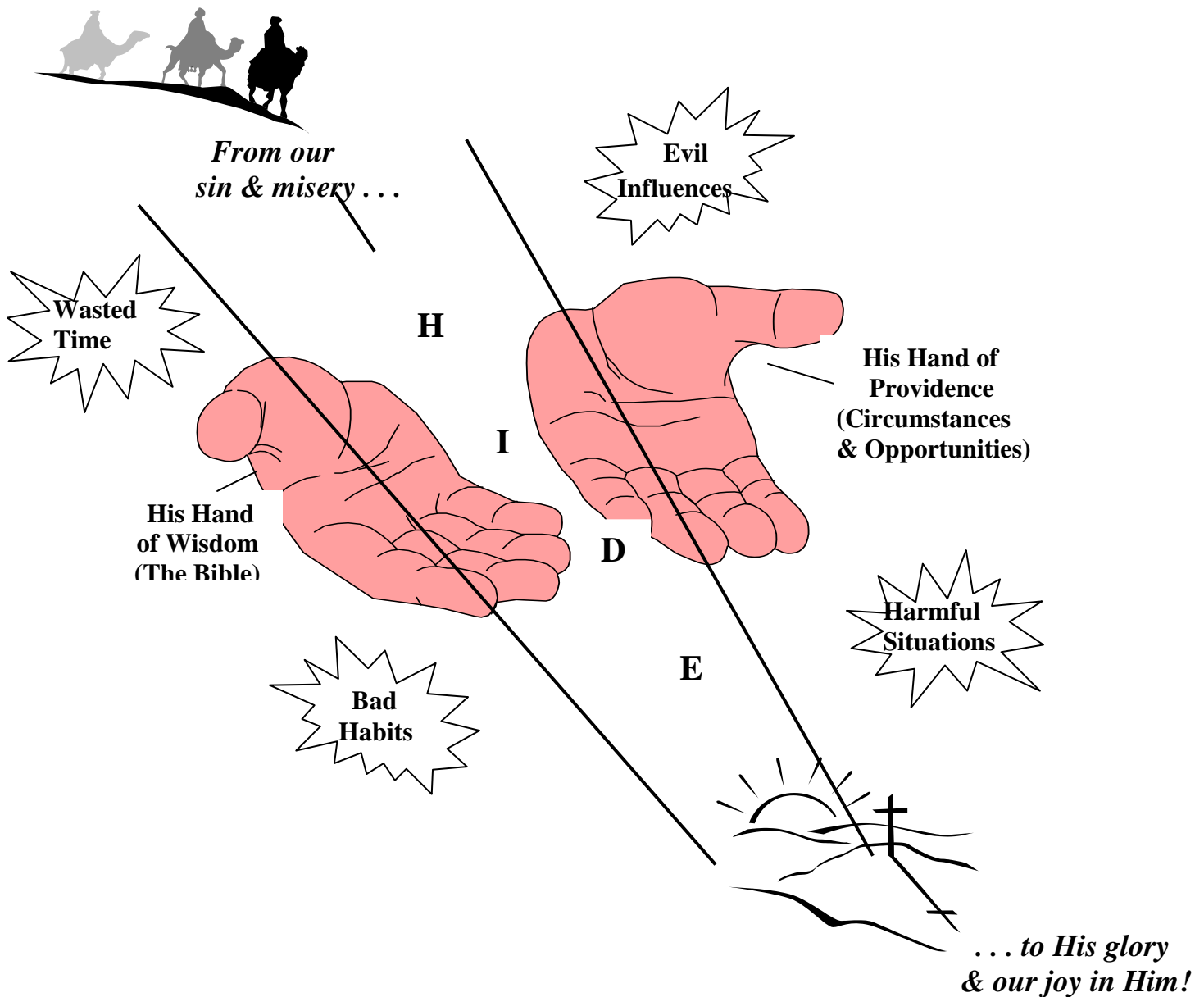
* ("Force" defeats discipline's purpose. The child is afraid/humiliated/angry & you are out of control!!)

Carefully give *1-3 on the buttocks, through the pants*, firmly enough to cause *slight discomfort*.

The intent is not to *humiliate* or *harm*, but to *humble* them so you can follow up to restore relationship)

THEREFORE - *When they're receptive*, go to them. Comfort them. Remind them of the love in the rule. Help *them* review *why* their behavior was wrong (unsafe, immoral, unwise), *consequences*, and future *alternatives*. Pray with them, thanking God for them, & asking Him for guidance, & blessings.

KNOWING GOD'S WILL FOR YOUR LIFE:
"How to put the wheel into His hands!"



Holiness – seek it

His journey for us (Being made into His image) - Jeremiah 29:11-13, Romans 12:1-2

His destination for us (Godliness) - Jeremiah 31:33-34, Matthew 6:33

Information – get it from . . .

the Highwayman (The Creator) - Proverbs 3:5-6, Philippians 4:6

the Map (God's Word) - Joshua 1:8-9, Colossians 3:16

Welcome Centers (Other Believers) - 1 Kings 12:1-19, Acts 15

Road Conditions (Circumstances & Opportunities) – Esther 4:7-17, Ephesians 5:15-16

Decision - based them on the best information (Wisdom & Faith) – Proverbs 2:1-5, James 1:22-25

Expectation - confirmed your “arrival” by the scenery (Joy in the Lord) – Romans 12:2

(Spiritual Growth) – Psalm 1

(Spiritual Opposition) – Matthew 5:11-12

BIBLICAL DECISION-MAKING (another step-by-step approach)

This decision-making model is shaped in the form of a triangle for a reason. As you move from the bottom to the top, the options become fewer & fewer, until you come to a few “best possibilities”. The circle around the triangle and the phrase, “re-evaluate, readjust, and repeat”, is my attempt to show that knowing God’s will is the result of a continuing, personal relationship not a one-time, mechanical process. It should not surprise us that knowing His will is just like knowing a friend’s heart & mind (after all, He created us “in His image” [Genesis 1:26-27]) – it takes love & time.

I. I.D. the real problem (James 4:1-3). Make God’s will your desire. (Matthew 22:37-40)

II. Determine to live as He has outlined in the 10 commandments (Exodus 20:1-16)

Love God through worshipping . . .

1. the right Person (Put God first!)
2. the right way (Relationship, not religion)
3. the right purpose (Glorify God)
4. the right motive (Live from thanksgiving)

Love Others through serving . . .

5. authority
6. physical needs
7. marriage
8. property needs
9. justice
10. attitudes

III. I.D. how God has gifted you to serve

Ties (Relationships – Esther 4:7-17)
Truths (the Bible – Colossians 3:16)
Talents (Spiritual gifts – Romans 12:4-8, etc.)
Treasures (Possessions – Matthew 25:14-30)
Tendencies (Godly desires – Philemon 8-9)

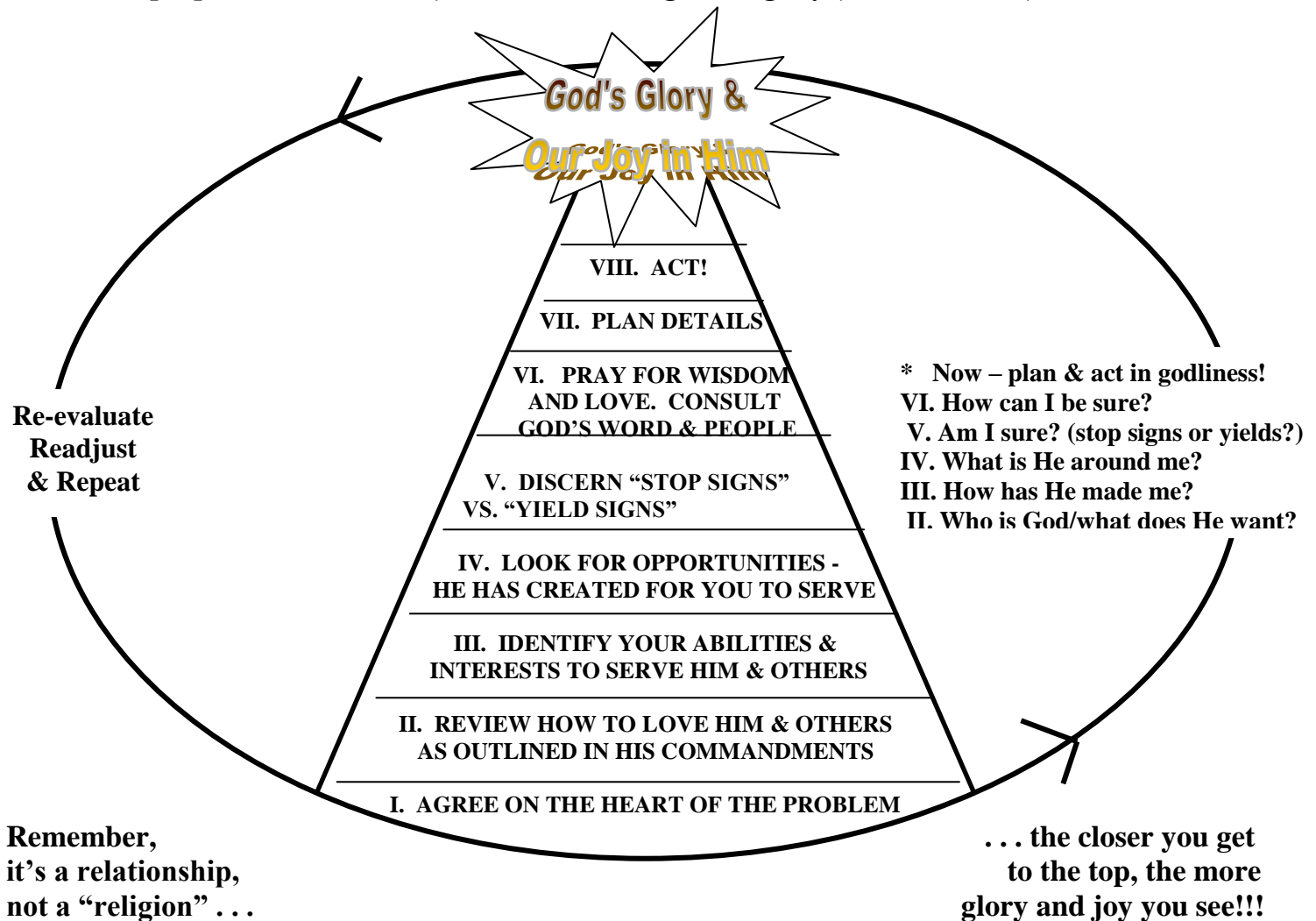
IV. I.D. opportunities (Ephesians 2:10)

If needy, are they *agreeable* to your help?
What truths *absolutely* must be followed here?
How can you *apply* your gifts to serve them?
What is *available* for you to use to help them?
Is your desire *admirable* in God’s eyes?

V. Discern “stop signs” (Numbers 22:21-27) vs. “caution lights & yields” (2 Samuel 6:1-7).

VI. Pray for wisdom & love (Proverbs 3:5-6), & consult His Word & people (Acts 15:1-2)

VII. Develop a plan (Luke 14:25-35). VIII. Act seeking God’s glory (Colossians 3:17).



GROWING IN CHRIST

Your Relationship With God

Personal Devotions

Be open to different devotional books
Ask a friend's advice on what to study
Find a time that you are alert and alone.
Read a short passage. Think & pray.
Try singing or reading a Christian song
Begin your prayers with praise.
Take time to pray for others.
After you read the Bible, listen for Him.
Ask other believers to recommend books
Listen to Christian music.
Try praying out loud concentration.
Keep a prayer journal with dates and specifics.
Confess your sins & thank Him for His blessings
Begin & end your day with time with Him
Don't wait for your perfection – look for God's

Corporate Worship (with other believers)

Find a good church.
Expect to find sinners there & help each other.
Find ways to participate (classes, service, etc.)
Faithfully attend services & other helpful events.
Identify their small group studies & fellowships
Consider hosting a small group in your home.
Begin a regular family worship time at home.

Your Relationship With Believers

Fellowship

Spend regular fun time with mature Christians
Identify those whom you respect and like
Schedule time together, even if it's difficult
Pray for, encourage, and help one another
Find an accountability partner & meet regularly

Discipleship

Realize that you don't have to be perfect to start
Begin to look for a disciple (a young believer)
When you find an eager Christian, train him/her
Spend time with them, showing them the ropes
Train them through your spiritual gift(s)
Seek to mold them into Christ's image, not yours.
Always have someone to disciple you, too.

Practical Exercise:

Break up into small groups of 3-4. Choose a short passage from the Bible that is familiar to at least one in the group. Read and share thoughts on the passage. Pray for each other, focusing on the truths from the passage.

God's Relationship With You

Fruit of the Spirit

Always measure personal experience against God's Word
Read Galatians 5:22-26 & 2 Peter 1:3-11
Note specifically how He is changing you.
Ask those close to you how you've changed
Thank Him for recreating and growing you
Note weaknesses. Pray & work on them.

Spiritual Gifts

Identify how God has gifted you to serve
How do you love to serve others?
How has God used you to help?
For what do others come to you?
What do they say you're good at?
Begin to serve others with your gift(s)
Expect spiritual resistance (frustration, fatigue, etc.)

Opportunities to Serve

Identify the needs in others you feel called to meet
Look for people who seem to seek you out
Be aware of those who need to benefit from your gifts
Be sensitive to God's Spirit moving you
Follow through with those who are open
Don't invest yourself in you're not called
Go to them. Don't wait for them to come

Your Relationship with Non-believers

Service

Know that Jesus earned the right to be heard
Don't expect quick "thank you"s
Consider service, "planting and watering"
Serve with a glad heart
Be flexible to help when you're needed

Evangelism

Begin by voicing or writing your testimony
Look for chances to share the good news
Know that God will use your testimony
Remember that evangelism is not optional.
When sharing your faith, use Scripture
Point to sin, Jesus, and new life
Leave them with a challenge to faith

(INTERPRETING THE BIBLE: A more detailed approach)

Below are some considerations for determining God's intended message in a passage. All of them will not be important or even present in all passages. However, at least 1 or 2 will usually act as a "corner piece" to begin the puzzle. The last five items give a suggested process to "fit the pieces together".

Boundaries - What verses mark the beginning & end of the passage so that it stands on its own? Ie: Jesus opens & closes a teaching on discipline (Matt 18:15 & 35) that includes **Matthew 18:18-20**

Emotion – Does the passage express (or encourage) a feeling of joy, anger, sadness, etc?
Ie: the *pleasing aroma* mentioned in **Leviticus 1**

Style - Are there any literary devices to emphasize a key point(s)? Irony, sarcasm, imagery, structure, hyperbole, poetry, anthropomorphisms, comparison/contrast, metaphors/similes, puns, phenomenological language, introduction/conclusion, etc. Ie: a *pun* on the concept of "fat, heavy, weight, and glory" in **1 Samuel 2:12-36**

Context – What is before & after the text? Note recurring themes or progressions of thought.
Ie: *1 Corinthians, chapters 10-14* mark a discussion of worship that interprets **1 Corinthians 13:4-7**.

Repetition – Is there a word/phrase/concept mentioned or alluded to several times for emphasis?
Ie: the series of "*sensory*" *proofs* in **1 John 1:1-3**

Iniquity – What specific sin or affect of sin is God or a godly prophet addressing in the passage?
Ie: *the mocking of God's people* in **Psalms 137**

Parallel passages – Is there another passage in Scripture that treats the same subject or event, but with greater clarity or specificity? Also note any differences in the parallel passages.
Ie: the gift of God referred to in **Matthew 7:7-11** is identified in *Luke 11:9-13*

Time – When in history is this happening? Ie: the vision in **Ezekiel 1** in light of *Israel's captivity in Babylon*

Terrain – What significance does a place have? Ie:

Troops – Who are the key players? Ie Jesus and a Samaritan in **Luke 4:4** (see Luke 4:39 & 2 Kings 17:24-40)

Unusual – God never inspired trivia. Examine "oddities" for how they draw your attention to the main message.
Ie: God's command to *eat unclean animals* in **Acts 10**.

Result – What is (or will be) the result of the obedience (or disobedience) in the passage?
Ie: the *success* of God's will in **Proverbs 16:1-9**

Absolutes – Is there an absolute truth/command (explicit or implicit) about God or His people?
Ie: the *promise of God's presence* in **Joshua 1**

Loaded terms/phrases/concepts – Are there cultural issues to research to determine significance?
Ie: the *offerings* in **Joel 1 & 2** - origins in Leviticus 2 & use in Numbers 28-29 & Ezra 7:13-17.

4 scenes to arrange the pieces - write down the facts of the text (place the pieces) in the appropriate scene.

Ground the picture. Identify the single truth or command around which the passage *naturally* revolves - usually found in the section of the puzzle, "God's objective" or "our duty". Everything supports, or flows from this "ground".

Lay-out the facts - "how do they relate to the single truth or command? A single truth will motivate God's people to obey several commands. A single command will faith/belief.

Organize the facts naturally into main-points that support or flow from the "ground". Make them parallel in language. Order them according to the text's intent – progressive exhortation, sequential plan, etc.

Recheck your outline for "do-it-yourself theology". Inspire faith, obedience, & worship for God, not Man.

Yearn (pray) for God's truth to change your life and others through the power of His Holy Spirit honoring His Word!

RECOVERY FOR VICTIMS OF ABUSE



A definition of abuse -

when a person *takes or distorts* something (sexual, physical, or emotional) from someone else *to satisfy their own desires*. God created us to be like Him by *loving voluntarily*. Abuse is never voluntary or loving.

Statistics

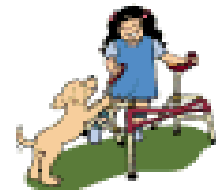
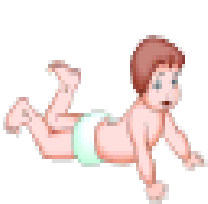
Sexual Abuse – 20-40% of women are sexually abused before age 18. Many studies show that almost as many men have been abused, but are far more reluctant to report it. Most abuse occurs between ages 6-12. Usually, there is either 1) a father/step-father who drinks, 2) a dominant mother and weak, lonely father, or 3) a family with no boundaries. Many victims become abusers, though this is not always true.

Physical Abuse – 5% of all American children have been reported as being physically abused. Of course, this does not account for incidents that were not reported. The number of reported cases of physical abuse has increased by more than 100% since 1986. Children who were physically abused are more likely to have low self-esteem, be overly compliant or overly rebellious, withdraw, have anxiety disorders, practice secretive behavior, be depressed, etc. In 97% of reported cases, the parents were the abusers. The highest rate of physical injury is found among 12-17 year olds (probably because the parents are more aggressive as the children get older and abuse has grown over time).

Emotional Abuse (as a child of an alcoholic) – 18% of all Americans lived with an alcoholic while growing up. 13% of all adult alcoholics have financial struggles because of their drinking. Children of alcoholics are 4 times more likely to become alcoholics as other children. Most children of alcoholics have extremely difficulty in resolving personal conflicts with others, are more likely to become needy & manipulative, marry into an alcoholic family, become abusive in other ways, and divorce.

Impact of Childhood Development –

All children pass through specific stages in which they need help to develop healthy self-concepts and social skills. I have highlighted the results of abuse & suggested a comment or event that a young victim may have experienced on a regular basis (usually from a parent or someone close) which hindered their development. The intensity of the impact on the victim varies. But the following factors generally increase the level of devastation: the closer the relationship between the abuser and victim, the wider the age-gap between the abuser and victim, the presence and level of violence, and the victim's memory of their participation.



Trust vs. **Mistrust** (0-1 yr) – A parents may have regularly yelled at or neglected to hold their baby.

Autonomy vs. **Shame & Doubt** (1-3 yrs) – Belittling, then doing tasks *for* the toddler, instead of *training* them.

Initiative vs. **Guilt** (4-5 yrs) – Constant criticism - never praised for accomplishments.

Industry vs. **Inferiority** (6 to puberty) – Physical abuse instead of loving discipline.

Identity vs. **Identity Confusion** (adolescence) – Experiencing physical arousal with a same-sex abuser.

Intimacy vs. **Isolation** (young adulthood) – Remembering their parents' fighting & divorce.

Generativity vs. **Stagnation and Self-Absorption** (middle age) – Children of alcoholics witnessed selfishness.

Integrity vs. **Despair** (late adulthood) – The end result of a lifetime of questioning self and others around you.

"Shame" & "Guilt" are at the heart of most victims' struggle. Past events, lies, etc. must be put in perspective.

Present Impacts on the Victim –

Because we are created in the image of God, abuse **damages** or **distorts** the victim's ability to live in His image. This happens in three key areas, 1) our **"voice"** (self-image & initiative) 2) our **relationships** (intimacy, trust, conflict resolution, etc.), and 3) our sense of **power** (control, authority, confidence, peace, etc.).

1. Basic to God's nature is the fact that He communicates with us. His **"voice"** of passion and will for our lives was given in the Old and New Testament times through personal revelation, inspired prophets, and His Son, Jesus Christ. Today He speaks to us through His Word, the Bible, as His Spirit guides and teaches us.

Victims of sexual abuse often have been told to silence their voice - "shut up", "no one will believe you", or "you're worthless.". Therefore they believe that it is useless to speak up. Victims of emotional abuse may have been accused by the abuser, "this is your fault" (even though the abuser was twice their size, and was supposed to be a mature care-giver). Therefore, they feel ashamed to speak out. Victims of physical abuse are so traumatized, they don't know how to speak up.



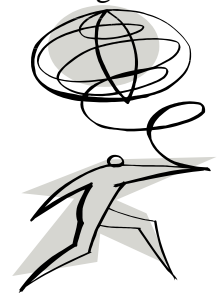
2. Another aspect of God's nature is **relationship**. The Father, the Son, and the Holy Spirit are three persons in one God. They have always been in perfect relationship with each other. God created us to be in similar relationship with Him and each other (He gave us marriage, parenthood, work, even recreation – all ways to live in relationship). Even the purpose of the Bible is to show us how to restore our broken relationship with God.

Abusers have violated the victim's relationships in devastating ways. Elders may have broken trusts; parents may have cursed children with memories of a selfishness; and teachers may have scarred them with constant ridicule. Now, the victims' present relationships are strained with fear, depression, loneliness, & self-hatred. They often believe that every problem that occurs in their relationships is their fault. Many become loners, fearing any kind of relationship on any level.



3. God also created us to be like Him in **power** to subdue the world, but not as control freaks or dictators. On the contrary, God uses His strength, wisdom, resources, etc. to bless others. God gave Adam and Eve control over the garden of Eden to produce fruit, a blessing for them and others who would benefit from the garden.

Victims of physical, sexual, or emotional abuse usually swing to one extreme or another. Either they become "door mats" or control-freaks. The "door mats" have been made to believe that they have no right or ability to exercise power for blessing, protection, etc., so they let others walk all over them. The control freaks live in fear (consciously or unconsciously) trying to prevent anyone from hurting them again. Both have great difficulty with trust & intimacy (emotion or physical).



The Keys to Recovery –

1. Go to God with all of your fears, anger, and sadness. In Isaiah 55:1-8, God reminds us that "My ways are not as your ways, and My thoughts are not as your thoughts." Although man condemns, God will forgive. Although others have abused you, God will heal you. Listen to **God's voice** in the Bible. He speaks words of comfort (Matthew, chapter 5). Come into **relationship with Him** through Jesus. Jesus has come for "the lost" (Matthew 18:10-14). Experience the **God's power**. When He lives in us, we are changed (Acts 4:13). No human relationship can erase the past or promise a miraculous future. But God is in the miracle business!

2. Begin to voice the story of your abuse. Find a person who has **proven trustworthy**, to encourage your identity and security in Jesus. Open up to them a little at a time. This will accomplish several things. As you tell them, they will be able to provide you with objectivity ("but you were only 10. You can't hold yourself responsible for what a 30 year old man did."). As they respect you, you will see the truths of God's Word - that your **voice** is important and that you do have something to say. You will begin to experience a healthy **relationship** as God intended - acceptance, truth, even forgiveness for ways that you may presently be mistreating others. As you put the past into perspective and learn what it means to be in a good relationship, you will begin to feel the freedom and desire to exercise proper **power** to bless others as you live in God's image. This may come very slowly, but it will come if you persevere (Galatians 6:9-10)!

SHARING YOUR FAITH IN JESUS CHRIST

(as outlined in Psalm 107 and Acts 13, 14 & 17)

Why tell others about Jesus?

1. People need **miracles** – plain and simple. Some people can't seem to break with addictive behaviors. Others are desperately seeking forgiveness, hope, acceptance, etc. And they are looking for answers, but "where on earth is hope?" It's not – on earth, that is. But there is a God in heaven Who miraculously breaks through to help us. And God commands His redeemed people to "say this!" (Psalm 107:2)



2. God **does** miracles! Psalm 107:35 reminds us that, "God turned the desert into pools of water." He doesn't promise to always promote us, heal us, or make life easy, but even better - to indwell every person who turns to Him. Through His Spirit in us, He changes our heart, grants forgiveness, and gives direction & confidence as we follow Him. Verses 33-41 summarize this truth. Why did Jesus walk on water & invite Peter to come to him (Matthew 14:22-33)? - to inspire faith & obedience. But why did Jesus' followers turn away from Him after He had done a great miracle (John 6:25-66)? - they loved His **miracles**, not Him. **He** must be our goal (Romans 1:21-32)



With whom should we share our faith?

The people described in Psalm 107 could be four types of people, a single person at different points in their spiritual life, or Israel at 4 stages of their history (their wandering in the desert; their slavery in Egypt; their rebellion in Canaan; and their prosperity in David's Kingdom). But all had a **desire for God**. "They cried out to the Lord in their trouble" (6, 13, 19, and 28). (To defend your faith against attacks, refer to "Answering their Questions and Concerns.")



1. Share your faith with "**wanderers**" (verses 4-9). You probably know people who are searching for purpose, someone to value them, a way to make sense of their suffering. They feel confused, alone, and hopeless. They know there's something more to life, but they are "wandering", not knowing where they belong.
2. Talk to "**prisoners**" (10-16), who are suffering the natural consequences of their poor decisions. We are surrounded by people who in chains, formed by their boasting, anger, alcohol, and fear. They've tried their way. Now they need to know **the** Way (John 14:6). They were looking for freedom, but found only slavery.
3. Bring the good news to "**fools**" (17-22). These seem to be the people who **knew** what God expected of them, but decided to rebel anyway. The preacher's kid, the ex-alter boy, and the Sunday school drop out needed to remember God's grace and peace. Their decided rebellion brings them under **more** discipline.
4. Testify about God to the "**merchants**" (23-32) - the self-proclaimed "big dogs". God's good plan is always to have us close to Him. By nature, however, we are **proud**. "Merchants" are successful and confident because of God's past blessings. Now they see no need for God. Read Deuteronomy 8 for more on this type of person.

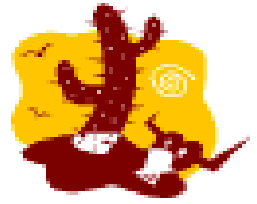
How should we testify about the Lord?

1. Desire to "**make God famous**" before you speak a word. From the very beginning of the Psalm, the author's motivation was God's goodness that had been proven in his life. If we talk with any other motivation (to boast about ourselves, or to strike "the fear of God" into them), the Holy Spirit may bless **them**, but we will have lost **our** blessing. Remember that the Pharisee prayed on the street corner so that everyone would hear him (Matthew 6:5), but he received no blessing from God. Remind them of His miraculous love to care for them, His wisdom to guide them, and His power to change them.

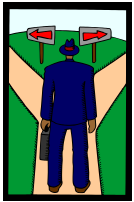


SHARING YOUR FAITH IN JESUS CHRIST (continued)

2. Identify with their spiritual need. A professor of mine said that “you have to know their **bad** news before you can bring them the **good** news.” It is not enough, however, to simply know their spiritual need. Show them that you **empathize** – that you’ve stood in their shoes. Tell them how God rescued you, and why **His** deliverance was exactly what you needed.



3. Be **sensitive** to whom you are talking. Take your time – watch, listen; and carefully note their beliefs, practices, & values. Then 1) focus on a couple of the right beliefs, practices, & values that they **already enjoy** (the value of unborn children, faithfulness in marriage, or preparing for the future, for example). Choose one or two that **you** can talk about, and show them how **Jesus is their strong foundation**. Or 2) you can address a right belief, practice or value that they are **searching for**, (the explanation for evil, how to deal with guilt and fear, or family priorities) & show them how **Jesus is their sure hope**. First, of course, **you** need to know how Jesus is our foundation and hope. Ask specific questions, talk to other Christians, & get into your Bible!



Scriptural Examples of 3 Different Approaches with 3 Different Audiences:

- A. In Acts 13:16-52, Paul and Barnabus talked with people who already believed the Old Testament and were looking for the One who would fulfill the prophecy of the **Messiah**. So the disciples “talked their language”, and logically used specific Scriptures to show that the Messiah was Jesus and what that meant.
- B. In Acts 14:8-18, the same two apostles shared their faith with a people who knew nothing of Abraham, Moses, or King David. Rather, the Lycaonians were superstitious and **simple**. So Paul and Barnabus talked briefly about simple truths – the Creator Who had revealed Himself and His judgment & joys.
- C. In Acts 17:16-34, Paul testified to Greek **philosophers** (much like seekers in America). He acted with **compassion** (verse 16), **respect** (17, 22), **understanding** (23a), and **empathy** (23b). He presented them with **basic truths** (the purpose of God’s creation in verses 24-29, and our responsibility to worship such a good God in 29-31) and **followed up** (32-34) with those who were interested in hearing more.

4. Tell them a **personal story** of God’s miraculous work in your life. Reflect back on God’s work in your low times. Be specific. What did He do when you were “wandering?” They need to hear how He made your heart His home (Psalm 107:7). When were you a “prisoner” of your choices? Tell them about the chains that He broke (14). Tell a “fool” about when He afflicted you for your rebellion, drew you to Him, and healed you with His word (20) - be as certain as you can that they are truly searching (read Matthew 7:6). Go to a “merchant” trying to ‘ride the waves’ in his own power. Tell him how God humbled you and then calmed your storm (29).

Isn’t my example good enough? No. Romans 10:14-15 says that they need to **hear**, so we need to **tell** them.

What if I fail? God tells us in Isaiah 55:11 that He **will** use our words, but for **His** purposes. Only He knows if the person to whom we spoke really wants to follow Him or simply wants Him to be their “genie of the lamp”.

What about all the hypocrites who have ruined our witness? When Paul wrote to the church in Philippi, he had been jailed for preaching the gospel and saying that Caesar was not God. Some hated Paul so much that, although they didn’t believe in Jesus, they were preaching to get him in more trouble. In 1 Philippians 1:15-18, Paul writes us that God can use the gospel, even when preached from wrong motives. Rest in the Holy Spirit!

Why do some people seem to lead others to faith, when I can’t? 1 Corinthians 3:6-9 teaches us that Christians are members of a team, the Body of Christ. God grants some of us the privilege of “planting the gospel seed”. Some of us “water the seed.” But only God has the power to make the seed grow in them. God will use **you**!

SUGGESTIONS FOR SUCCESSFUL REUNIONS

RECALL POSITIVE EVENTS

Many times, we forget about the good times that we have had in our military transition. In order for families to adequately re-bond, the good times must be reinforced before they are forgotten.

REAFFIRM LOVE AND LOYALTY

The younger children are in a family the more likely they will determine family love and loyalty by circumstances. They often add two plus two and get FIVE! This is important in the **Rebuilding Process**. Of course, this kind of addition is not the exclusive pattern of young children. Couples often use circumstances to bring them to conclusions about love and loyalty. When a soldier works late, one spouse interprets it to mean that his or her soldier "simply works too hard" or "the unit owns him or her." Another spouse may interpret it to mean that she or he is no longer loved by the other, "He or she just doesn't want to come home!" So, you see that interpretation of events in our lives goes a long way in how we each understand our place in our relationships.

One thing that is essential to do in **REBUILDING** relationships so that they are strong enough to withstand another transition, is to exchange messages about love and loyalty. In **REBUILDING** every member of the relationships must hear and give positive messages about love and loyalty. This time there is no guess work involved. Children will hear the messages of love and loyalty they long to hear. Spouses will be reaffirmed by these same messages.

LEAVE CONFLICTS IN THE PAST

You've heard people say "forgive and forget." One of the most hurtful parts of being a couple or family is resentments and bitterness left over from the past. The past must be left in the past. When our memories are filled with hurtful feelings and conflicts from a transition the rebonding and rebuilding process is delayed or never fully completed.

RECOGNIZE POSITIVE CONTRIBUTIONS

There are routine positive contributions that each of us make to one another. These go on every day, throughout the day. We help one another. We share things. Children do cooperate sometime! Sometimes someone makes us laugh. We help one another find things and get ready to go. We love one another and we want to be together. Too often, the memories we have are not of these positive contributions, but of the conflicts that resulted from being in transition. We have to make a conscious effort to recognize

TELL STORIES ABOUT FAMILY STRENGTHS

Sometimes, it is healthy to laugh about how many times a family's new assignment changed. It may be okay to remember dreams that were created about going to Germany, but you didn't go there. You can recall how bad you thought it would be to leave and how through family cohesion you were able to do it. The key is to focus on the family strengths that got you all through it.

CREATE A PLAN FOR TOGETHERNESS & BUILDING FAMILY STRENGTHS

Spend Time Together	Practice Your Faith Together	Volunteer Your Time Together
Make Time to Talk Together	Do Activities Together	Share in Family Traditions
Spend Time w/o the Children	Celebrate Special Days	Share Meals Together

MAKE THE COMMITMENT TO REBUILD!!

A SAMPLE RELATIONSHIP COMMITMENT STATEMENT

I, _____, pledge to you, _____, my firm agreement that you can depend on me to:

1. Be loyal to you as my husband/wife/son/daughter/father/mother.
2. That I will tell you when I am troubled.
3. That I will offer you my help when you need it.
4. That I will not ridicule you by name calling or using profanity.
5. That I will work hard to spend time with you.
6. That I will encourage you to believe in me by my actions.
7. That I value the time you spend with me.
8. That I will listen to you.
9. That I will cooperate with you for what you want, if it is at all possible. (Be careful with this one with children. Younger children may believe that you will always give them what they want.)
10. That I will turn to you for help.
11. That I will want to share my experiences with you.

To all of these, at least, I pledge you my faithfulness. I do not mean these pledges to be only for today, but for the future, without end.

I pledge to you that if I find that it is hard for me to fulfill my pledge to you that we will, together, seek the guidance of a counselor to ensure that our lives will be happy.

I will forgive you and seek your forgiveness.

NAME

DATE

NAME

DATE