

# Magazine New Wine®

July 1986 \$1.95



**Charles Colson:**  
A Prophetic Voice

Also in this issue:

**REST**

**Jerry Savelle:**  
Overcoming  
weariness

**Marabel Morgan:**  
Hope for weary  
women

Warning:  
Workaholism  
may be good for  
your health

Preventing  
pastoral burnout



# Your Morning Started Off Great Until...

The doorbell rang and the water meter man informed you that you have a "leak somewhere." Sure enough. As you slosh through the water in the bedroom you hear the phone ring. Your husband's boss is coming to dinner. "Don't go to any extra trouble, honey." Right. By 6 P.M. you have answered the phone 15 times, rescued your daughter's cat from a near miss and you're ready for the funny farm.

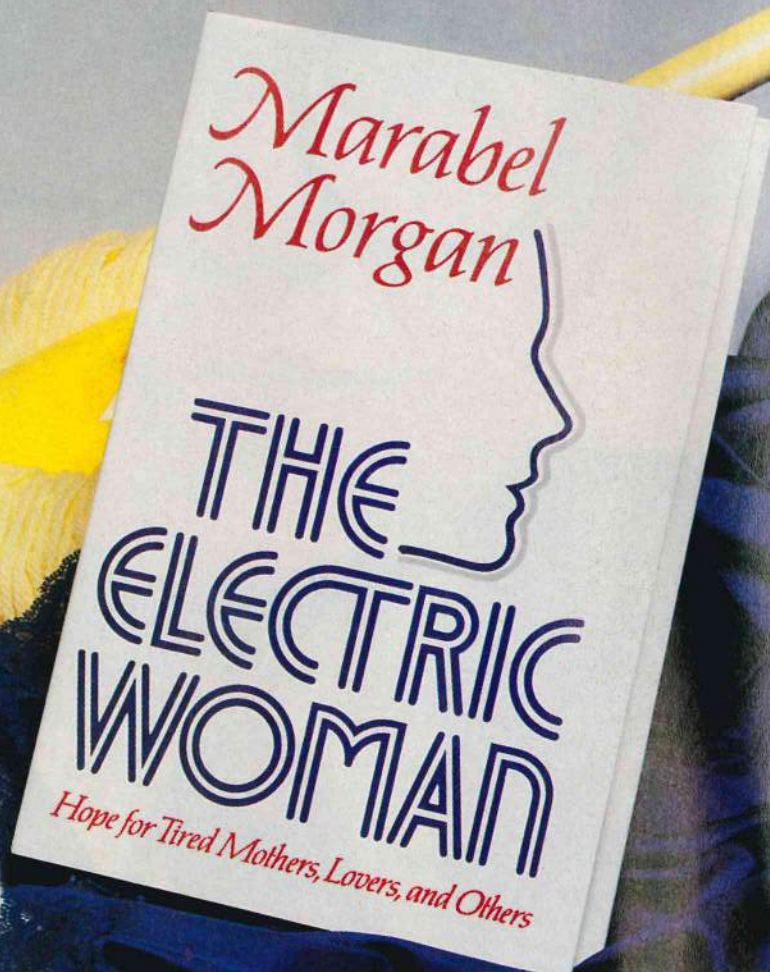
You have just experienced the diddly-squat irritations of life.

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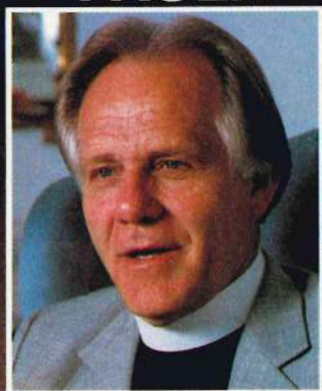


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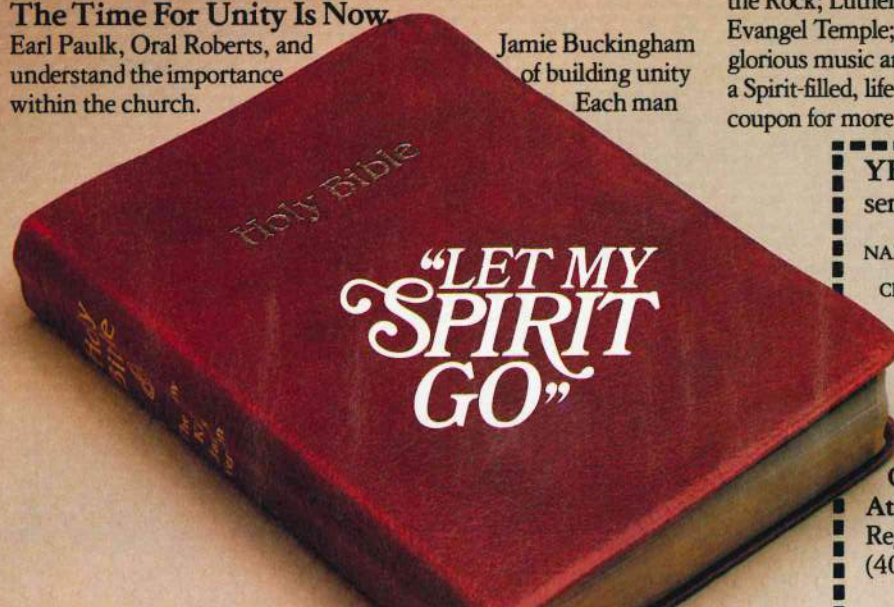
Earl Paulk, Oral Roberts, and understand the importance within the church.

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# Gary Smalley In Demand

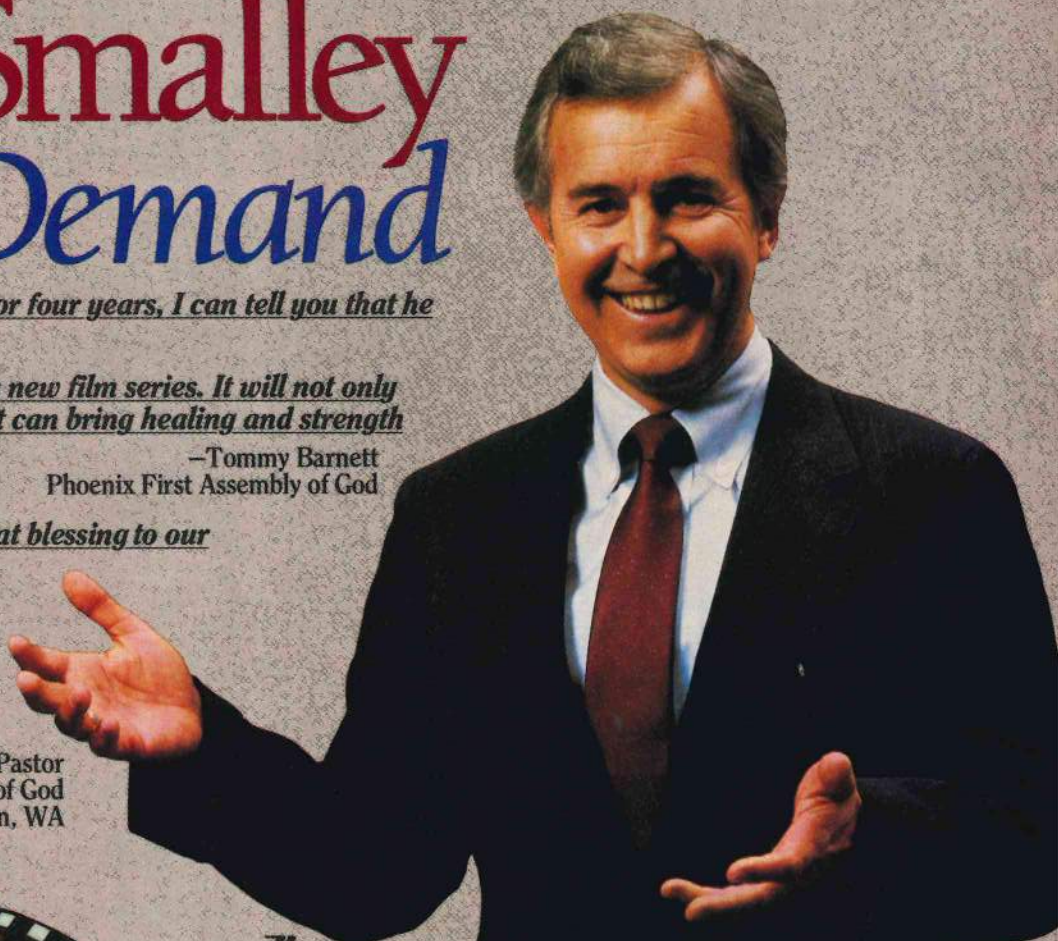
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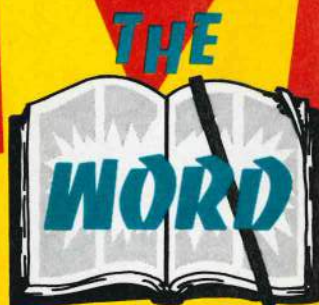
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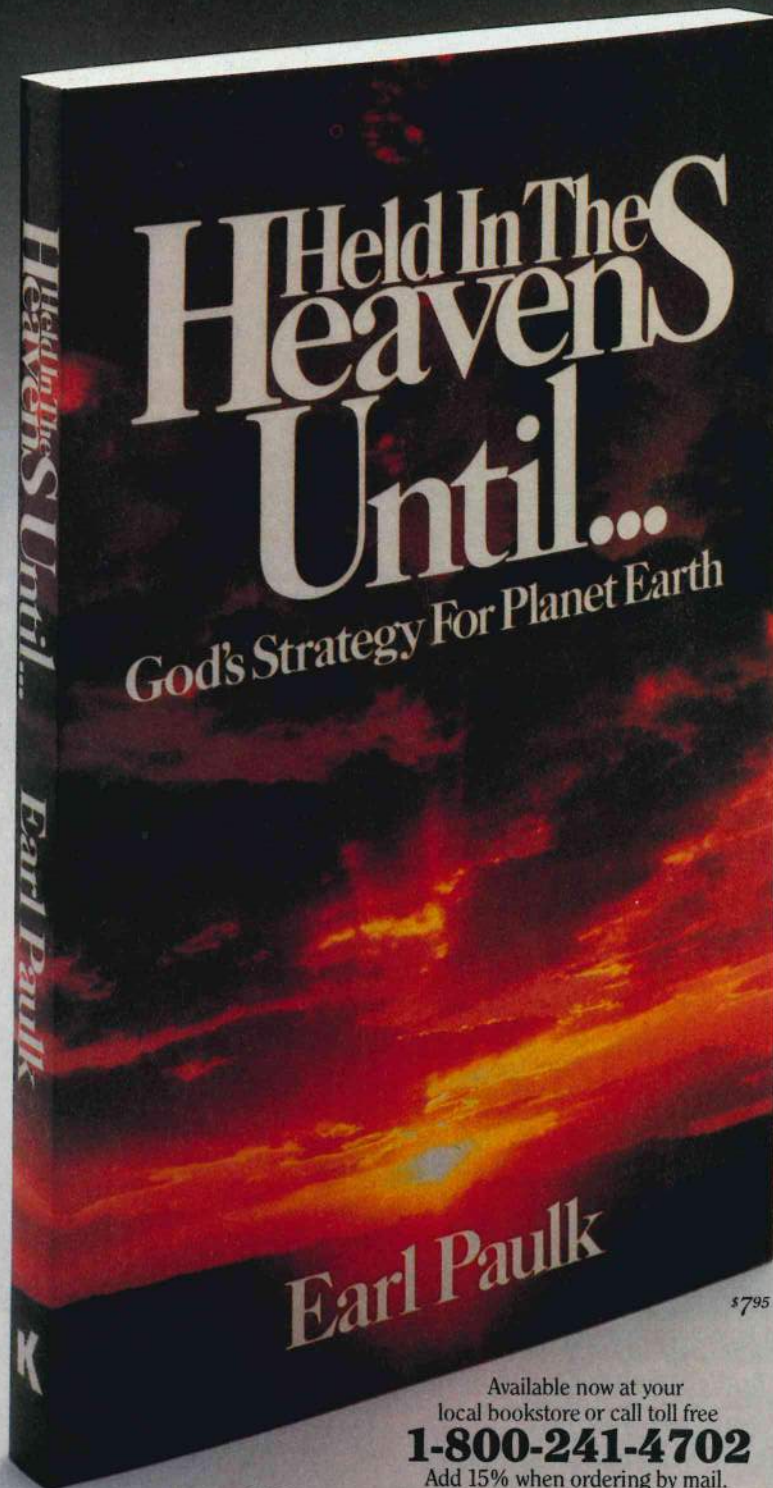
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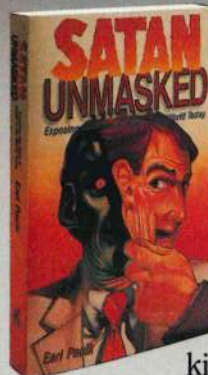
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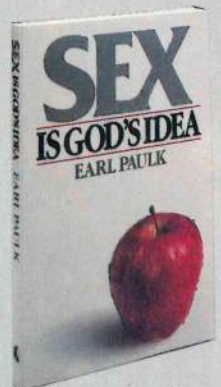
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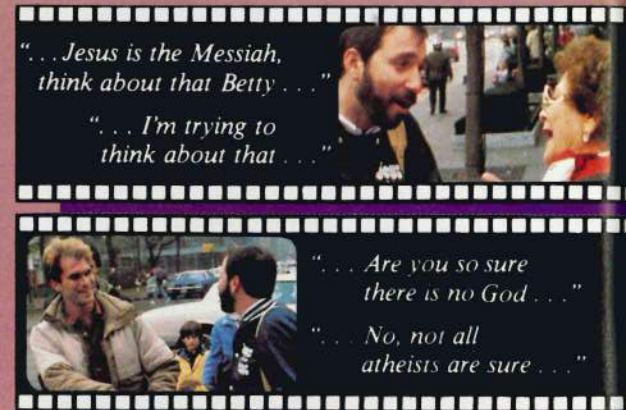
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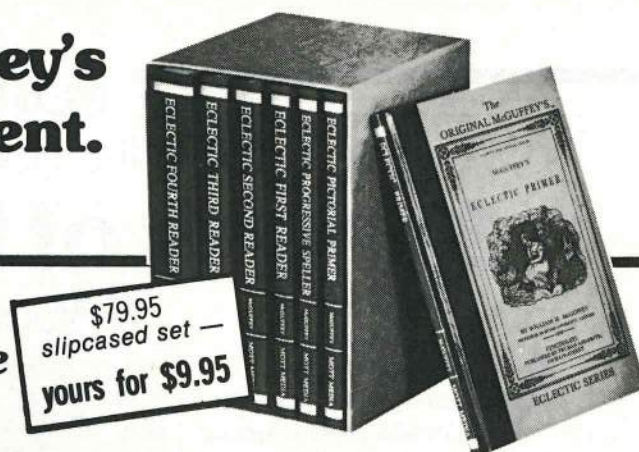
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## EDITORIAL

Spreading the good news of the gospel

# Scribes of the Kingdom

by Bruce Longstreth

**A** book sent overseas is a commodity and an ambassador of freedom, a share of American culture....When need be, the book is the vehicle in which the pen goes into battle.

I read that statement recently in a magazine article by Colin Walters, discussing the great "book gap" between the Soviet Union and the United States in the exportation of each country's ideology. Although the Soviets subsidize the translation and distribution of what their founding fathers had to say, the U.S. government has no such strategy. The private sector is almost totally responsible for what the rest of the world thinks about this country.

In 1982 alone, the Soviets published 74.5 million books in languages not native to the U.S.S.R.—a foreign language publishing effort for which there is no comparison anywhere. For example, despite the presence of 20 million Hispanics in the United States, our government publishes and subsidizes few books in Spanish. Yet the U.S.S.R., with no Spanish market at home, published 11.6 million books in that language in 1982. It is obvious the present revolutions in Central America have been largely initiated and sustained by the unprecedented publishing and distribution of Communist ideology.

Such statistics have made me wonder, *What effort is the Church making to publish and distribute the good news of Christ's kingdom, a redeemed culture in the midst of a decaying humanity?* I talked with the president of Christian Booksellers Association, Bill Anderson, to find out. He told me that last year Christian book sales in

this country totaled \$1,270,000,000. Most of the sales were books on how to be more effective in the daily expression of the Christian life.

Jesus said:

"Every scribe who has become a disciple of the kingdom of heaven is like a head of a household, who brings forth out of his treasures things new and old" (Mt. 13:52 NAS).

Scribes are true ambassadors of freedom, proclaimers of good tidings to the farthest reaches of the Kingdom. Their writings are the treasured records of God's dealings with His people. Through their pens, the scribes distribute the King's riches to people they may never see in places they may never go.

Each day I am more aware of the great privilege I have to write and edit for a Christian publication. As one of many scribes in Christ's kingdom, I am a caretaker of treasures new and old reserved for the use of God's people. It is always gratifying to receive letters from people around the world whose lives have been enriched by the ministry of the written word. Even the gentle criticism from those who share a different point of view is a challenge to make the message less complicated and more God centered, focused on lasting values that enrich the lives of those who read it.

This month we feature more articles in *New Wine* than ever, which means more words and thoughts from God's scribes. We also have more advertising, primarily from the publishers who help extend the reach of their pens.

We focus this issue on something

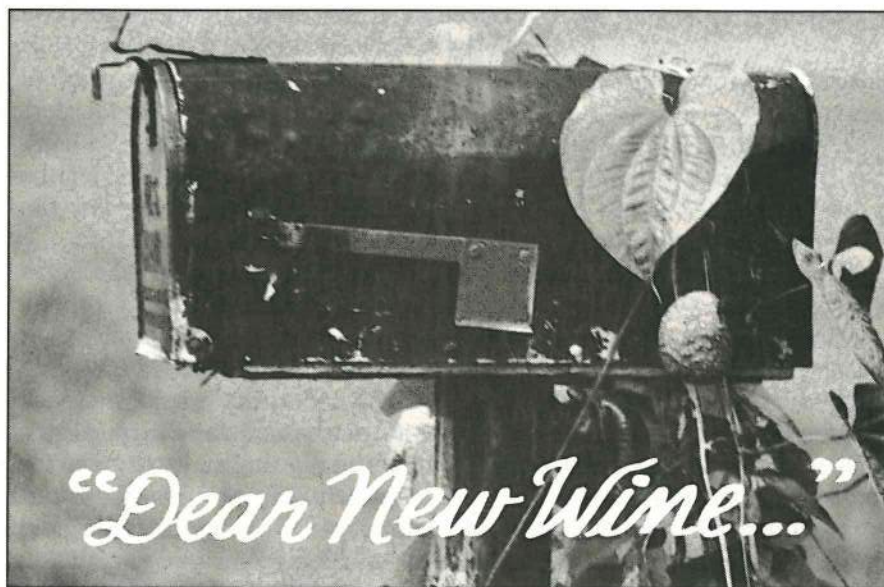
that many Christians think about this time of year—rest. But our scribes tell us something we may be surprised to hear: Rest is not merely the cessation of work. Charles Simpson says that the Lord gives us times of rest to refresh and renew us for the battles ahead. Ern Baxter explains what the Bible has to say about taking good care of our bodies. Marabel Morgan, author of *The Electric Woman*, shares from her own experiences as a wife and mother how women can find rest in the midst of busy schedules. Other articles cover the good and bad of stress and workaholicism, how the devil uses weariness to wear us down, and the necessity of taking a Sabbath.

We also feature Charles Colson, a man who was chosen by the Christian Booksellers Association, which meets this month in Washington, D.C., as its keynote speaker because of what he has to say to his fellow Kingdom citizens. Colson's experiences in government, prison, and with Prison Fellowship have given him a unique platform from which to speak.

The goal of every Kingdom scribe is to carefully communicate the King's wishes and to reflect the glory of His kingdom. For this reason, it behooves the writers, editors, and publishers of this generation to think carefully on what they put into print. Someone's view of the kingdom of God may be made initially by what we write. When the "pen goes into battle," it should proclaim a clear and certain message for this generation. Hopefully, many will follow the King and wage His war because of what faithful scribes have written. □



## LETTERS TO THE EDITOR



### **Stepping Out**

The April issue, "On the Edge of Adventure," was so timely for my family because after fifteen years of feeling called to be foster parents, we've finally felt God's push, and in faith we've stepped out. We are on the "edge of adventure" and feel so encouraged by every article! Also, the Hosanna! Music tape "Glory to the King" was by far the best!

Mrs. David Jolly  
Seattle, WA

### **Taking a Risk**

Charles Simpson's article "Road Making and Risk Taking" (April) touched a healing wound in my life. At thirty-three years of age, I left fifteen years of employment to follow the call of God, and went to a Bible school to prepare for fulfilling the call. But it was not for me. It seemed the training was without purpose within the framework and fellowship of that school's church affiliations. And because the diploma had no value in Protestant or charismatic circles, I began to question God about what it was all for.

Although many things have passed since then, I know the truth of Brother Simpson's words: "The Church exists to prepare and release

its members to function in their gifts and callings. If the Church does not experience the tears of graduation, it will experience the tears of frustration." My personal frustration did not pass until I laid down my license to minister and felt a release from it. I pray many, many of the leadership in the Church will read and heed this word from the Spirit.

Michael Madeleine  
Mount Clemens, MI

### **A Teenager's Search**

Wow! What a magazine the April issue turned out to be. As usual, God's timing was perfect and everything in that issue touched my life positively. I am a young woman of God (only fifteen years old), desiring to find His will throughout these tender but tough years.

My mother and I (I have no father) have been searching through prayer for answers to many questions about my future. It appears God heard our hearts and the April issue was a timely item that helped solidify our thoughts.

Because I want to work with a Christian ministry to help others, articles such as "Road Making and Risk Taking" by Charles Simpson

and "When God Calls You!" by Don Basham provided some missing puzzle pieces in my life.

Rachel Fischer  
Columbia, MD

### **Through the Narrow Gate**

Bruce Longstreth's inspirational editorial "The Sphere of the Spirit" (April) was a joy to read. His message was so clear and forthright. It must be a wonderful experience to live one's life within that "narrow gate" where grace abounds and the Spirit is in control. If only the many fellowships throughout this nation would preach and live that message, then our Messiah couldn't wait to return for His Church. He would be only a breath away.

Tony Menart  
Panama City, FL

### **Turning on the Power**

When I began reading "Power Evangelism" (April), I felt something start to change inside my heart. For many years I had tried plenty of ways to evangelize, fishing throughout the night, but I did not catch a thing. I now realize that I need the power of the Holy Spirit to do it well. I need to remain in Christ by the Holy Spirit.

Juan S. Soto  
San Marcos, TX

### **Alcoholism: Disease or Sin?**

I've been a regular reader of *New Wine* since 1974. I've been blessed and challenged, and have nearly always agreed with your articles. However, "A Conspiracy of Silence" (April), which dealt with a "Christian alcoholic," was disappointing to me. I think I understand what the author said and why he said it, and I do believe in forgiving and helping one another, but I don't think just because we have a problem in a particular area that we can excuse it. For example, is drunkenness a sin but alcoholism



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a disease? Is there "Christian" adultery or "Christian" homosexuality?

I pray that *New Wine* will maintain its high standards and not begin compromising. Hopefully, "A Test for Drinkers" that accompanied the article will not apply to your readers!

Carlyle Stenberg  
Watford City, ND

## ***A Recovered Alcoholic Writes***

As a recovered alcoholic starting my fourteenth year of sobriety, I read with much interest your story. Please help me to reach the clergy within our church who really don't understand this terrible disease. I believe they want to understand it, but simply can't relate.

How does an alcoholic find and put Jesus Christ into the Alcoholics Anonymous (AA) message? I believe that AA is a Christian spiritual program; as it says in AA's *Big Book*, we are reborn. Thanks to the author for having the courage to share his story. I'm sure that God will touch other clergy who still suffer.

Name withheld

## ***Starting Over***

I took "A Test for Drinkers," but already knew the outcome—since March 3, I've been incarcerated in the Missouri State Correctional System on an alcohol-related offense. I answered yes to all twelve questions!

Alcohol has certainly destroyed my life to date. Now is the time for rebuilding the remains, and I do need help. Faith is hard to come by and I have a difficult road ahead, but I am thinking positively! With your help and the Lord's, I will survive.

Name withheld

## ***Will to Live, or Living Will?***

Your question regarding euthanasia—"Can this next attack on life be prevented?" ("First Abortion, Then Euthanasia," March)—was answered before you asked. The morally impaired have been murdering the physically impaired long

before *Roe v. Wade*, the Supreme Court decision legalizing abortion.

The vital question is, Can we halt the euthanasia blitzkrieg before its victims dwarf America's abortion holocaust, as reason dictates it will? Humanly speaking, the logical answer is no. A nation that murders healthy babies (its future) can hardly be expected to sacrifice for the infirmed, impaired, and aged (its past). What can we do about it?

Pray. Pray that God who gives life will provide defenders to protect it. Pray for the ministry of Citizens United Resisting Euthanasia (CURE). With God's help, we reach out to troubled families besieged by those plotting an early grave for Mom, Hubby, or Sis. We fight euthanasia without exception and without compromise.

Act. God has called *you* to defend life (see Deuteronomy 30:19), beginning with your own family.

We will send a free copy of the Life Support Directive to those who write us (CURE, Route 1, Box 3, Shepherdstown, West Virginia 25443). It can be used by anyone who believes in the will to live (as ordained by God), not the living will (as devised by Satan).

Earl E. Appleby, Jr.  
Executive Director  
CURE

"Dear New Wine" is your platform to express your point of view about a *New Wine* article, to pose a question, or to disagree with a point we've made.

If you'd like to respond to a specific article, to question a writer, or to share how God spoke to you or challenged you, this is your opportunity to do it. Send your letters to "Dear New Wine," P.O. Box Z, Mobile, Alabama 36616.



## HOMESPUN

The luncheon special

# Egg Rolls, Pepper Steak, and Good News

by Dee Clark

**M**ommy, is this an idol?" My daughter Vicky was pointing to a decoration in the Chinese restaurant where we were having lunch. The fixture was a gold serpentlike creature with flared nostrils. I glanced around to see if anyone was within earshot of my discerning four year old.

"I'm not sure, Honey," I whispered, hoping the waitress couldn't hear me. "It might have to do with a Chinese religion."

I feared what might come next. Then, with her brown eyes opened wide, she asked, "Mommy, are the people who work here pagans?"

"I don't know," I muttered. *Surely she's overheard our conversation by now, I thought.*

Just then an old, rather frail Chinese man came up and poured me a cup of steaming tea. Apparently he didn't speak English; he could only smile and nod in response to our comments and questions.

"Does he know Jesus?" Vicky asked when he left.

I began to wonder why we hadn't gone to eat pizza. I had hoped for an uncomplicated luncheon special, but as I looked at my concerned child, I knew this was not to be. I had visions of egg roll, pepper steak, and fried rice. Vicky had visions of the restaurant staff being thrown into the lake of fire.

"Mommy, do these people come here at night and bow down before these idols?" she continued.

"I don't think so," I said. To me it was just a typical Chinese restaurant. To Vicky it was very serious business.

"Let's pray for these people right

now, Mommy!" she insisted. We did, and for a few moments afterward Vicky sat quietly eating. But soon she had another idea: "Let's tell the waitress about Jesus when we pay for the food! And you do it because I'm too scared!"

"Uh, she's working right now," I hedged, "and I don't think she has time to listen."

But Vicky's concern was contagious, and soon I was worrying about the restaurant staff as well. Perhaps no one had told them about Jesus. And what about that nice old man who couldn't understand English? It seemed doubtful that a Chinese-speaking missionary would find him anytime soon. I whispered my own prayer for him and asked God what we should do. The Holy Spirit gave me an idea.

"We could tell the people here that Jesus loves them," I said to Vicky. "I think they'd have time for that." It was a simple message but I knew there was power in that name.

I waited at the cash register until the waitress gave me my change and then said, "My little girl wants me to tell you and the rest of the staff that Jesus loves you."

She nodded politely. I went back to put the tip on the table and thought of the old man. Would the waitress give him the message? Cautiously I stepped over the kitchen threshold and craned my neck looking for him. When he saw me, he rushed to me. I held Vicky's hand and pulled her in front of me. "My little girl wants me to tell you that Jesus loves you," I said.

He turned around and called over

a young Chinese cook. I repeated my message and he translated it.

I could hardly believe what happened next. The old man became ecstatic, clapping his hands and laughing joyfully. He reached down and kissed Vicky on the forehead.

Somehow in that rather complicated exchange, God touched him. He heard the name of Jesus and received His love. I was amazed. *Why had I made it so hard, I wondered, when sharing God's love is so easy?*

As we headed for the car, I was rejoicing. Just as I was about to pull away, the old man ran out after us, still with a radiant smile on his face, and threw a little bag onto Vicky's lap. It was full of fortune cookies.

As we drove away, Vicky stared back at him. "I bet he gets all those idols out of there now!"

A few months later we returned to the same restaurant—Vicky carried a daffodil for the old man and I carried a gospel tract that told more specifically how to receive the love of Jesus. The Lord arranged our second visit also because both the old man and the young cook were on duty and were delighted to see us.

I'm not certain what the Lord will do with our simple testimony, but each time I think of that old man and his response to the love of Jesus, I am reminded of the simplicity of the gospel. "Jesus loves me, this I know, for the Bible tells me so." □

*Dee Clark is a New Wine reader who lives in Los Alamos, New Mexico.*



# FATHERGRAM®

Heritage

## 4th of July Fish Fry

by Vernon Simpson

**H**ave you ever been to a Fourth of July fish fry? Many years ago when I was just a young teenager, our neighbors invited me to one. The celebration was held on the banks of a millpond, which was used to turn a giant wheel that ground corn into meal. Instead of catching the fish, we drained the pond and collected them.

The fish were small, but there were thousands of them. A hundred people took part in the fun. The men and boys used seines made of feed sacks to get the fish while the women cleaned and prepared them. In went the fish into a big old wash pot about half full of boiling grease. Because our dinner was late and we were hungry, the cooking fish really smelled good!

What a feast as we ate the crisp fish (bones and all), along with potato salad, vegetables, and some of that good sweet potato pie—so good, in fact, that I can almost taste it sixty years later!

Dads, **let's be a little old-fashioned this Fourth of July** and celebrate with our neighbors and friends. It will help our kids to know our neighbors better and give them that grand feeling that we all "belong" and that we are in this together!

*Vernon Simpson is a contributing editor to "Fathergram."*

## Energy Efficient Dads

How to make the most of your family time

by Thomas Goetz

**I** have two sons; the oldest is eleven and the youngest, five. My eleven year old is a handicapped child who is quiet, gentle, and content to let life come to him. His brother, on the other hand, is convinced that God retired and left him in charge; he can turn even a quiet mealtime into a raucous contact sport.

Although I wouldn't trade either boy or any of the demands they make on my life for anything in the world, I must confess that sometimes **it seems as if being tired and being a father are the same thing.**

Can a father meet all the demands on his life and still find time to strengthen himself in the Lord? Can he function out of strength and grace rather than frustration and weariness? Yes! The key is in discovering and eliminating the "energy wasters" in our lives, and in doing the "energy producers."

One energy waster is undefined goals. I used to be frustrated because I never had the satisfaction of knowing when I was accomplishing anything. So through much prayer I settled on some goals for my children. I began praying, for example, that they would learn to fear God, and I backed it up with giving more consistent discipline and with pointing out the benefits of the fear of God in their lives.

**Another energy waster** is the frustration of having to do a job over because it wasn't done

right the first time. Our children's bedtime is a good example. One of my boys used to never stay in bed; he would always need one more drink or would suddenly remember a prayer request that hadn't been covered earlier. Once I pinpointed that energy waster and did something about it (all prayers said, the proper amount of juice consumed, cars correctly lined up on the shelf), I discovered that bedtime returned to a once-a-night event.

One more energy waster is guilt. I have found certain activities that I need to do every day. When I do them, I feel good; when I don't, I have a nagging sense of guilt. Nothing destroys emotional energy more quickly than guilt. I know, for example, that I need to pray with (not just for) my family every day, so I organize my schedule to do it.

I've also discovered **energy producers**—ways that I can increase my emotional energy level. Exercise is one of them. Because much of my workday is spent behind a desk, I get exhausted easily. But rather than taking a nap, what increases my energy is taking a jog. It's the ideal way for me to take a time-out without taking time off.

Another energy producer is spending time with my family. I love to watch my sons grow and change and discover new things. I've come home from work tired and wanting to "es-

*continued on page 13*



### **Efficient dads**

continued from page 12  
cape," but after a few minutes of listening to the account of a perfectly hit home run, I have an entirely new perspective for the rest of the evening.

The most significant energy producer I've found is in learning to leave the final results of my fathering to God. When I take myself too seriously and put too much responsibility for the outcome on my own shoulders, I wear out quickly. Nothing will defeat a father (or mother) faster than trying to do God's job for Him.

At times, the responsibility of fatherhood can be staggering, but when we learn with God's help to eliminate energy wasters and when we learn to make use of energy producers, being a father truly is one of the greatest joys of life. □

*Thomas Goetz is a pastor with The King's Community in Spokane, Washington.*

## **Let's Go Fishing**

**I**t's not the quantity of time you spend with your kids," Jim Grassi used to tell himself. "It's the quality of it." Grassi's philosophy was challenged, however, when he heard a talk by **Dr. James Dobson**, a well-known speaker on the family.

"That's just not true," Dobson said. "Both are equally important."

Grassi determined to spend more quality time with his eight-year-old twin boys, and later founded a ministry called **Let's Go Fishing** to help other dads enjoy what he calls the "Christian leisure ethic."

"Men are geared toward success," Grassi explains. "We have the Puritan work-ethic ingrained in us, but we forget that God talks about rest, leisure, and quiet times together—and He wants us to have balance in our lives. We need to get our priorities in order, and to think about things of eternal value. If we don't give

to our kids now, or if we aren't willing to be good models or to work on communication, we may not have an opportunity later."

Let's Go Fishing provides opportunities for dads and their boys to spend time together. Whether it's fishing, hunting, backpacking, boating, horseback riding, or cycling, the ministry provides everything they'll need—instruction, gear, food, lodging, evening programs of fellowship, teaching on relationships, and worship.

Grassi still struggles with being too busy on occasion. "I know lots of other men do too," he says. "When we get together, we can support one another, and hold one another accountable for being the fathers God wants us to be."

For more information on Let's Go Fishing, write P.O. Box 434, Moraga, California 94556, or call (415) 376-8277.

## **Family Affairs**

**T**he *Wall Street Journal* reports that since 1950 the proportion of mothers active in the U.S. work force has tripled, and the **working mother is now the norm**. Some 20 million women with children under 18 work—that's 62 percent of all U.S. women. Almost half of all mothers with infants are working....In a column in *The Washington Post*, Norman Podhoretz reports that two sociologists at the University of North Carolina have found that two-thirds of all American parents feel that "parents should be free to live their own lives even if it means spending less time with their children."... America's **divorce rate** declined for the second straight year, new government statistics show, after 20

years of increases. In 1983 (the last year for which statistics are available), there were 1,158,000 divorces, 12,000 fewer than 1982....*New Covenant* magazine reports that researchers using 1980 census data found that nearly 1 in every 2 marriages in the United States ends in divorce. Among couples married in a church and who attend church regularly, however, only 1 in every 50 divorce. Furthermore, among couples who also pray together at home, 1 in every 1,105 divorce.... A recent issue of *Public Opinion* reports on the ingredients that people believe make a **successful marriage**. Of those surveyed in the United States, the top 5 ingredients are faithfulness, mutual respect, understanding, a good sex life, and

children. The leading stress factors in marriage are financial matters and job demands.... Textbooks in U.S. public schools virtually ignore religion as an element in American life, reports Paul C. Vitz, a psychology professor at New York University. Books through the fourth grade make no reference to Protestantism, the nation's dominant faith, and only indirectly refer to Catholicism and Judaism. World history books give Mohammed more coverage than Jesus. Vitz also found that traditional family models are nonexistent in schoolbooks. The words *husband*, *wife*, *homemaker*, and *marriage* are not used; instead they are defined as "the people you live with."



# THE WORD

A journey through the Old Testament

## From the Jordan to Canaan

**T**he Book of Joshua is the record of Israel's conquest of Canaan through a divinely given war strategy, a strategy that is not simply ancient history, but is vital for us in our spiritual battles as well.

Joshua faced a formidable task in taking the land. The inspiration he needed came from a pre-Bethlehem appearance of Christ, who imparted to Joshua His own military leadership as captain of the Lord's host (see Joshua 5:13-14). Interestingly, *Joshua* is the Hebrew equivalent of the Greek word for "Jesus." Both names mean "Jehovah is salvation." Thus, Joshua is an outstanding type of Christ in the Old Testament, and Jesus is the Joshua of the New Testament.

God told the Israelites He would miraculously deliver the land into their hands if they fought for it according to His instructions. He first directed Joshua to send two spies into Jericho, where He had special plans for a woman named Rahab and her family. Although Rahab was a temple prostitute, she was extraordinary in her spiritual knowledge and hunger. She was apparently the only God-fearing citizen in the entire city, and the Lord chose to spare her the fate of the other inhabitants. Rahab eventually became the great-great-grandmother of King David, making her an ancestress of Jesus Himself.

Rahab's story clearly shows that God doesn't abide by our standards, and that we see only part of His plan. To accomplish His goal, we must obey His instructions to the

letter.

The Jericho campaign is one of the most curious in the history of warfare. Some suggest that God instructed the Israelites to walk around the walls thirteen times to convince them of the impossibility of taking the city by human force. The result of their obedience is a matter of scientific record. Archaeological findings indicate that the city was destroyed by something with the force of an atomic blast. The insides of the bricks were burned by intense heat, and the walls were completely destroyed.

The remainder of the Book of Joshua discusses God's instructions for dividing the land among the various tribes and establishing the government in the land. Israel was still not a full-fledged kingdom; it was more like a tribal confederacy, loosely joined around the shrine where the ark of the covenant was kept at Shiloh.

**GENERAL READING ASSIGNMENT:** Joshua chapters 1-24

### FIRST ASSIGNMENT:

Read Exodus chapters 3-4; Joshua 1:1-9; and Judges 6:11-24. Compare these passages with 1 Corinthians 1:26-31.

Questions for study and discussion:

1. What weaknesses did Moses, Joshua, and Gideon have when God called them?
2. What qualities did they have that commended them to God (see Numbers 12:3; Joshua 24:15; and Judges 7:15; 8:1-3)?

### SECOND ASSIGNMENT:

Read Joshua chapters 4-5.

Questions for study and discussion:

1. What is the significance of the twelve stones placed in the middle of the Jordan? What does it say about the responsibility of a father to his children today?
2. What is the significance of Gilgal? Why was there no more manna after the Israelites observed Passover there?

### THIRD ASSIGNMENT:

Read Joshua chapters 7-10.

Questions for study and discussion:

1. What is the sin of Achan? What would be a Kingdom parallel to this "sin in the camp" today? Why did God seem so upset over this matter?
2. How could Israel have avoided the compromise with the Gibeonites (see Joshua 9:14)?
3. What can we learn about covenant making from this episode?

### FOURTH ASSIGNMENT:

Read Joshua chapters 23-24.

Questions for study and discussion:

1. What were the exact words of exhortation from Joshua to the people? List the positive commands in one column and the negative ones in another.
2. What was to be their relationship to the Canaanites who were left in the land?



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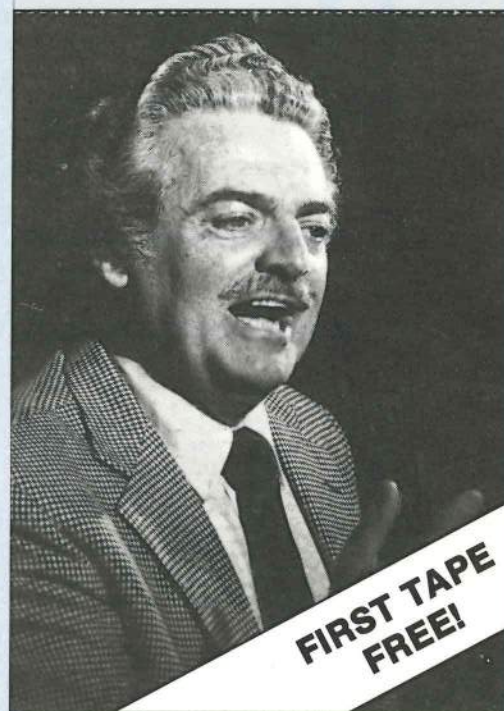
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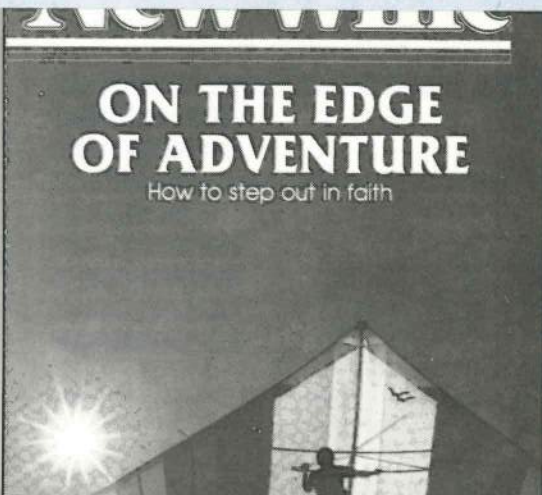
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**"What do you want with me?"**

Your life. I'll take it, rearrange it, make it new, fill it with LOVE...and you'll be happier than you have ever been before. I want to fill that **EMPTY SPACE** you have inside you.

**"What? Oh...you mean I'll be BORN AGAIN. I've heard a lot about that lately. It sounds so complicated and confusing..."**

It's not. But sometimes my people make it seem that way.

**"What do I have to do to earn it? Try to be a 'good guy'...join a church...try to be Holy?"**

No way. Eternal life is a **GIFT**. All you need to do is **accept** it. You don't **JOIN** the family of God...you're **BORN** into it.

**"I like what you say. But listen, I'm BAD NEWS. I've done some pretty rotten things in my life...and I've got some pretty heavy burdens that I can't seem to get rid of."**  
**YOU** can't. But **I** can. Trust me. I didn't come to condemn you. I'm here to **HELP**. I want to give you love, peace and joy.

**"Did you really die for me on the cross?"**

Yes. And I'd do it all over again.

**"Why me?"**

Because I love you. And because my Father has a **PLAN** for your life...and I want to reveal it to you. Trust me.

**"Is there really a devil? Is there really a Heaven? Is there really a Hell for those who reject you?"**

Yes...Yes...and absolutely. In that order.

**"Alright. I accept your offer of eternal life."**

In case you didn't hear it, the Angels in Heaven just gave a mighty shout. Now, let's pray together (repeat after me): **FATHER ...**

© Robert Gonzalez, 1979



**T**hat's right. Even when we cannot stop to rest, there are ways to rest while we continue our work. In a way, work is like swimming; the object is to make the most progress with the least effort. When I first began to swim, I discovered that "fighting" the water tired me out and made progress difficult. The prophet Ezekiel saw a vision of a river that flowed from underneath the temple altar and called it "water to swim in, a river that could not be forded" (Ezek. 47:5 NAS). There comes a time when the purpose of God becomes water to swim in; it gets deep. To continue, we have to learn to rest while we progress. We have to be able to relax while we make our strokes.

Recently a friend shared a prophetic word with me. He said that "burnout" was the result of overheating because of friction in our labor. This friction could be eased by the oil of grace and gladness.

#### When We Can't Stop

Are there ever times when God's purposes have put us in a place where we cannot stop to rest? Yes, I believe so. I do believe that normally we should rest one day each week but there are exceptions.

One of my favorite Bible characters is Nehemiah. He rebuilt the walls of Jerusalem in the midst of great opposition, including threats of violence and false prophecies. On one occasion his adversaries asked him to take a break and meet them for some discussion. It was a plot to divert him. His reply is classic.

"I am doing a great work and I cannot come down. Why should the work stop while I leave it and come down to you?" (Neh. 6:3 NAS).

He could not stop. For fifty-two days he labored until he finished the task.

Whatever task God has called

us to, we must learn to rest in the midst of our labor. But rest is more than the cessation of labor. The ungodly cannot truly rest even when they have no labor (see Isaiah 57:20). The godly, on the other hand, have entered into a rest that continues even when they labor. Here are three important aspects of genuine rest:

1. Rest is faith in God. Hebrews 4:3 says, "For we who have believed enter that rest" (NAS). Negative feelings produce friction and unneces-

sary labor. Trust in the Lord cuts down on the internal friction, and increases the rest factor.

2. Rest is thinking on good things. One of my favorite chapters is Philippians 4, where Paul urges several things upon the Church: harmony, rejoicing, patience, praying with thanksgiving, and thinking on good things. I often encourage anxious and tense people to read those verses.

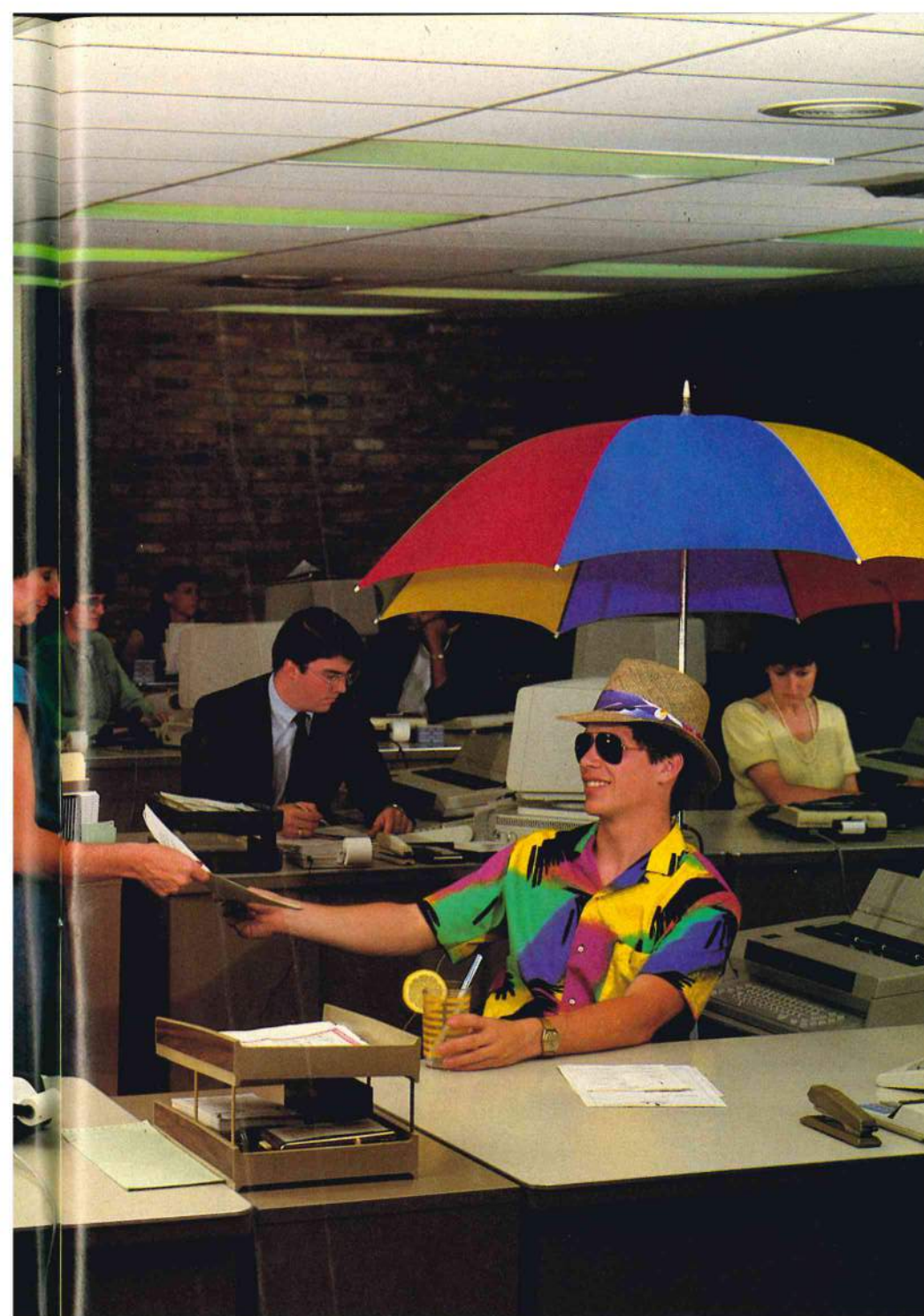
Our thought processes are important because they control our

# REST

How to find it in the midst of hard work  
by Charles Simpson







glandular functions. Unedifying preoccupations adversely affect our bodies, making our work more difficult and often bringing on sickness. I am persuaded that medical science can only prove Philippians chapter 4.

3. Rest is an attitude of joy. Nehemiah 8:10 says, "The joy of the Lord is your strength." Nehemiah had learned something special through his ordeal—that the joy of the Lord is strength. In fact, at the Feast of Tabernacles it was

illegal to mourn! God has ordained certain celebrations to remind us of His favor and to cause us to rejoice.

Joy will constantly renew our strength and enable us to endure when we cannot stop to rest. Enjoy a good laugh. It is like a time of rest. It promotes an attitude of joy that helps us "swim" above the turbulent waters.

#### **Strength in the Battle**

Before David became king of

Israel, he led a loyal band of soldiers. As they went out through the countryside engaging enemies, they left families and possessions at a camp called Ziklag. David and his troops were opposed both by Saul and by the enemies of Israel: the Philistines, Amalekites, and others. On one occasion while David and his troops were out, the Amalekites raided their camp, kidnaped their families, and stole their possessions. When David and his troops returned, they saw that their camp had been burned and looted and that their families were gone.

The soldiers were weary from the long campaign. The sight of the camp and the loss of their families was disheartening to the point of mutiny. They turned against David and talked of stoning him to death! What do we do when the task is unbearable? David could not take a vacation! He needed to act immediately to save the situation.

David began to seek God until the Holy Spirit came upon him. The Scripture says that he encouraged and strengthened himself in the Lord (see 1 Samuel 30:6). He entered into a divine rest amid a horrible situation! Before long, he had pursued the enemies and recaptured the families and possessions. But he would not have survived had he not known how to rest and be renewed amid the battle.

Sometimes God gives us a major assignment. It cannot be done in a few days, and we cannot quit until it is done. Most of us have been given some of those assignments.

On one occasion I was meeting with a group of ministers that had come together to discuss matters of mutual concern. One night after a meeting I became sick with a fever and lay in bed until early in the morning, unable to sleep. My body hurt; my soul was discouraged. I was away from home, and the devil was saying, "Quit! Get up, go home, and quit!" That is what he said. Have you ever heard that?

Then the Holy Spirit began to





## We can endure longer and use less energy when the task is done in tandem with the Lord.

talk. "Confess your faith," He said. So I did, even though I did not feel like it. I began, "I believe that Jesus Christ is the Son of God, that He was born of the virgin Mary, lived a sinless life, was crucified for my sin, rose again on the third day, according to the Scriptures, and ascended to the Father's right hand. I believe that He ever lives to make intercession for me, according to the will of God...." And on I went for fifteen minutes, quoting the Word of God.

Finally, hot tears flowed down my cheeks onto the pillow and I felt the Holy Spirit. Then I had a vision of one of David's mighty men standing in a field of vegetables. He had his sword drawn and was shouting at the enemies, "You can't

have this field! You can't have this field!" My spirit began to say it with him, "You can't have this field!"

Then God spoke to me, "Don't give up what I have given you." As He spoke, I entered into rest.

### A Call to the Weary

When Jesus said, "Come to Me, all who are weary and heavy-laden, and I will give you rest," He went on to say, "You shall find rest for your souls" (Mt. 11:28-29 NAS, italics mine). Yes, there is a time to rest our bodies. But until we find rest for our souls, we haven't found rest.

Jesus went on to say, "My yoke is easy" (v. 30 NAS). I read that one day and laughed out loud. *Easy?* I thought. *If His yoke is easy, where did this one come from?* However,

one way to translate the word *easy* is "pleasant." His yoke is pleasant. Now we are getting closer.

When we trust the Lord, it produces gentleness and humility of heart. The task done with Him is pleasant—even joyful. We can endure longer and use less energy when the task is done in tandem with Him.

Years ago I drove a car that had a very powerful engine. I was constantly amazed at how quiet it was. Driving sixty miles an hour seemed so easy for that car. When I had to climb a steep hill or pass another car, it did so almost effortlessly. It had power to spare.

Laboring in the Lord is like that. We have a tremendous reserve—our energies flow smoothly with minimal noise and friction. We are cool under pressure.

I once heard someone ask a commentator what he thought about a particular presidential candidate. He replied, "He's a good man, but I think he's stuck in second gear."

*How true,* I thought. *A lot of good people are "stuck in second gear."* Their progress is too slow compared to the noise they are making and the energy they are spending.

We can rest—even when we cannot stop what we are doing. We must focus on the Lord and begin to worship and to confess our faith in Him. Our attitude will change from striving to trusting and rejoicing, and we'll have a positive peacefulness. Our soul will move into a "higher gear," but it will take less effort to do the will of God. □

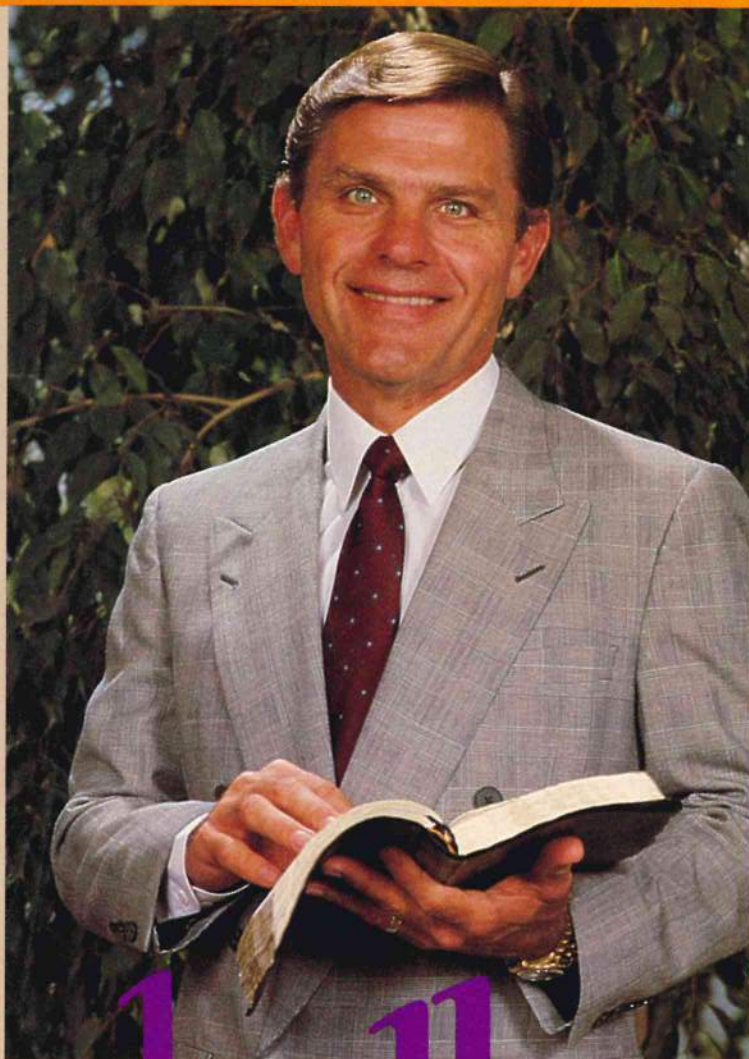


*Charles Simpson, senior pastor of Gulf Coast Covenant Church in Mobile, Alabama, ministers extensively throughout the United States and abroad. He is also chairman of the Integrity Communications Board of Directors.*



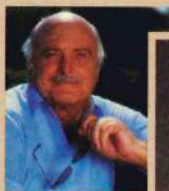
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A photograph of two men performing handstands on a grassy field. The man on the left is wearing a red long-sleeved shirt, white shorts, and black sneakers with white laces. The man on the right is wearing a grey long-sleeved shirt with red trim, black pants, and white sneakers with red laces. Both men are looking towards the camera. The background shows a grassy area with some trees in the distance.

# Body Builders

What the Bible says about taking good care of our bodies

by Ern Baxter



**I**f you happen to rent a house from a good landlord, you know he never minds keeping the place up. If the roof leaks or the plumbing breaks down, you call him and he sends someone over to fix the problem at his expense, since he is the owner. Once I surrender my body to the Lord as a temple for His Spirit, as the new Landlord He becomes responsible for repairs. As a member of the Covenant, I now have the privilege to call Him when my body breaks down. "Lord, your house needs some repairs...." Often He responds very graciously and sends some repairmen around to fix the place up.

If, however, I am constantly calling the landlord for repairs because I have been throwing chairs through the windows and flushing diapers down the toilet then eventually he's either going to charge me for the repairs, or let me live in the mess I've made, or tell me to get out. That's what my body's Landlord did to me. As a matter of fact, I came very close to being evicted!

As I understand our Covenant, the Lord will take care of the normal repairs, but we are responsible to honor Him by keeping His house in the best possible shape we can. Sometimes in His grace He will effect some repair even when we haven't done our part. But if we are wise, we will never presume on God's grace.

I have studied the Scripture systematically in order to understand the biblical principles with regard to our bodies. I would like to set forth what I found in a simple, straightforward fashion without excessive commentary. God's Word will have its own impact.

### **Lord of My Body**

*Principle 1: My body is "for the Lord, and the Lord for the body."*

"Food for the stomach and the stomach for food"—but God will destroy them both. The body is not meant for sexual immorality, but for the Lord,

and the Lord for the body (1 Cor. 6:13 NIV).

Scripture makes it plain that Jesus Christ is Lord of my body. My body was designed to manifest the purposes of God, and my soul and spirit are dependent upon the body to bring worship and obedience to God. Through the fall of man the body shared the effects of alienation from God and His creational design. In redemption, however, the body as well as the soul and spirit is to be restored as an instrument to express God's holiness and righteousness. We may only want our souls saved, but God wants to save the whole "us."

We must know what the Lord requires of us with regard to our bodies, and be as obedient to those requirements as we are in other areas of our personal response to Christ's lordship. Not only do we have "a body from the Lord"—that is, His lordship over our bodies; we also find that "the Lord is for the body"—that is, the Lord is infinitely interested in the well-being and redemption of our physical bodies. My body is not a despised appendage to my soul. It has its own distinctive purpose, function, and destiny under Christ's redemptive lordship.

*Principle 2: My body will be resurrected.*

"By His power God raised the Lord from the dead, and he will raise us also" (1 Cor. 6:14 NIV). As Christians, our attitude toward our bodies should be significantly affected by our coming resurrection. The future resurrection of this earthly body, which will be in the same form as Christ's glorified body, should impress us with reverent concern as to how we view and trust the organ which will house our glorified personality.

### **Sharing the Judgment**

*Principle 3: My body shares the judgment.*

For we must all appear before

the judgment seat of Christ, that each one may receive what is due him for the things done while in the body, whether good or bad (2 Cor. 5:10 NIV).

The body is an essential part of the human personality. By means of my body I do deeds, and my body shares the "reward" of those deeds whether they are "good" or "bad." In the horrible but accurate picture of ungodly society penned by Paul in Romans, we see the body as the instrument of man's unrestrained desire for forbidden pleasure. Because they chose this course, "God gave them up—to be the playthings of their own foul bodies" (Rom. 1:24 JBP). God's action resulted in the heathens' receiving "in themselves the due penalty for their perversion" (v. 27 NIV).

The body, as part of the total human personality, experiences its share of rewards and penalties now, and will do so at the judgment seat of Christ.

*Principle 4: My body is a member of Christ.*

"Do you not know that your bodies are members of Christ?" (1 Cor. 6:15 NAS). How supremely superior is the revelation of God concerning the human body when compared with the philosophical fumbblings of men in their lostness. I personally recall the measure of amazement I registered when I first faced the astounding implications of the phrase—"your bodies are members of Christ." At that time I was quite convinced that I was spiritually joined to Christ, but I had not thought of my body as sharing in that unity, at least not to the same degree. "You mean," I asked, "this dirty old body I pop Roloids into and stick under showers is part of Christ?" My attitude probably betrayed some sub-Christian thinking on my part concerning the nature of the Christian's body.

Verse 17 in the sixth chapter of Paul's letter goes on to state that he that is joined unto the Lord is



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one with Him in spirit. This provides a kind of Bible logic for verse 15. If my spirit is one spirit with the Lord, and my body is "for the Lord" and the instrument for my spirit's manifestation, my body evidently shares that vital union. This being the case, our unity with Christ imposes the highest conceivable obligation to act consistently with this intimate and exalting relationship.

### **The Temple of God**

*Principle 5: My body is a temple of the Holy Spirit.*

"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?" (1 Cor. 6:19 NIV). In Old Testament times the temple was "the holy place," the place of God's presence among men. Jesus, speaking of His body as "this temple," compared it with the temple in Jerusalem

which He called "my Father's house" (Jn. 2:16, 19). Then Paul in this same letter to the Corinthians refers to the Church as "the temple of God" (1 Cor. 3:16), as he does elsewhere in his writings (see 2 Corinthians 6:16; Ephesians 2:21).

How sobering and sanctifying this word should be. As the temple of God, my body stands in relationship with the glorious temple of the Old Covenant, the divinely prepared body of my incomparable Lord Jesus, and the ultimate community of God's presence and purpose. This one fact would seem to be sufficient to secure an attitude of holy, healthy concern

for the manner in which I care for my body. But there is more.

*Principle 6: My body is God's purchased possession.*

"You are not your own; you were bought at a price. Therefore honor God with your body" (1 Cor. 6:19-20

tion the purchase; he wants us to remember the "price." We are told that God purchased us "with his own blood" (Acts 20:28), and we are His "purchased possession" (Eph. 1:14).

"Therefore bring glory to God in your body" (1 Cor. 6:20 JBP).

**My Earthly House**  
*Principle 7: My body is my "home."*

If the earthly tent we live in is destroyed, we have a building from God, an eternal house in heaven, not built by human hands....Therefore we are always confident and know that as long as we are at home in the body we are away from the Lord (2 Cor. 5:1, 6 NIV).

My body is my "earthly house." To the biblical Christian who truly grasps the fullness of his redemption, it becomes immediately obvious

**The Lord would state:  
"You give me your body,  
and I—the God of the  
Universe—will  
keep you in the  
knowledge of My will  
from this day until time  
ends for you."**

NIV). If a Christian has been well instructed in the most elementary facts of his salvation, he should know he has been "redeemed." I have been purchased—I am the property of my Redeemer. Every part of me belongs to Him by purchase. I do not have independent rights to my body, or any other part of my being; I am *all* His! Paul bluntly says, "Ye are not your own," and remember, on this occasion he is speaking of our bodies. There is not a single Christian who has an independent, unilateral right to his body.

Paul is not content just to men-

tion that while my body is my home, I do not own it. Instead, I occupy my bodily home by the kindness of a wealthy Benefactor who came along when my house was owned and run by a vicious landlord. He bought my house and turned it over to me, asking me to care for it in accord with His requirements. Interestingly, His requirements for the care of my house are lovingly designed to ensure my peace, joy, and security. The kindness of my Benefactor and a proper concern for my own highest good should combine to make me want to be a good householder.



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*Principle 8: My body is a sacrificial offering to God.*

"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God" (Rom. 12:1 NIV). We are a sacrifice that lives. Christ's sacrificial death enables us to live a sacrificial life. We live to become, at every moment of our existence, the active agent of the divine will. Please note that Paul does not ask his readers to present their "souls and spirits" as a sacrifice. As a good Jew, he believed that if the body was presented, the soul and spirit had to come along.

Our "living sacrifice" is to be holy. This undoubtedly means "without blemish," or free from those defects which would cause an offering to be rejected. It is also to be acceptable, which would point to the Old Testament when it speaks of the offering as a sweet-smelling savor.

The presentation of our bodies to God as a living, constant sacrifice of our members to His will is our "reasonable service" (KJV) or "an act of intelligent worship" (JBP). Such a sacrifice is the most sound, sane, intelligent, reasonable, and rational thing a redeemed creature can do!

Beyond being our reasonable service to the Lord, our sacrifice is also the wisest move we can make. When we give our bodies to the Lord we enter into a kind of divine contract or covenant. The Lord would state something like this: "You give me your body, and I—the Creator, the Redeemer, and the God of the Universe—will keep you in the knowledge of My will from this day until time ends for you." There is also a maintenance clause in the contract: If we give Him our bodies in covenant, He will keep them quickened and patched up until the resurrection. Who could walk away from that deal?

## **Weapons of Righteousness**

*Principle 9: My body is an armory for righteousness.*

Do not, then allow sin to establish any power over your mortal bodies in making you give way to its lusts. Nor hand over your bodily parts to be, as it were, weapons of evil for the devil's purposes. But, like men rescued from certain death, put yourselves in God's hands as weapons of good for his own purposes (Rom. 6: 12-13 JBP).

Sin, in this passage, is referred to as a king who had previously ruled over my body, requiring me to be subject to its appetites. This destructive sovereign had enlisted the various parts of my body as weapons in the service of unrighteousness, with death as the wages for my service (see verse 23). Our Lord Jesus Christ changed that. He dethroned the king, delivered me from sin's army, and enlisted the various parts of my body to be used as weapons of righteousness. So Paul exhorts us to put ourselves at the disposal of God, as dead men raised to life. My body is a weapon to be used on the side of righteousness. It follows, then, that I ought to give my body the kind of care and treatment that will enable it to be most effective in its prescribed role in the warfare.

*Principle 10: My body is to be that of a well-conditioned athlete.*

"I buffet my body and make it my slave, lest possibly, after I have preached to others, I myself should be disqualified" (1 Cor. 9:27 NAS). It becomes obvious to us when reading the first Corinthian letter that the Corinthians lacked discipline in every area of life. In the ninth chapter, borrowing a figure from the athletic contest, Paul likens the Christian life to a race and boxing match. In connection with a race, he urges, "So run that ye may obtain." A competitor must have a desire to win. Desire alone, however, will not suffice. The athlete must train to be in top physical form: "Every competitor in athletic events goes into serious training"



(1 Cor. 9:25 JBP). "Let us strip off everything that hinders us," says another Bible writer, "as well as the sin which dogs our feet, and let us run the race that we have to run with patience, our eyes fixed on Jesus the source and the goal of our faith" (Heb. 12:1-2 JBP).

Paul was apparently impressed by the kind of dedication and discipline that characterized these athletes. "Athletes," he said, "will take tremendous pains—for a fading crown of leaves" (1 Cor. 9:25 JBP). What, then, should be the Christian's commitment, since "our contest is for a crown that will never fade" (v. 25 JBP)?

Challenged by the lesser to excel at the greater, Paul says, "I run the race then with determination" (v. 26 JBP). Then moving from running to boxing he becomes very specific about the place of his body in the greater spiritual contest. "I am no shadow-boxer," he writes. "I really fight!" (v. 26 JBP). And then his application takes a unique turn as he treats his body as an opponent: "I bruise my own body and make it know its master" (v. 27 NEB). This is strong language. The word translated "bruise" means "to hit under the eye"—that is, to buffet or disable an antagonist as a pugilist.

Paul realized that if he was to fulfil his work for God, *he must be master of his body*. If an athlete could master his body for fleeting glory and a perishable crown, how much more should the Christian

take authority over the illegitimate and excessive sensual desires of his body! With Paul this was not optional. His body was his only means of serving God. To fail to keep his body under the control of his God-mastered spirit was to

stating the husband's responsibility as "head of the wife," He commands the husband to love his wife as his own body since the two are "one flesh." He then points up a generally accepted fact: "No man ever yet hated his own flesh; but nourishes and cherishes it."

With a proper desire for the highest well-being of our physical body, we will intelligently nourish and cherish it, or as Bishop Moule comments, we will "develop its good condition and its well-being, its healthful comfort." *Nourish* refers to the "strengthening by food, renewing the life," and *cherish* to the "protection and preservation of life."

We can only conclude that it is not only man's instinct but his duty to protect and nourish that mysterious work of God, his body, connected as it is by God's will in a thousand ways to

the action of his spirit. □

**It is not only man's instinct but his duty to protect and nourish that mysterious work of God, his body, connected as it is by God's will in a thousand ways to the action of his spirit.**

risk being "disqualified."

#### **"Nourish and Cherish"**

*Principle 11: My body is something I "nourish and cherish"* (see Leviticus 19:18; Matthew 19:19; 22:39; Romans 13:9; Galatians 5:14; James 2:8; Ephesians 5:28-29; 2 Timothy 3:2). "No man ever yet hated his own flesh" (Eph. 5:29).

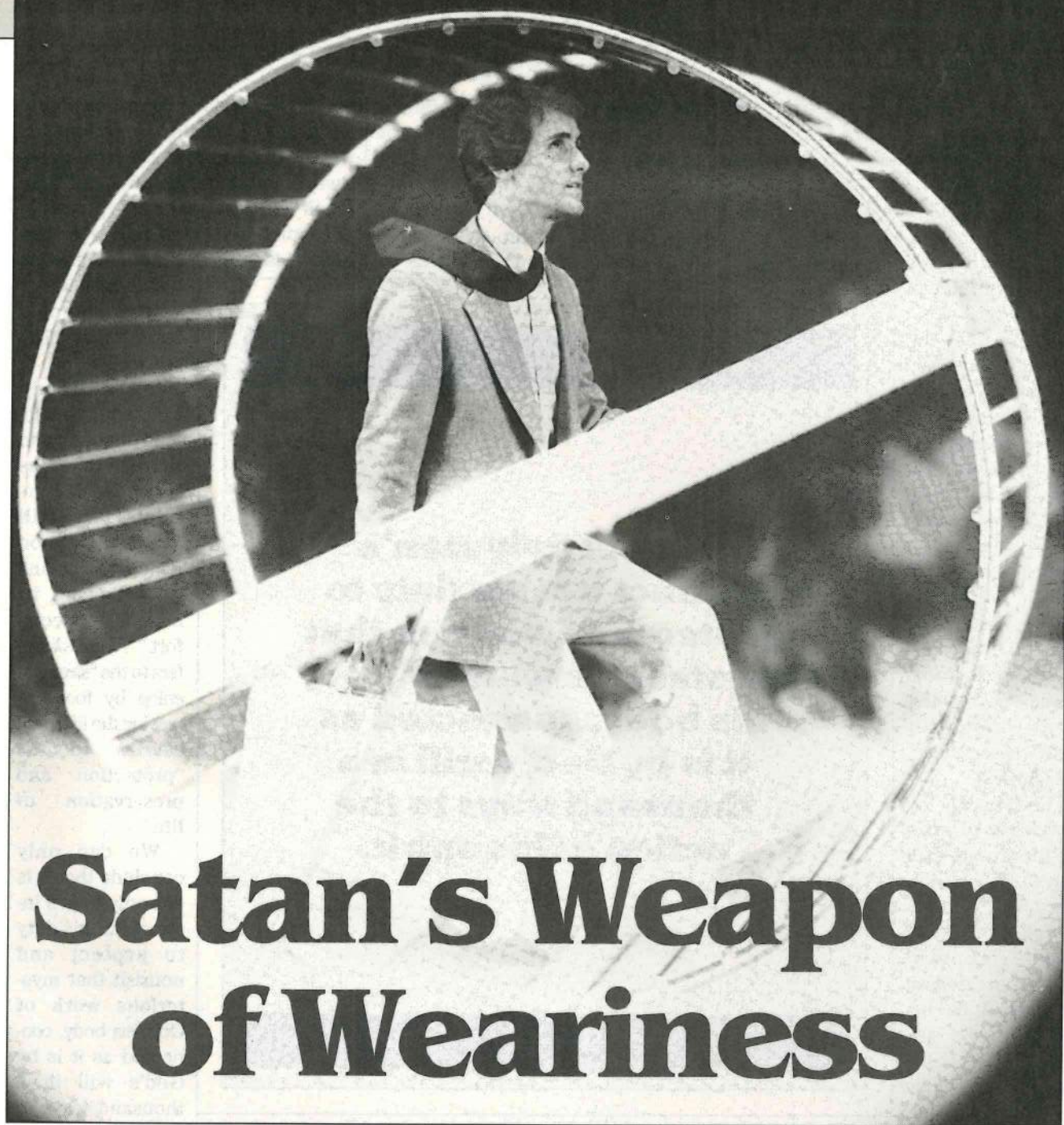
The importance of caring for our bodies is indirectly referred to in Paul's teaching on the marriage relationship. Men are to "love their wives as their own bodies." God's order for marriage is that the "two shall become one flesh." Therefore,

Article adapted from "I Almost Died!" by Ern Baxter. Copyright © 1983 by Integrity Communications.



Ern Baxter, a long-time leader in the charismatic renewal, pastored a large evangelical church in Canada for more than twenty years. A popular speaker, he has traveled extensively during the past fifty-three years. He is senior pastor of Christ Chapel in San Diego.





# Satan's Weapon of Weariness

We can't dodge the draft, but we can win the war.

by Jerry Savelle

**I** spoke at a meeting a few years ago, and afterward a woman came up to ask me a question. "Brother Savelle," she began, "why do you preachers always talk about being harassed by the devil? He never bothers me!"

"Sure," I told her, "he doesn't bother folks who don't bother him!"

The devil is determined to stop anyone who is winning souls, anyone

who is fulfilling God's mission, and anyone who is committed to walking with God. Many people have told me lately that when they recall everything they have been through over the past several months, it's a wonder they still have their sanity.

The devil has been fighting a lot of people tooth and nail! He's tried his best to convince them that they will never fulfil the calling on their

lives, that they will never enter into the ministries God has called them to, and that even if they tried, there's not enough money in the world to do what God is telling them to do.

Often the result of our constant battle against Satan is that we become weary. Weariness is one of the devil's chief weapons against the Church. But the Bible says, "Let us not be weary in well doing" (Gal. 6:9).



# God is raising up an army that is going to march into the devil's camp and reclaim everything he has stolen from the Church.

A lot of people were born-again under a delusion. "If I become a Christian," they reasoned, "my life will be a bed of roses. If I ever become spiritual, I'll have no more battles." But the battles do not decrease when we follow God; they increase. Our mission is to engage in warfare against Satan until Jesus comes again. As Christians, we cannot dodge the draft. As long as we're on this planet the devil is going to fight us. He's out to steal, to kill, and to destroy, and he'll do it by creating enough havoc in our lives to make us weary.

Many Christians today are weary. They haven't given up; they still trust God and would never think of turning their backs on Him. But they're weary because they have been in the heat of the battle.

In my sixteen years as a believer, I've never seen a more difficult year for the body of Christ than last year. It seems that when we entered the 1980's God placed a greater demand on the body of Christ to grow up, to become mature, and to get rid of sin. The fire of God has swept through the Church to purify it, to purge it, and to conform it to the image of His Son.

As God has begun to raise up a people who want His power and glory manifested on the earth, Satan has realized that his days are numbered. He cannot afford for us to be strong in faith or full of joy when we ought to be grieved and full of sorrow. He doesn't want ma-

ture leaders in the Church; he wants losers. He wants to make us weary in well doing, because he knows if he can get us weary, we'll drop out of the race.

## Boot Camp

To prevent weariness, a Christian must be well trained and prepared for battle. Men who have served in the armed forces know that boot camp is no picnic. I remember well my eight weeks of intense training. It was so grueling that sometimes I'd think, *If I could get my hands on that sergeant off base, I'd...* Only later did I realize he was trying to save my life.

Likewise, sometimes Christians get mad at their leaders. "I don't know why he keeps harping on this," they complain. "I don't know why we have to keep learning the same old stuff—meeting after meeting, seven points for this, eight points for that. I need five points to remember where I left the six points!"

But our leaders are trying to prepare us for spiritual battle; what we learn in their boot camp will save our lives. Of course, in some churches, Christians don't learn how to fight; they learn how to lose. I once heard a preacher say that a church will teach us either how to save our life in combat or how to destroy it in combat. Thank God for leaders who will dare us and challenge us, leaders who won't just tickle our ears but rather kick us in the spiritual backside and say, "Get up, Boy!

You're not going to lie in the bunk when it's time to fight!"

Soldiers who live through boot camp go on to advanced individual training, where they are taught a specific job skill. Only when they are fully-trained, finely-tuned soldiers are they ready for combat. A good general would never put a new recruit on the front lines; only after he has come up through the ranks and is a disciplined fighting man is he ready to see combat.

The body of Christ has been going through boot camp ever since the charismatic renewal began in the 1960's. Some people couldn't handle the pressure. They got weary and returned to their old life. Others persevered and graduated from boot camp. In the late 1970's, God moved us on to advanced individual training, where He began to show us our individual jobs in His kingdom. His goal was to make us specialists—skilled warriors in the most elite army on the face of the earth.

## Refreshed in the Battle

The army of God is at war. Satan has launched an attack on the Church of Jesus Christ like it has never known. He wants the world as his trophy. As members of God's army who have been in battle after battle, we must guard against weariness. The Apostle Peter talks about being refreshed:

Repent ye therefore, and be converted, that your sins may be





## Refreshment is not something we can work up. It comes from the Lord's presence.

blotted out, when the times of refreshing shall come from the presence of the Lord; and he shall send Jesus Christ, which before was preached unto you: whom the heaven must receive until the times of restitution of all things, which God hath spoken by the mouth of all his holy prophets since the world began" (Acts 3:19-21).

The Holy Spirit revealed to Peter that restoration would come in the last days. We are in a time of restoration now. God is restoring His word to the Church. He is restoring revelation to the Church. He is restoring miracles, gifts, and Spirit-led leaders to the Church. God is raising up an army that is going to march into the devil's camp and reclaim everything he has stolen from the Church.

The Amplified Bible describes this time of restoration, or refreshing, as "recovering from the effects of heat" (Acts 3:19 AMP). W. E. Vine says that *refreshing* means to give intermission from labor.<sup>1</sup> He doesn't say quit; he says it's an intermission—a break. We're like a football player who has run, been tackled, been hit, been kicked, and been stomped on, and his coach

tells him, "It's your play. Take the ball and run." He's not even sure he can muster the strength to carry the ball, but all of a sudden, from somewhere deep inside him, there is a reservoir of strength that he taps into. He's suddenly able to run farther and harder than he has all day.

Our times of refreshment allow us to tap into God, where we can find a reservoir of strength that we too didn't know was available. And won't the devil be surprised to face troops that have been rejuvenated through the strength of Almighty God?

That is what God wants to do for the Church. Although the devil wants us to feel like we can't run any farther, God is calling our number and He is going to refresh us. He is going to strengthen us. We are going to recover from the effects of heat. We are going to be revived with fresh air as we come into His presence. We are going to be able to run harder than ever.

Refreshment is not something we can work up. It comes from the presence of the Lord. We can only come into His presence with thanksgiving and praise but as we do, we will find refreshment and our weariness will leave. The Bible says, "In Thy presence is fulness of joy" (Ps. 16:11 NAS). As we enter into His presence, not only will we be inspired, but we'll be more fully committed to fight for the name of Jesus.

Remember this: God is not going to put us on the front lines so that we get fatigued, battered, and beat down. The troops on the front lines—the ones taking the direct fire of the enemy—are His choice troops. Anyone can sit in church, where it's comfortable. It takes spiritual guts to get out into the jungles of this world and win the lost. And when we have been in battle—hand-to-hand combat—God will show us His faithfulness by refreshing us. If we stay in His presence, He will be faithful to send refreshment, and

we'll be renewed for the battles ahead. □

### Footnote

<sup>1</sup> W. E. Vine, *An Expository Dictionary of New Testament Words* (Old Tappan, NJ: Fleming H. Revell Co., 1966), p. 265.

Scripture marked AMP: *The Amplified New Testament*, Copyright © 1958 by the Lockman Foundation.



*Jerry Savelle, an evangelist, teacher, and author, is president of Jerry Savelle Ministries, which includes a prison outreach and Overcoming Faith Churches of Kenya.*

## "Day of Spiritual Reckoning"

**O**n July 4, Christians around the world will declare their independence from spiritual forces that hold their countries in darkness. On this "Day of Spiritual Reckoning," they will join together in prayer to bind the spirits of atheism, lawlessness, and mammon, and to ask God to loose His power to bring spiritual renewal on the earth.

The prayer effort, organized by Bishop Earl Paulk, senior pastor of Chapel Hill Harvester Church in Atlanta, includes the intercession of Christians who have committed to pray at the Statue of Liberty in New York, at the Vatican, and at numerous government buildings in Latin America, Africa, and South America. "The most exciting aspect of prayer," says Paulk, "is that once we obey God in intercession, the results are left to Him. I am confident that spiritual agreement among believers on July 4 will get results impacting upon society."

For more information on the "Day of Spiritual Reckoning," contact Duane Swilley, "Let My Spirit Go," P.O. Box 7300, Atlanta, Georgia 30357; (404) 243-5112. □



# BURNOUT!

Help for the overworked, stretched-too-far Christian leader

by Dick Iverson

**B**urnout!" It's the trademark of the eighties. Teachers, bureaucrats, and even pastors suffer with the disease. But does it have to be so?

Recently, I took a long, hard look at my responsibilities: senior pastor of a church of three thousand members, president of a Bible college, overseer of an elementary school and a high school, speaker at up to eight conferences and three over-

seas ministry trips a year, pastor of other pastors, in charge of elders and staff development, and the list goes on. Although mine is a full schedule, it is not unlike that of scores of active leaders across the nation.

How does a leader handle such pressure without suffering a nervous breakdown, a heart attack, or burnout? In my thirty-five years of ministry, the Lord has taught

me important principles that have to do with maintaining peace with God, with my family, in my schedule, and as a pastor. When applied to life's pressures, these simple principles have brought peace to me, to my wife and our four children, and to our church.

## Peace With God

The undeniable source of my personal strength is communion with





God. That is not a token statement made because I'm a pastor. Prayer, periodic fasting, and a continual diet of the Word of God, both for study and for devotion, are my first priorities.

Also, several times a year I go away to a motel to fast, pray, and seek the Lord. During those times only my wife knows where I am, and in that undisturbed place the Lord speaks to me and renews my vision. If Jesus found it necessary to withdraw periodically during His years of earthly ministry, how much more do we need to? Such times can also keep us up-to-date with what God is saying and doing in the earth. What rest it brings to know we are in touch with God's purpose.

### **Peace With the Family**

One key to rest is a virtuous woman, so in my family I try to consider my wife's needs first. Edie, my wife of thirty-six years, has made our home my castle. Although I have good times of fellowship with other men, I always anticipate being at home because it is a place of rest. I am only able to offer peace to others to the degree I experience it at home.

My wife's needs have always been more important than my church's, other ministers', or my own. To stay sensitive to her, I decided early in our marriage to have a date a week with her. Sometimes we could squeeze in only a noon meal alone together, but we endeavored to get that time alone to communicate. Through that time together, the Lord showed me how to stay out of trouble—by listening to my wife! If she feels uneasy, even though she may not be able to explain her feelings to the satisfaction of my logical mind, I listen to her God-given sensitivity.

Another key to maintaining peace in our home is in viewing our daughters as a "reward of the Lord." They are not a hindrance to my ministry; they share in it. In fact, they are my most important congre-

gation. If I am a success with them, then I'm a success in the eyes of the Lord. But if I am a failure with them, then I'm a failure in the eyes of the Lord. Without seeing them that way, I could win the whole world for Christ, yet lose my own family.

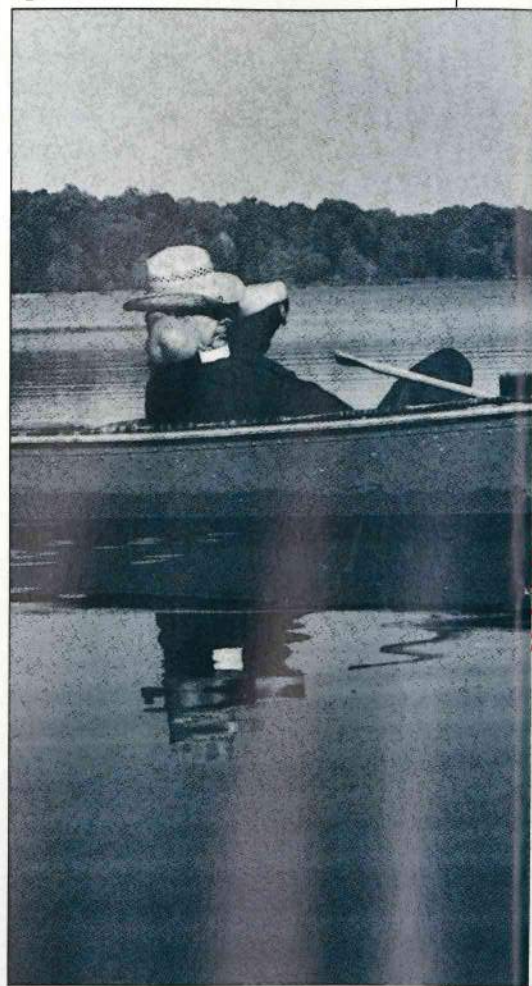
A peaceful family life requires spending consistent quality time together. How can this be done in a pastor's home where interruptions are normal and getting through dinner without receiving an "urgent" phone call is a miracle? Quality times take determination. From the time when our four girls were small we decided we would have two meals—breakfast and dinner—together as a family. Unless I was out of town, which was seldom when they were young, or unless a dire emergency occurred, we shared fourteen mealtimes every week. I also spent a minimum of five minutes a day alone with each of the girls. My desire was to become their best friend and coach for life so that when they grew up and had problems, I would be able to teach them out of a strong relationship with them.

I also decided long ago that our vacations would be family vacations. Each year, we set aside two weeks for an in-depth family time. We'd go to the coast, the mountains, or the high desert country where we were unknown to devote ourselves to activities chosen by the girls. We didn't use this time to "minister" to other couples, nor did we take a "preacher's vacation" to preach a series of meetings at another church. On those vacation Sundays we attended churches where we could go and receive preaching of the word of God as ministry to our own spirits.

Those times were special, particularly when I realized how fast children grow up. When our youngest child was ten years old, for example, I suddenly became aware I had only eight more vacations with her—not eight years, but just eight in-depth family sharing times until

she would become a young adult and be ready to go out on her own.

I also consider my family as a part of my calling. When the children were growing up, we discussed various aspects of the ministry that they could grasp. I listened to their perspectives because I valued their opinions.



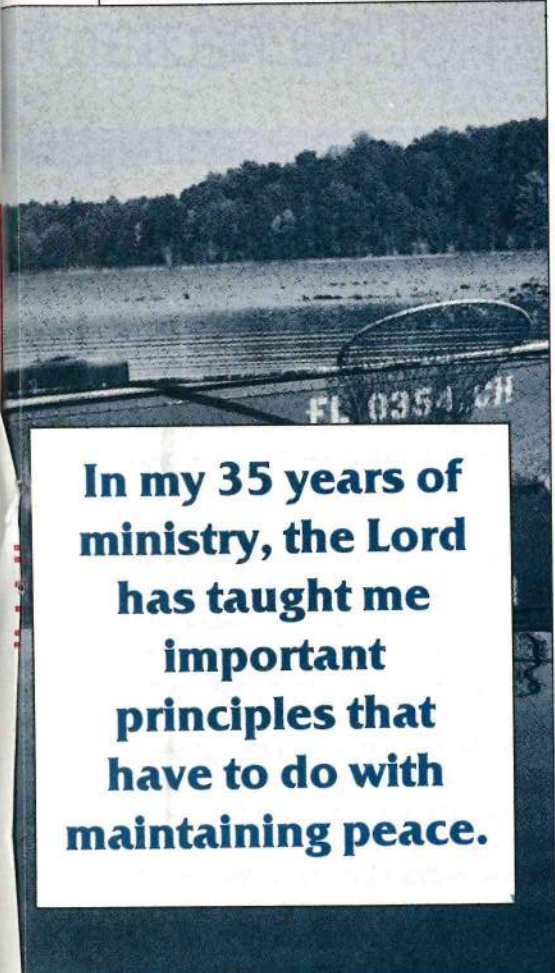
Upon returning home from an extended trip, the first ones I see are not my elders, but my wife and children. They know they are my first priority as they hear the first report, and I know they have been praying for me and for the meetings. Of course, they also look forward to going out to dinner, which is a treat that I pay for out of the honorarium I receive from speaking.

### **Peace in My Schedule**

Controlling my schedule and not letting it control me is essential. But without a doubt the hardest



word for a pastor to say is no. Great are the needs all around us, but no matter how hard we try or how many hours we invest, we cannot now, or ever, meet all the needs of all the people. We must determine by prayer which ones we should meet and which ones we should delegate to others.



**In my 35 years of ministry, the Lord has taught me important principles that have to do with maintaining peace.**

I also say no at times so that I can say yes to being a good steward of my body. Along with proper nutritional habits, I participate three times a week in an aerobic activity. Racquetball is the sport I enjoy most, so my secretary blocks out an appointment for me and a partner just as she would set an appointment for any other meeting.

Peace in my schedule also requires that I "turn the key in the lock" each day when I leave my office. The Lord doesn't ask me to carry the burdens of others with me all the time. In fact, He instructs just the opposite: "...casting all your

care upon Him" (1 Pet. 5:7 NKJ). As I leave a difficult situation after doing my best to help those involved, I ask the Lord to help me cast that situation upon Him. Although I am His servant and I am available twenty-four hours a day for whatever He asks me to do, I also have a responsibility to my family and to my own well-being to place the burden on His shoulders.

Another way I've learned to control my schedule is by determining how much traveling I will do before the requests come. I believe wholeheartedly in the importance of "sowing in another man's field," but I learned long ago that if I was to have peace in my schedule I had to set the limit ahead of time.

#### **Peace as a Pastor**

One of the keys to my peace as a pastor is that the men who labor with me have the same mind, the same vision, and speak the same as I do (see 1 Corinthians 1:10). Although we may hold minor differences of opinion, we all share the same direction as a team. The fifteen elders who serve with me are not just associates; they are my best friends. We really enjoy each other's company.

Because I am the senior pastor, the people look to me as a final authority. That is why it is vital for me to discern the strengths and talents of the elders and to release them to help me. In this sharing of responsibility is also a sharing of honor. Giving honor to others can be tough for some pastors, but I believe that just as Moses gave Joshua some of his honor, I as the senior pastor must release honor to the elders before the people. The stronger the people are who lead with me, the greater my peace as a pastor.

Another factor in my having peace is the comfort of knowing that many potential leaders are coming up the "pipeline." By consistently teaching and training children, youth, and young adults, the body of Christ will be strong in the years to come.

Also, as a pastor my philosophy is "with good conscience do what is right." Even if the consequences hurt, do what is right. It is always easier in the end to do the will of God, even though for a moment it may look hard. I know of no greater way to bring peace to the soul and spirit and rest to the body.

When I wrong someone I try to say, "I'm sorry. I was wrong." If I hurt someone, I try to apologize. I don't allow the "emotional baggage" of offenses, hurts, or grievances to collect. Facing problems quickly and confronting issues when they are small is so much easier than waiting until they have grown out of proportion.

Doing the right thing sets a good example for the family and for the congregation, and provides a living demonstration of how to respond to life's situations while maintaining the peace of God.

The principles I have shared give me peace with God, with my family, in my schedule, and as a pastor. They are biblically based, time honored, and life proven, and they fulfill the Scripture:

May the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ (1 Th. 5:23 NKJ). □

*Scriptures marked NKJ: From The New King James Version. Copyright © 1979, 1980, 1982, Thomas Nelson, Inc., Publishers.*



*Dick Iverson, senior pastor of Bible Temple, Portland, Oregon, is a New Wine contributing editor.*



# Positive Work

Warning: It may not be hazardous

**I**t isn't stress that kills; it's boredom!" says author and lecturer Dennis Hensley. Dispelling the myth that work is bad and workaholism is sin, Hensley says the concept of what he calls positive workaholism has a strong biblical base. "The great heroes of the Bible had a sense of vision, drive, and accomplishment," he says. "They had excitement about what they achieved not only for themselves, but also for the Lord."

Hensley wrote the book *Positive Workaholism* to "explode the myth that steady, challenging work is something negative."

His interest in workaholism was piqued while doing research for a book on time management. The people he interviewed said over and over, "I'm always running behind time," so he began seeking those who always stayed ahead of time. "I noticed something about these people," he says. "They were gung ho all the time, but they didn't fit into the workaholic stereotype: the man with bloodshot eyes, or the woman who's always biting her fingernails. They thrived on what they were doing."

Hensley found that the person who has a hum-drum, boring life becomes far more stressed and burned-out than the person who has a reason to get up in the morning. Ben Franklin, Hensley points out, said that the two hardest things to do are to get out of bed and to get into bed. "Once you get that inertia going," Hensley says, "it's

really gung ho for you." Positive workaholics, he says, work a lot, but most like their work so much that if their boss told them, "You don't have to work next week," they'd say, "Oh, no, I *want* to come in. I enjoy it." They wouldn't dare stay home.

Hensley points to well-known people who don't have to work but do it anyway because they thrive on it. "Why would a man like Ronald Reagan, with his wealth and his age, take on the stress of being a president?" he asks. "There's only one answer: He wants to do it. Likewise, Billy Graham is past the age of retirement, but why does he go on the way he does? He has a sense of mission, and surely a sense of enjoyment. That combination is unbeatable."

Many people think of the workaholic as a neurotic individual. Not so, says Hensley. "The people who have a sense of mission and who work hard are really the normal people. As they accomplish great things, they benefit not only themselves and their families, but people in all of society. I don't see how a company, country, or family can flourish without the accomplishments of positive workaholics who really know what they're doing in life and enjoy doing it."

## Losing the Incentive

One person in five has the qualities of the positive workaholic. Hensley cites General Patton as an example of those qualities. He was

a man who wanted the challenge, sought the confrontation, and desired the competition. "But as a nation," Hensley argues, "we have stifled the potential for young people to become motivated and successful. When your union pay and your unemployment pay equal ninety-five percent of what you'd get if you went to work, you quickly lose the incentive."

Hensley says there should be incentive programs rather than "spoon-feeding" programs to reinstate the traditional work-ethic. Up to twenty percent of the population will always have the potential to be leaders and positive workaholics, but our society does not support or encourage them. "I don't approve of the idea of handing people something—spoon-feeding them. They don't appreciate it, nor do they learn to compete. It's not good for them and it's not good for the country as a whole," he says.

The result of  
enthusiasm and  
hard work  
is life,  
not death.



# Workaholicism

Deadly to your health.



*Enthusiasm* is one of Hensley's favorite words and he believes a healthy spiritual life gives us enthusiasm for our work. The last chapter of his book *Staying Ahead of Time*, which is full of tips for developing a time management strategy, contains his testimony as a Christian. At first his publishers wanted to delete the chapter, but Hensley argued that without a reason to succeed in life—without proper motivation—even the best time management system won't work for a person.

"When I think about enthusiasm," he says, "I look at the people I consider to be the great biblical heroes and I look at myself today, and I ask myself this question: 'What great trophy would I like to lay at the feet of Jesus?' David took an entire lifetime, but he reunited Israel. It took Joshua sixty years to conquer the promised land, yet he did it. Paul, until the day he died, evangelized all the Greek and Asian nations. They all had a tremendous amount of enthusiasm, confidence, and sense of mission."

Three ingredients make up spiritual enthusiasm, he says. "It begins when you do something that honors God, and continues when God honors you by giving you the opportunity to do His work for Him; finally, you realize that what you are accomplishing not only affects today, but also the future."

Many Christians say they are too busy to serve the church right now, but one day they'll get around to

it. Hensley says that doesn't have to be so if they would only learn from the positive workaholic. "If they were better organized, they could accomplish more. If their priorities were in the right order, they'd put their church work first. And if they were more financially independent because of increased productivity, they wouldn't have to be pulled back to their jobs all the time."

## Physical Effects

The result of enthusiasm and hard work is life, not death. A doctor recently told Hensley, "You're getting to be about that age. Take care of yourself. Hold back. People like you need to be more careful. You're driving yourself." But after examining him, he admitted that he was in better shape than most younger men who do less.

Hensley believes that mental strain does physical damage. "If you drag yourself out of bed each morning, knowing you have to go back to a job you hate, you start with absolutely no enthusiasm at all." Such an attitude produces worry, which results in heart problems, emotional stress, and all kinds of deterioration in the body. But a positive attitude, says Hensley, does just the opposite. Norman Cousins proved that laughter alone can be a cure because it releases ingredients necessary for healing. "Looking at things positively, rising to the occasion, and not letting it wear you down lessen stress and strain,"

he says.

"Positive workaholics have a reason to live, whereas the person who just groans through life affects his body negatively. He's always worn to a frazzle and his body exemplifies it," Hensley says. "Mission and excitement are physically positive, simply because the mind and the emotions control so much of the body."

Of course, being a workaholic has its dangers. Hensley offers three cautions:

1. *Obsession, not mission.* Sometimes the workaholic is out of control. His job is his sole identity in life. He has no hobbies, no fellowship, no outside interests. "That's not mission," Hensley says. "That's obsession. He's not out to accomplish anything."
2. *Alienation.* Hensley fights that in his own life. "I get so enthused about some of my projects that I have to remind myself I've got a family." It's vital, he says, to share our goals with the people closest to us.
3. *Taking care of ourselves.* It's important to take care of the temple that God has given us, and to realize that age catches up with us no matter what our attitude is. We need spiritual refreshment from our church, as well as physical refreshment.

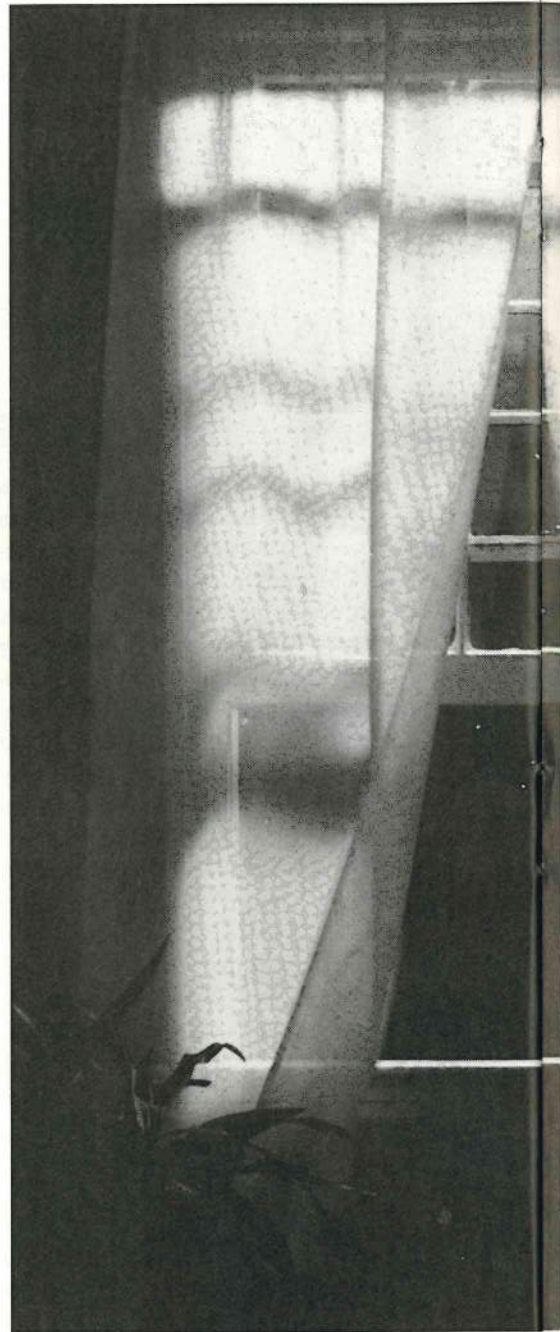
For all people—workaholic or not—the bottom line is one of Hensley's favorites: "It's not stress that kills; it's boredom!" □



# God Gives to Us Even in Our Sleep

How the Lord sets our agenda

by Eugene Peterson



**S***abbath* means quit. Stop. Take a break. The word itself has nothing devout or holy in it. It is a word about time, denoting our nonuse thereof, what we usually call wasting time.

The biblical context is the Genesis week of creation. Sabbath is the seventh and final day, in which "God rested [*shabath*] from all his work which he had done" (Gen. 2:3 RSV). As we reenter that sequence of days when God spoke energy and matter into existence, we repeat-

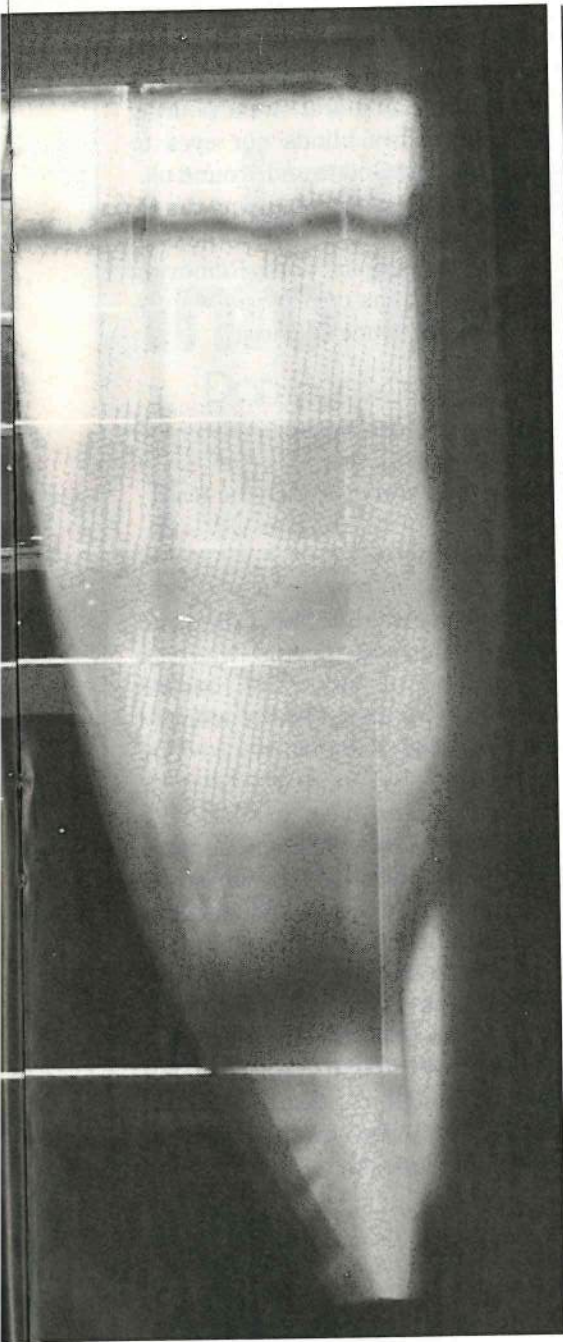
edly come upon the refrain, "And there was evening and there was morning, one day....And there was evening and there was morning, a second day....And there was evening and there was morning"....on and on, six times.

This is the Hebrew way of understanding day, but it is not ours. Our day begins with an alarm clock ripping the predawn darkness and closes, not with evening but several hours past that, when we turn off the electric lights. In our conven-

tional references to day, we do not include the night except for the two or three hours we steal from either end to give us more time to work. Because our definition of day is so different, we have to make an imaginative effort to understand the Hebrew phrase *evening and morning, one day*. More than idiomatic speech is involved here; there is a sense of rhythm.

Day is the basic unit of God's creative work; evening is the beginning of that day. It is the onset of





God's speaking light, stars, earth, vegetation, animals, man, woman, into being. But it is also the time when we quit our activity and go to sleep. When it is evening, "I lay me down to sleep and pray the Lord my soul to keep" and drift off into semiconsciousness for the next six or eight or ten hours, a state in which I am absolutely non-productive and have no cash value.

Then I wake up, rested, jump out of bed, grab a cup of coffee, and rush out the door to get things

started. The first thing I discover (a great blow to the ego) is that everything was started hours ago. All the important things got under way while I was fast asleep. When I dash into the workday, I walk into an operation that is half over already. I enter into work in which the basic plan is already established, the assignments given, the operations in motion.

Sometimes, still in a stupor, I blunder into the middle of something that is nearly done and go to work thinking I am starting it. But when I do, I interfere with what has already been accomplished. My sincere intentions and cheerful whistle while I work make it no less a blunder and an aggravation. The sensible thing is to ask, "Where do I fit? Where do You need an extra hand? What still needs to be done?"

### Rhythms of Grace

The Hebrew evening-morning sequence conditions us to the rhythms of grace. We go to sleep, and God begins His work. As we sleep He develops His covenant. We wake and are called out to participate in God's creative action. We respond in faith, in work. But always grace is previous and primary. We wake into a world we didn't make, into a salvation we didn't earn.

Evening: God begins, without our help, His creative day. Morning: God calls us to enjoy and share and develop the work He initiated.

Creation and covenant are sheer grace and there to greet us every morning. George MacDonald once wrote that sleep is God's contrivance for giving us the help He cannot get into us when we are awake.

We read and reread the opening pages of Genesis, along with certain sequences of Psalms, and recover these deep, elemental rhythms, internalizing the reality in which the strong, initial pulse is God's creating-saving Word, God's providential-sustaining presence, God's grace.

As this biblical rhythm works in me, I also discover something

else: When I quit my day's work, nothing essential stops. I prepare for sleep not with a feeling of exhausted frustration because there is so much yet undone and unfinished, but with expectancy. The day is about to begin! God's genesis words are about to be spoken again. During the hours of my sleep, how will He prepare to use my obedience, service, and speech when morning breaks? I go to sleep to get out of the way for a while. I get into the rhythm of salvation. While we sleep, great and marvelous things far beyond our capacities to invent or engineer, are in process—the moon marking the seasons, the lion roaring for its prey, the earthworms aerating the earth, the stars turning in their courses, the proteins repairing our muscles, our dreaming brains restoring a deeper sanity beneath the gossip and scheming of our waking hours. Our work settles into the context of God's work. Human effort is honored and respected not as a thing in itself but by its integration into the rhythms of grace and blessing.

We experience this grace with our bodies before we apprehend it with our minds. We are attending to a matter of physical-spiritual *technology*—not ideas, not doctrines, not virtues. We are getting our bodies into a genesis rhythm.

### A Larger Rhythm

Sabbath extrapolates this basic, daily rhythm into the larger context of the month. The turning of the earth on its axis gives us the basic two-beat rhythm, evening-morning. The moon in its orbit introduces another rhythm, the twenty-eight-day month, marked by four phases of seven days each. It is this larger rhythm, the rhythm of the seventh day, that we are commanded to observe.

Sabbath keeping presumes the daily rhythm, evening-morning—we can hardly avoid stopping our work each night, as fatigue and sleep overtake us. But the weekly rhythm demands deliberate action. Other-



wise, we can go on working on the seventh day, especially if things are gaining momentum. Sabbath keeping often feels like an interruption, an interference with our routines. It challenges assumptions we gradually build up that our daily work is indispensable in making the world go.

But then we find the Sabbath is not an interruption but a stronger rhythmic measure that confirms and extends the basic beat. Every seventh day a deeper note is struck—an enormous gong whose deep sounds reverberate under and over and round the daily percussions evening-morning, evening-morning, evening-morning: creation honored

and contemplated, redemption remembered and shared.

In the two passages where the Sabbath commandment appears, the commands are identical but the supporting reasons differ. Exodus says we are to keep a Sabbath because God kept it (see Exodus 20:8-11). God did His work in six days and then rested. If God sets apart one day to rest, we can too. There are some things that can only be accomplished, even by God, in a state of rest. The rest-work rhythm is built into the very structure of God's interpenetration of reality. The precedent to quit doing and simply *be* is divine. Sabbath keeping is commanded so that we internalize the being that matures out of doing.

The reason given in Deuteronomy for remembering the Sabbath is that our ancestors in Egypt went four hundred years without a vacation (see Deuteronomy 5:15). Never a day off. The consequence: They were no longer considered persons but slaves. Work units. Not persons created in the image of God but equipment for making bricks and building pyramids.

Lest any of us do that to our neighbor or husband or wife or child or employee, we are commanded to keep a Sabbath. The moment we begin to see others in terms of what they can *do* rather than who they *are*, humanity is defaced and community violated. It is no use claiming, "I don't need to rest this week and therefore will not keep a Sabbath"—our lives are so interconnected that we inevitably involve others in our work whether we intend it or not. Sabbath keeping is elemental kindness. Sabbath keeping is commanded to preserve the image of God in our neighbors so that we see them as they are, not as we need them or want them.

#### Distance From the Frenzy

Sabbath: uncluttered time and space to distance ourselves from the frenzy of our own activities so we can see what God has been

doing and is doing. If we do not regularly quit work for one day a week, we take ourselves far too seriously. The moral sweat pouring off our brows blinds our eyes to the action of God in and around us.

*Sabbath keeping:* quieting the internal noise so we hear the still small voice of our Lord. Removing the distractions of pride so we discern the presence of Christ

in ten thousand places,  
Lovely in limbs, and lovely  
in eyes not his  
To the Father through the features  
of men's faces  
(G.M. Hopkins).

*Sabbath keeping:* Separating ourselves from the people who are clinging to us, from the routines to which we cling for our identity, and offering them all up to God in praise.

None of us have trouble with this theologically. We are compellingly articulate on the subject in our pulpits. It is not our theology that is deficient but our technology—Sabbath keeping is not a matter of belief but of using a tool (time), not an exercise for the mind but the body. Sabbath keeping is not devout thoughts or heart praise but simply removing our bodies from circulation one day a week. □

*This article first appeared in Leadership Journal, Spring Quarter 1985, Vol. VI, No. 2. Used by permission.*

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## NEXT MONTH IN NEW WINE: SEEKING GOD IN THE BATTLE

**Bob Mumford** says that sometimes God hides from us because we're not ready to hear His voice, and at other times, to protect us from the warfare that will come from hearing His word.

**Ern Baxter** explains how he has sought God. Rather than turning to God only in times of crisis, he says, we need a continuous rapport with Him.

**Derek Prince** shares helpful lessons he has learned in the school of prayer—basic principles and practices that he has put to work in his ministry.

Plus Representative Mark Siljander (R-Mich.) on the spiritual climate of Congress, Bruce Longstreth on preparing your heart, C. J. Mahaney on self-control, and a special report on the Philippines.

All in the August *New Wine*

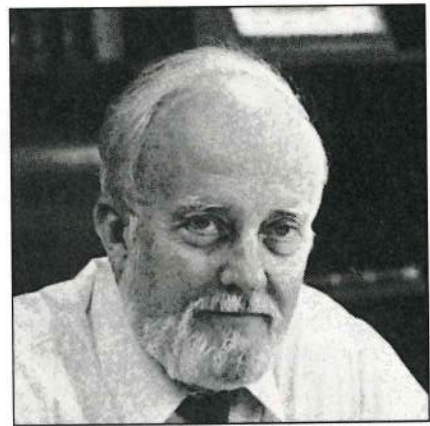


*Eugene Peterson is pastor of Christ Our King Presbyterian Church in Bel Air, Maryland. He teaches at Towson State University and at St. Mary's Seminary, both in Maryland, and is a contributing editor to Leadership Journal.*



# Lead Us Not Into Temptation

Don Basham talks about his new book



**I**n his new book, *Lead Us Not Into Temptation*, Don Basham speaks to morals in the ministry. The book was published thirteen years ago as *True and False Prophets* and created quite a stir among the Christian community. Don recently discussed the rewrite of the book and Christian publications in general with us.

**New Wine: How important are Christian publications to the people of God?**

**Don Basham:** Each generation is responsible to leave a record of its experiences in the Lord, and Christian literature makes that possible. It plays a role in the history of Christianity that nothing else can. Someone said, "Those who ignore history are doomed to repeat its mistakes."

When we pass on to those who come after us what we've learned through our experiences, we enrich their heritage, and hopefully, it keeps them from making some of the mistakes we made.

**NW: Why did you write your new book?**

**DB:** Years ago when I began traveling in charismatic ministry, speaking at conferences and retreats, I was quickly shocked and disillusioned at the immorality and deceit among the people of God in the midst of all the miracles. The two were in such stark contrast that it

devastated me for a while. But as I searched the Scriptures, I saw that it was a problem in the New Testament; Jesus and Paul both warned about it.

The thesis of my book is that the mark of a true man of God is not the miracles or the effectiveness of his ministry or the power of God in his ministry. The mark of a true man of God is his character.

Many people find this hard to believe because they think that if a man has a powerful ministry and falls into sin, God will take the ministry away. But He doesn't. Scripture says that the gifts and callings of God are irrevocable.

God can choose a man for a powerful ministry and anoint him so that he can preach with power and perform miracles. But the anointing is not protection for his personal life. In fact, he becomes a clear, large target for the devil and may get into deception, dishonesty, or immorality. But all the while the ministry stays powerful.

An addition to this version of the book is what I call the deadliest war of all—Satan's deadliest snare—character assassination, gossip, slander, and backbiting. Many times in the Scripture when sins are listed, lying and slander go right along with murder, adultery, and homosexuality. Modern Christians don't put those in the same category, which I think is a grand deception that Satan has pulled off on the Church.

**NW: What kind of response did you get to the original version of the book?**

**DB:** The mail I got—and I suspect it will be the same with the new book—was the most critical, negative mail I had ever received. Some people said I was deceived or I was mistaken or that it just couldn't happen. But many said, "I've waited so long for someone to tell it like it really is." I got all kinds of letters from people who had been victim-

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**The mark of a true man of God is not the miracles or the effectiveness of his ministry.**



# "How Can These Things Be?"

An excerpt from Don Basham's new book

**A**lthough most people tend to accept an anointed ministry or spiritual gifts as proof of a man's or woman's godliness, the Word of God insists it is Christ-like character, not anointing or gifts, which determines true spiritual status. Jesus said, "Thus, by their fruit [not by anointing or spiritual gifts] you will recognize them" (Mt. 7:20).

We need to recall the definition of *gift*. Webster's dictionary defines a *gift* as "something voluntarily transferred by one person to another without compensation."<sup>1</sup> If it is a gift, then it cannot be earned.

If I give you \$5,000.00, that gift says nothing about what you are or what you do. It does not say whether you are tall or short, strong or weak, hardworking or lazy, good or bad, wise or foolish. The only thing it says about you is that you are the recipient of my gift.

But that \$5,000.00 says a great deal about me. It indicates that I am a man of some means; that I am generous, and helpful. A gift says nothing about the recipient, but much about the donor. So it is with the gifts and anointing of the Holy Spirit. They say nothing about the character or morals of the men and women who receive them. Rather, they reflect the grace and power of God.

Years ago, a man spoke at our church who had been a hardened criminal before he accepted Christ. After his conversion he began to pray effectively for some of his ailing fellow prisoners. He testified to some of those healing miracles during the service at our church. Afterward, one of our ministers was very upset.

"How dare that convict talk like that!" he fumed at me. "The very idea that God would give his healing

power to a criminal is disgusting! Why, my uncle was one of the greatest preachers in our whole denomination and God never used *him* for healing. Yet my uncle was a good man all his life. How could God use a criminal?"

That critical minister failed to realize the miracles of healing were demonstrations of God's power and that they revealed nothing about the character of the convict except that God used him.

A woman once complained to me about a certain man in her church.

"Brother Harry claims he has the gift of prophecy," she lamented. "But he still chews tobacco, and when he's mad he swears at his wife. How can such a man genuinely prophesy?"

"I'm sure God would rather use someone who didn't chew tobacco or swear at his wife," I answered. "But if Harry is the only man in your church who has faith for prophecy, then he's the one God will use to bring forth His prophetic word."

In 2 Corinthians 4:7 Paul writes, "But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us."

What does the treasure represent? The wealth and riches, the supernatural grace of God toward the believer. But what does the treasure say about the jars of clay? Nothing except that the jars of clay contain the treasure. Such precious treasure in such humble vessels, Paul insists, is a reminder that the power is from God and we cannot make ourselves worthy of it. □

#### Footnote

<sup>1</sup>Webster's Seventh New Collegiate Dictionary (Springfield, MA: G. & C. Merriam Co., 1970), p. 352.

ized by men of God; either they had money embezzled or they had been deceived or they had been seduced in some way, and found it difficult to ever talk about.

When I teach on the subject publicly, some people always find it hard to accept mostly because of their naivete. They have entertained a naive idea that such things just can't happen, which is one reason so many immoral men are still free to minister.

**NW: In telling it like it is, how do you avoid being sensational?**

**DB:** The first several chapters of my new book deal with my concern about whether such a book should be written, and whether I should be the one to write it—would it look like I was sitting in judgment upon people who got into trouble? But the Holy Spirit made it clear to me that He expected me and wanted me to write the book, and I did.

When it comes to actually telling stories, of course, you have to disguise the circumstances and the locations, and change or eliminate names to protect the privacy of people involved. I quote from correspondence people sent me about their problems, and from correspondence ministers had circulated about men they had found to be immoral in ministry. You can make public the content of that kind of communication without divulging names or pinpointing the situation in such a way that someone would know who was being spoken about.

**NW: Would you say then the goal for you in writing this book is to make people aware of the problem?**

**DB:** That is the goal, to make people alert, to wake them up to the problem. It's also to scare them a little when it comes to the question of character assassination, slander, and gossip, because I think in many ways that's the subtlest danger of all. □



**“I will bless the Lord at all times;  
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*Ps. 34:1*



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*as a family...*



*as a small group...*



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# A Father's Rest

How to lead your family to a place of rest  
by Don Greenwood



**M**any years ago David wrote, "He leads me beside quiet waters. He restores my soul" (Ps. 23:2-3 NAS). A literal translation of "quiet waters" is "waters of rest." In God's presence, my thirsts of anxiety and fear are

quenched, and the stains of my own shortcomings are washed away in His forgiveness. I am made whole again by His love.

I am grateful that as God's child I experience those waters, but I am also a husband and father with a wife and five children entrusted

to my care and leadership. My desire is that each member of my household regularly experiences the waters of rest and restoration.

Husbands and fathers can do several things to lead their families to rest. First, we need to find our own place of rest and security in the Lord. A quiet time or times during the day can provide at least



the minimum daily requirements for spiritual health. Being honest with God about our difficulties and frustrations is a safety valve for pressures that can otherwise spill over on our families in the form of unrighteous anger or preoccupied remoteness. We need to release our troubles to the Lord so that we can feast on His presence—to be still and know that He is God no matter what problems perplex us or challenges face us.

I know of no formula for this kind of feasting. It can happen in private or corporate worship, while we're down on our knees, walking in the woods, or standing in a crowded elevator. The key is to cultivate an awareness of the presence of God and to seek Him wherever we are, expecting to meet Him.

Once we find our security and acceptance in God's presence and in knowing that He is there whenever we turn to Him, our wives and children need to see, hear, and feel our love and care. I'm amazed that while God is the creator and sustainer of the universe, He is also deeply involved in our individual lives. He is never too busy for us. We ought to treat our families the same way.

Our jobs and careers may be demanding and our responsibilities or ministries may be growing, yet our wives and children still need to know that they can count on us to be there for them. We need to give them our time. In the long run, doing things *with* our families will often matter more than doing things *for* them.

### Approachable and Accessible

We need to be approachable and accessible. That doesn't mean we should turn our schedules over to our wives and children, but that they should be a significant part of our schedules. Set aside time for family outings and special activities at home.

Sharing outdoor experiences can provide many opportunities for adventure and training. The wonders of

creation can be used to illustrate the glory of the creator to our children. Helping a child to meet the challenge of climbing a steep hill or crossing a stream can establish confidence and trust.

At home we can do more together than watch television. Family game nights, music nights, or doing craft projects together will provide more interaction and eye contact than spending all of our time together watching the tube. Our family occasionally plays a game similar to charades. The categories range from characters and events in the Bible to the things we did together last winter. Watching a three year old and a five year old act out David and Goliath beats watching the *A-Team* any day. These times of laughter and creativity are deposits in the family bank of memories that will pay extra dividends years from now as our children raise their own families and draw upon these resources for our grandchildren.

On weekends we can involve the whole family in work around the house, choosing jobs appropriate for the age and ability of each child and taking the time to instruct. Stopping every now and then to pitch a couple of innings to our young sluggers will help their motivation to work. And if we need to run to the hardware or auto parts store, we can make the most of the time by taking one or two kids along.

Bedtime is one of the best times to sow security and peace into our children. Kids need a way to wind down from their day. Reading aloud with a child on our lap or snuggled close as we sit on the edge of his bed can meet this need. Reading will develop his ability to listen, and choosing the right material can reinforce the values we seek to instill in his life. A good choice for young children is Bible storybooks. As the children grow, a chapter each evening from books such as the *Chronicles of Narnia* by C. S. Lewis or the series of *Little House* books by Laura Ingalls Wilder will hold their interest and provide an

opening for discussion of values and choices. Telling stories of the adventures and misadventures of our own childhood also delights our children. The stories my children like best are the ones where I misbehaved, got caught, and faced the consequences.

### Assurance of Love

When the books are put back on the shelf, I assure my children that they are loved by me and their Father in heaven by praying with them, hugging them, and telling them that they're loved. If a child still seems anxious and troubled, I ask what's bothering him, and then encourage him and help him present the matter to the Lord.

Once the kids are settled, it is important that we turn our attention to our wives. A time of sharing and caring should be a part of each day together. I listen closely as my wife brings me up-to-date on her day. I involve myself in her joys and difficulties and join with her in her prayer concerns. Our wives shouldn't have to ask or wonder if we love them. Just as the perfect love of the Father casts out our fears, so can our love, though not yet perfect, bring our wives to a place of peace and rest.

Each believer's home is a part of the kingdom and city of God. Revelation 22:1 talks of a river that flows through that city: "And he showed me a river of the water of life, clear as crystal, coming from the throne of God and of the Lamb" (Rev. 22:1 NAS). This river that the Father provides will bring life to our families. As we earthly fathers cause them to drink from it, they will find refreshment and rest. □



Don Greenwood is a writer and photographer who lives in Spring Green, Wisconsin.



# A Mother's Rest

Hope for weary women



**M**arabel Morgan is best known for her book *The Total Woman*, which has sold 3.6 million copies. In it, she encourages women with tired marriages to break down barriers, establish communication, and revive the romance. In her new book, *The Electric Woman*, Marabel offers practical hope for weary women. We recently interviewed Marabel to get her thoughts on how a woman can rest in the midst of hard work.

**New Wine:** In your book *The Electric Woman* you deal with many of the downers women face. How can a woman who has no time for a vacation rest in the midst of tremendous, unpleasant pressure?

**Marabel Morgan:** When a woman wakes up in the morning, waves of pressure are already coming in. If you're a young mother, for example, and you've got three little "ankle biters" and the diaper pail is overflowing and the phone is ringing and your mother-in-law is coming for dinner and the errands have to be run and you're just sinking under the load, how are you going to get relief?

I'm a big believer in writing down the things that must be done, making sure to allow a little time for yourself each day—for taking a bubble bath, curling up with a book for twenty minutes, or taking a walk around the block. I've taken a lot of walks around the block in my twenty-two years of marriage, because it expands your horizons and you realize there's a world out there that isn't just your four walls and screaming kids. Sometimes you have to have a baby-sitter come in for twenty minutes in the afternoon so that you can get out.

**NW:** What about women who work outside the home forty hours a week?

**MM:** I've got a career of being an author and a lecturer on top of



being a home executive, but I've never had to rush out the door day after day to get to my job. My heart goes out to those women because that would be awfully tough, but if that's your situation, then you've got to be extremely organized. Also, you've got to remember that you can't do everything, so you do the most important things. That gives me rest in my soul, realizing I'm doing the most important things.

I recently visited a mental health center where a young friend of mine is a patient. The things I saw there broke my heart—young teenagers just pacing like lions in a cage. As I was leaving, one of the therapists got on the elevator with me. I was all worked up inside and asked him, "Why does this happen? What causes this?"

He said, "Very few parents are on the scene anymore with their kids. In many cases, both parents are working."

That's not to put a guilt trip on anyone who has to go out to work, but the point is, first things first. Maybe you can't have a spotless house, but if you're working from nine to five, you've got to find time each day to look your kids in the eyeballs and to listen to their hurts and their fears, or you're going to raise misfits—young people who are not going to be able to cope in this twentieth-century rat race.

**NW: What are some practical ways to reduce the stress factors we face?**

**MM:** First let me give you a quote that has changed my life. W. B. Prescott said, "All of us are continually faced with a series of great opportunities brilliantly disguised as insoluble problems." It used to be that when insoluble problems came my way, I thought, *Oh, no! How can this happen to me?* I panicked. Now, I may panic, but only for a minute, because I have a new record playing in my brain that says, "Wait a minute, Marabel. These are really great opportunities. They're just dis-

## **I get up in the morning, and even though the world is already crashing in, I grab my Bible.**

guised."

I look at the facts and then I pull out my "worry diffuser." Basically, it's deciding what the problems are and writing them down. Next to each problem, I write what I wish would happen, and following that, the *action* I'm going to take to make those wishes come true. It puts feet to your prayers, because now you have a plan.

Of course, sometimes you can't do anything. Maybe you've come from the doctor's office with a diagnosis that you can't do anything about. As a Christian, you can say, "Lord, it's not my problem; it's my fact of life. So this is Your problem, Father, and I give it to You. You'll have to do whatever You see fit." That too is coping.

**NW: How do you turn the things that drain you, be it your teenagers or ankle biters, into things that don't drain you or that even strengthen you?**

**MM:** My main source of power is the fact that Jesus Christ is my Savior and He lives in me. He gave a few guidelines in the Scriptures for this. He wants me to surrender my life each day to Him. So I get up in the morning, and even though the world is already crashing in, I grab my Bible. I get down on my knees and I say, "Lord, help. I'm already behind the eight ball. I'm under the load; my heart is racing. I don't even have time to talk to You, but I know from experience that if I don't, it's a lost cause anyway." This is the most important moment of my day. I also spend time in worship and read a portion of Scripture, usually a chapter. I

stay there until I get peace. Then I close the book and say, "Okay, Lord, let's go get 'em." That's my source of power.

Then I can turn my weaknesses into strengths by facing them head-on. One weakness I had coming into my marriage was that I was a jack-of-all-trades and master of none, which meant I never finished anything I started, because I would get bored with it quickly. So I had to learn to finish things, and that helped me gain confidence in attacking things I normally wouldn't feel too confident about. You need perseverance. Stick with it until it's finished, and you may find out you like it. I felt that way about cooking. I hated the kitchen because I didn't know what to do in there. Now, after all these years, my husband, Charlie, can hardly pry me out of the kitchen. I love it!

**NW: What are some of the symptoms of burnout in marriage that a woman might notice in herself?**

**MM:** Charlie says this dates me when I say it, but sometimes I'll say to him, "I'm going to get on a Greyhound bus, take off, and never come back." Of course, I'm at the point of frustration and utter fatigue when I say that.

He says, "You shouldn't say that. You should say you're going to get on a 747." He tries to help me by getting me to laugh.

But when you wake up in the morning and you are absolutely clutched in panic, you're on your way to burnout because you're taking on too much. Decide what is most important and do those things the best you can. That's all anyone can do. But you cannot do everything.

People often say that women want it all. Of course, we do, but I don't think you can have it all at once. You may have it all over a period of time. If you're juggling five balls, chances are that you're going to drop one. I see a lot of women who are juggling all the



balls, but the pressures come in and they drop one. What a tragedy if it happens to be your husband or your child.

If you want it all and you want to do great and grandiose things, but you're knee-deep in diapers at the moment, plan your plans, make your goals, bide your time, do first things first, and take care of those little ones or whatever is

at hand. The day will come when you'll have freedom to pursue your dreams. By then, you'll have your plan, you'll know your strategy, and you can go out and do those great and grandiose things.

**NW: How can someone who has already reached burnout refuel?**

**MM:** Just stop dead in your tracks,

analyze the situation, cut back, and ask for help. Maybe it's your family that can help; maybe it's a friend. There's nothing like going away for two days to get a new perspective. Two days isn't bad at all. You don't have to wash your hair or shave your legs. All you have to do is put an outfit in a suitcase and maybe even go across town and stay in a motel. Go to a movie, have a wonderful dinner, and watch other people. A new perspective helps you regroup.

**NW: How can a wife or mother deal with a husband or family who is burned-out?**

**MM:** I think easing the load is the most important thing. I'm sort of a Marine sergeant mother, so I've had to learn to pull back. My children shouldn't be expected to do as much as I'm doing. I think too we have great expectations for the people we love. Sometimes, they're impossible expectations. Sometimes we require others to be and act in a way that we ourselves can't! So we just need to lighten the load and make life as harmonious and wonderful as we can, and hope that might help.

**NW: In your book, you list four tips for weary women: lift, laugh, listen, and love. Would you elaborate on those?**

**MM:** *Lift* is another word for *encourage*. I think women today need hope. Everyone needs hope. From time to time, it looks like our world will be blown up or the terrorists will get us, and we think, *What's the point of it all?* I believe that an encouraging word gives hope. A discouraging word wipes out people; it doesn't motivate them at all. But an encouraging word motivates and spurs us on. I encourage women to join the League of Hope Dispensers! All day long I try to give a little squirt of hope to anyone I encounter: my children, my neighbors, my dentist, or the

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cashier at the grocery.

Laugh is my favorite subject of all, because it's creating excitement and high adventure at your own address. Laughter heals. The Bible says, "A merry heart does good like a medicine." We get so serious and take others too seriously, but we need to laugh. Someone in the family—usually it's the mother because her mind is geared this way—needs to create celebrations or fun times. Stick a candle in the meat loaf and you have an instant celebration! Occasionally I put a poster on the front door that says, "Michelle's Day" (or "Laura's Day"), and my daughter comes in the front door feeling like a queen. We all sort of bow to her that day and try to do what she wants. It's really important and makes life fun. It's a lot easier to cope with the downers when you're looking forward to a little fun in life.

The third tip is listening. Many of us are running so fast that we hardly have time to listen to each other. I'm the worst. I interrupt and help people along when they're trying to talk. But it's so important to stop. One time I stopped everything and just sat with Michelle on the sofa and looked in her eyes. She just bloomed; she became so animated. We do this often now. We just say, "Stop, world. We're going to take time to look at each other and listen."

In raising my girls I've discovered that time spent with them when I put them to bed is very important. I try to sit on the bed for a few minutes with the lights off. The most interesting conversations occur then, because it's nonthreatening; no one can see anyone. You find out what's really happening.

The fourth tip is on love. There are three kinds of love—the romantic kind between husband and wife, the parental kind between parent and child, and the ultimate kind is God's unconditional love. After the celebration with the family at dinner time, it's very important for the husband and wife to move the celebra-

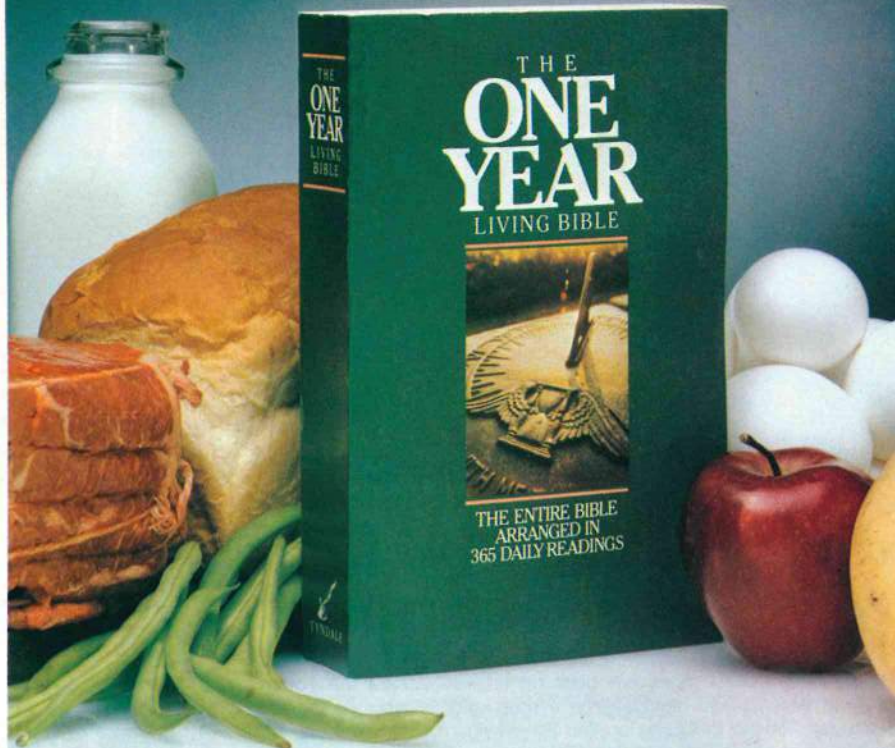
tion into the bedroom. There you can pull out all the stops and celebrate romantic love. God is the great romantic. He's the one who thought up love and marriage, and He wants it to be wonderful. Sex is God's wedding present to married couples.

For parent-child relationships unconditional love is so important. We need to let our children know

we love them unconditionally. I told mine that there's nothing they could do or not do that would ever make me stop loving them. That knowledge gives a child great security.

But I believe we can't really love with an unconditional love until we've been loved that way. When we accept Jesus as our Savior, then His love is in us. That frees us up to truly love others. □

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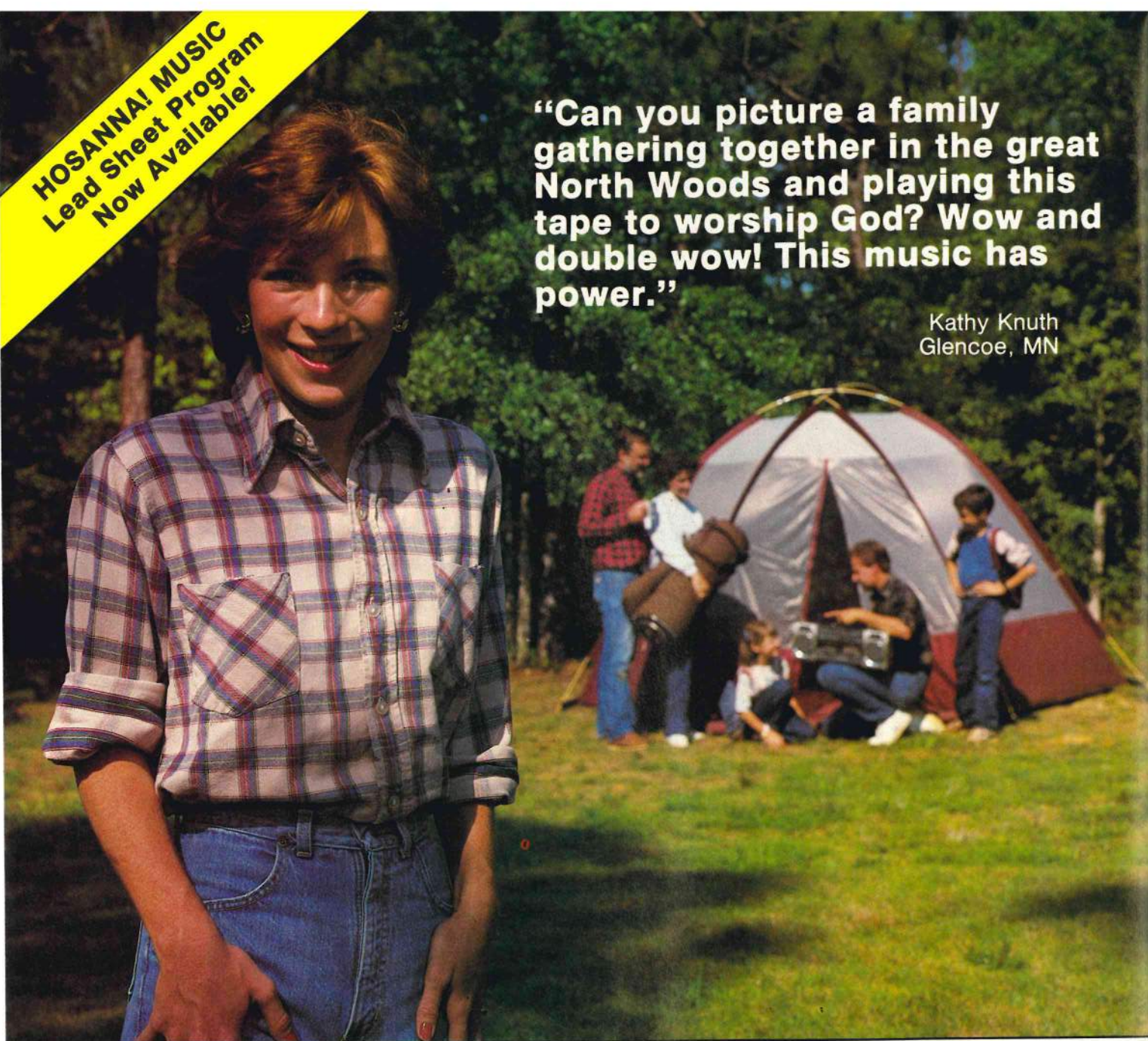
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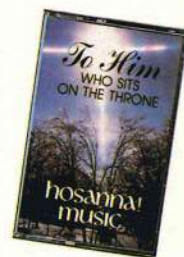
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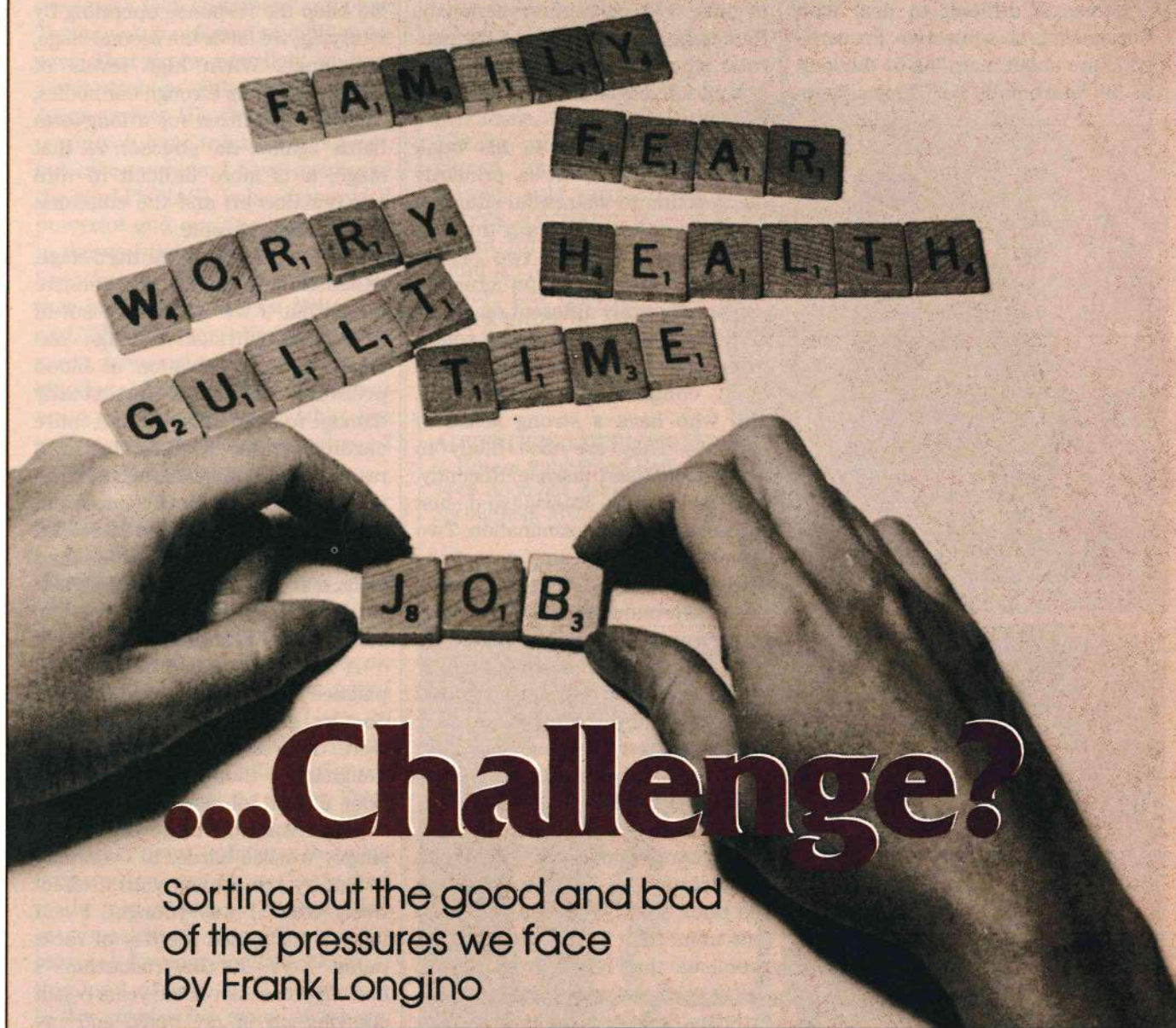
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# Stress or...



## ...Challenge?

Sorting out the good and bad  
of the pressures we face  
by Frank Longino

**I**won't be able to sing that solo in the cantata, Mrs. Longino," a ten-year-old boy blurted out during my wife's junior choir rehearsal. "My parents and I think it would be too much pressure on me."

The song in question was a simple one, well within his ability. My wife later commented to me, "I didn't realize that children had become so stress conscious."

*Stress* is a buzzword at all levels

of our society. Many books and articles have been published on the subject, and there's even a vitamin to counter stress. Although we think of childhood as an idyllic existence, today's children are especially sensitive to stress, a fact underscored by the increasing incidence of teenage suicide.

Is *stress* just another catchall word, such as *virus*, upon which we can blame all our unexplained ills? Or is it reality? One medical

definition of *stress* is "the body's non-specific response to any demand made upon it."<sup>1</sup> In other words, stress is the changes that occur in our bodies whenever we meet any external or internal demand, be it physical or emotional.

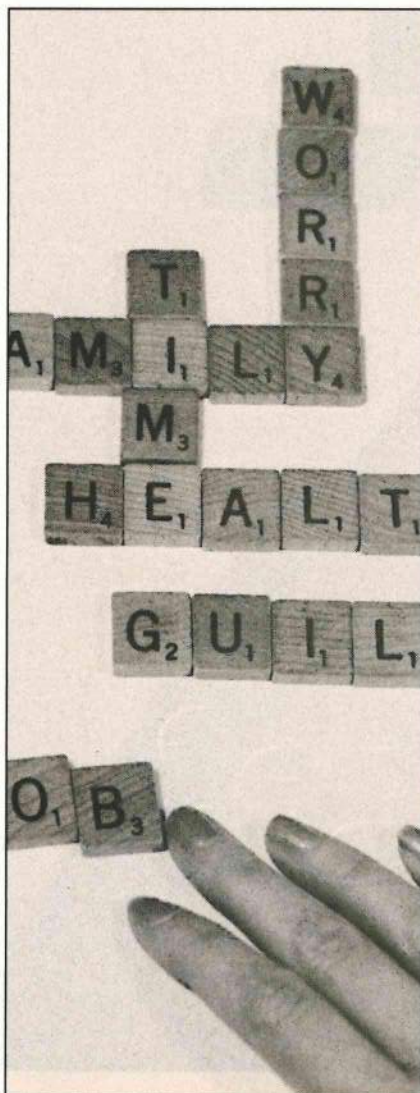
### Stress Is Subjective

I don't know if the choirboy would have actually suffered stress from singing the solo. It could have been that he was an impressionable



child parroting what he had heard from others. I wanted to tell him, "It's all in your mind, Son," but I didn't. As long as he thought he was under pressure, he was!

Stress is difficult to deal with because it is so subjective. Proverbs 23:7 says about man, "As he thinketh in his heart, so is he." Thirty years



**Not only is  
stress  
unavoidable, but  
it's desirable  
as a means of  
entering the  
Kingdom!**

of pastoral counseling have taught me that a person's perception of himself and his situation may cause him more problems than the realities of his situation. But we have to take his perception seriously. Remember the old story of the neurotic who finally died and had engraved on his tombstone, "I told you I was sick"?

Dr. Dean Ornish, in his book on stress, writes, "It is primarily our reaction to a stressful situation that is harmful, not simply the situation itself."<sup>2</sup> In fact, two people facing the same stressful situation can have entirely different reactions to it. The dangerous response comes from "Type-A" people, who are generally competitive and ambitious, and who have a strong sense of urgency. They are also likely to suffer from heart disease. Recently, 150 men were interviewed just before a coronary examination. Two interesting points came out of the study: First, Type-A persons used personal pronouns (*I, me, my, mine*) in their speech twice as often as others; second, the more frequently patients referred to themselves that way, the more severe was their coronary artery disease and they had more than likely suffered an earlier heart attack.<sup>3</sup>

Self-centeredness can kill!

But stress does not affect just our hearts. Dr. S. I. McMillen, in the book *None of These Diseases*, lists more than fifty major physical problems that result from or are agitated by stress, among them arthritis, high blood-pressure, diabetes, skin diseases, and allergic disorders.

### Three Stages of Response

Medical researchers generally agree that unless we effectively deal with stress when it occurs, we go through three stages: The first is alarm. A telephone ring, a confrontation with a child, or a letter from the Internal Revenue Service can produce a response called the fight-or-flight reaction, which mobilizes extra energy to cope with the

extra demands upon us. When the crisis is over, our physical-emotional system seeks rest to restore the balance.

If the crisis is prolonged, or if we keep the response operating by worrying, we enter the second stage, resistance. When high levels of adrenaline pump through our bodies, they are mobilized for a long-term battle against the stressor. At that stage, it is more difficult to turn our reaction off and the condition may become chronic.

We can then reach the third stage, exhaustion. It can be a restorative phase, but if we can't come out of it, serious physical damage can begin: chronic elevation of blood pressure with slow but steady damage to heart, kidneys, and entire cardiovascular system; lowered resistance to disease through a reduction in certain critically important white blood cell levels; or increased inflammation in joints, aches and pains, and ultimately chronic arthritis.<sup>4</sup>

### "Incurable" Conditions

A few years ago, I began to be plagued with several conditions that doctors said were incurable, and were the results of stress. I was indignant! I thought I had always done a good job of handling stress. When frustration came my way, I simply worked harder to overcome it. But by not dealing with it effectively when I was younger, I had merely postponed the day of reckoning. Now, all the frustrations I had suppressed over the years began showing up in my body, and my emotional reaction to that discovery made things even worse.

I knew I was going to have to deal with stress in a different way, and began to search the Bible for clues to my condition. As I did, the word *tribulation* struck me as interesting. I knew Jesus had spoken of a great tribulation, a set period in the end time in which great afflictions were to come upon the world. But in studying the basic meanings of *tribulation*, I found that it commonly meant "pressure,"



"squeezing," "stress," "affliction," or "harassment." Those words described my feelings exactly!

I also discovered that most of the times *tribulation* appeared in the Greek Old Testament and New Testament, it referred to daily pressure. That threw new light on passages such as John 16:33, where Jesus says to His disciples, "In the world you have tribulation [stress], but take courage; I have overcome the world" (NAS). I also discovered powerful and exciting implications in the words of Paul in Acts 14:22. Speaking to the various churches that he founded in Asia Minor, he said, "Through many tribulations [pressures, stresses] we must enter the kingdom of God" (NAS). I saw that not only is stress unavoidable, but it is even desirable as a means of entering the Kingdom!

### Making Some Changes

Although I was excited about the revelation from Scripture, I was still partially disabled, and I wondered, *Is this how a life of very active ministry will draw to an end?* Unthinkable! But how was I going to get from where I was to where I ought to be? How would I reverse the lifelong effects of stress and continue working in the Kingdom as a whole and well citizen?

At this point, religious thoughts occurred to me: *If you only had faith, you could be healed. Just get some deliverance and have someone pray for your healing.* Although this kind of faith and deliverance is the answer for many problems, I knew it was not for mine. God wanted me to walk through this to learn what I couldn't possibly learn by "instant" healings or deliverance.

I first had to deal with my self-centeredness. Pressure often makes us turn inward and become subjective, looking at situations by how they affect us. If we bottle up our feelings, the result is frustration and more stress. So we must learn to express our thoughts and impressions without fear of rejection to



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# BOOK REVIEWS

## ***The Better Better Body Book***

by Marge Frank and Nancy Linton (Zondervan Publishing House, 1985, 371 pages, \$9.95). A basic introduction to the world of exercise for the person who hasn't done a jumping jack in years.

***The Electric Woman*** by Marabel Morgan (Word Books, 1985, 237 pages, \$11.95). A positive, practical book, emphasizing how to do something about the "downers" in your life.

***Fitness and Faith*** by Paul Brynteson, D.P.E., with Donna Brynteson, R.N. (Thomas Nelson Publishers, 1985, 216 pages, \$7.95). A physical and spiritual guide that covers nutrition, exercise, and reducing tension.

***"I Almost Died!"*** by Ern Baxter (Integrity Communications, 1983, 120 pages, \$5.95). Covers Baxter's journey from an overweight diabetic to total health, including suggestions and recipes.

***Peaceful Living in a Stressful World*** by Ronald Hutchcraft (Thomas Nelson Publishers, 1985, 208 pages, \$7.95). How to survive the "self-destructive high-wire act most of us perform daily."

***Positive Workaholism*** by Dennis E. Hensley (Denehen, Inc., 1983, 142 pages, \$6.95). Suggestions from this avowed workaholic on how to make the most of your potential.

***The Stress Myth*** by Richard E. Ecker (InterVarsity Press, 1985, 131 pages, \$4.95). Suggestions for finding peace during trying times. □

an objective and caring person who has some responsibility for us. Pastors are especially vulnerable here because we usually can't express our frustrations to anyone in our congregations. I was fortunate to have the counsel of my own pastor, who helped me focus outwardly on God's agenda instead of my own.

Second, I had to make a distinction between good stress and bad stress. Not all stress is to be avoided. Guilt can be a cause of much stress, but without it we would become amoral monsters. Guilt turns us to God. We have to confess our sin and turn from it and the stress of guilt will be relieved by God's grace. Forgiveness is a powerful stress reliever.

Other kinds of stress are also good and necessary. The young singer mentioned earlier was operating under the mistaken notion that any pressure was bad, but some stress or pressure is necessary if anything is to be accomplished in certain areas of our lives. A wise first-grade teacher said that one of our children was "a good child," but would always need to be "pushed" in some areas. Her prediction turned out to be correct. Most of us have areas in our lives where we never accomplish anything unless someone pushes us. Stress can be a powerful motivator.

## **A Backbreaking Straw**

Third, I saw that stress may result not simply from one big thing but from the accumulation of many little things. It's one straw at a time until the critical load limit has been reached and one additional straw "breaks the camel's back."

When I began to cut out activities from my life, it was traumatic, for I had hundreds of special interests. I prayed, "Lord, deliver me from my enthusiasms and simplify my life!" As I let go of one thing after another, I felt a release of pressure on my body and spirit, and some of the debilitating physical symptoms changed for the better. I have a long way to go but the journey

has begun.

Fourth, despite the need to simplify my life, I realized that heavy responsibilities and many activities were not the main causes of my stress; rather, it came from frustration in carrying out those responsibilities and activities. If our frustrations are coming from sources outside us—and many of them are—we must talk with the person who has authority to change our circumstances, such as a boss or pastor. Sometimes these people are hard to find; we may even end up trying to talk to a computer.

Fifth, I discovered that while I was working on the sources of my stress, I also had to work on the symptoms. Physical exercise was an absolutely necessary discipline. Paul said, "I buffet my body and make it my slave" (1 Cor. 9:27 NAS). It was liberating to know that I could be in control of this aching body instead of its controlling me. Aerobic experts claim that twenty minutes of aerobic exercise in the evening can have all the stress-calming effects of a powerful tranquilizer with none of the side effects.

## **Kingdom Stress**

Besides dealing with the "bad" stress in my life, I also considered how stress was connected with the kingdom of God. Why did Paul say that it is "through many tribulations that we must enter the kingdom of God"? What did Jesus really mean when He said, "In this world you shall have tribulation"?

Because we are in the midst of a war between the kingdoms of this world and the kingdom of God, Paul and Jesus meant that we have to change our view of the Church and the Kingdom and our role in them. Wherever the kingdom of God confronts the world, whether within us or without, there is stress, and to the extent that we come under the rule of God's kingdom, we are under pressure from the kingdom of this world. Also, the stress of this age is part of a developing pattern of conflicts between the



two kingdoms that will culminate in a great tribulation at some point in the future. But remember, Jesus said, "I have overcome the world."

Paul knew this, which is why he could say, "We also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope" (Rom. 5:34 NAS).

I began regarding stress as redemptive and constructive. It was preparing me for war and was for my benefit. And so in the end, I could embrace the conflict. In the next few months, disastrous things happened to me, but it was as if I were completely shielded from the effects of them. Psalm 91 became freshly relevant: "A thousand may fall at your side, and ten thousand at your right hand; but it shall not approach you" (v. 7 NAS).

The choirboy? When he saw another boy singing *his* solo, he was sorry he had turned it down, and the following year, he accepted a solo. But strangely, he didn't do as well as he was capable of doing the year before. By refusing to embrace the pressure, he missed an opportunity to grow musically by performing under stress.

How much growth and strength have we forfeited by avoiding the stress of the conflict? □

#### Footnotes

<sup>1</sup>Harold H. Bloomfield and Robert B. Kory, *The Holistic Way to Health and Happiness* (New York: Simon and Schuster, 1978), p. 68.

<sup>2</sup>Dean Ornish, *Stress and Your Heart* (New York: Holt, Rinehart and Winston, 1982), p. 64.

<sup>3</sup>Bloomfield and Kory, op. cit. p. 72.

<sup>4</sup>Ornish, op. cit. pp. 75-77.



Frank Longino, a graduate of the University of Richmond (Virginia), and Southern Baptist Theological Seminary, Louisville, Kentucky, is an elder with Gulf Coast Covenant Church, Mobile, Alabama.

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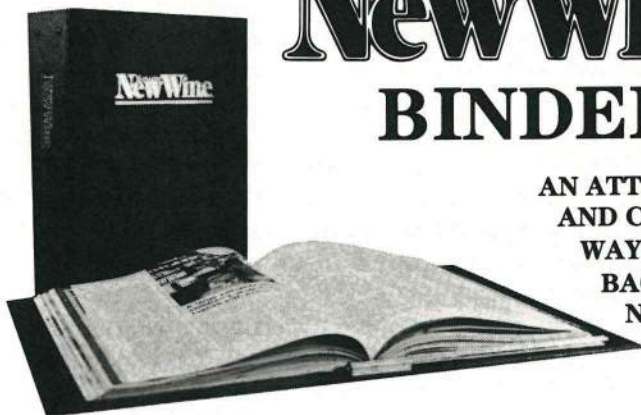
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Charles Colson challenges the Church

# A Prophetic Voice

**W**hen the Christian Booksellers Association (CBA) chooses a keynote speaker for its annual meeting, it is a decision not taken lightly. He must be able to speak before contemporary Christian writers, editors, and publishers, and not only represent them, but have something profound to say to them as well.

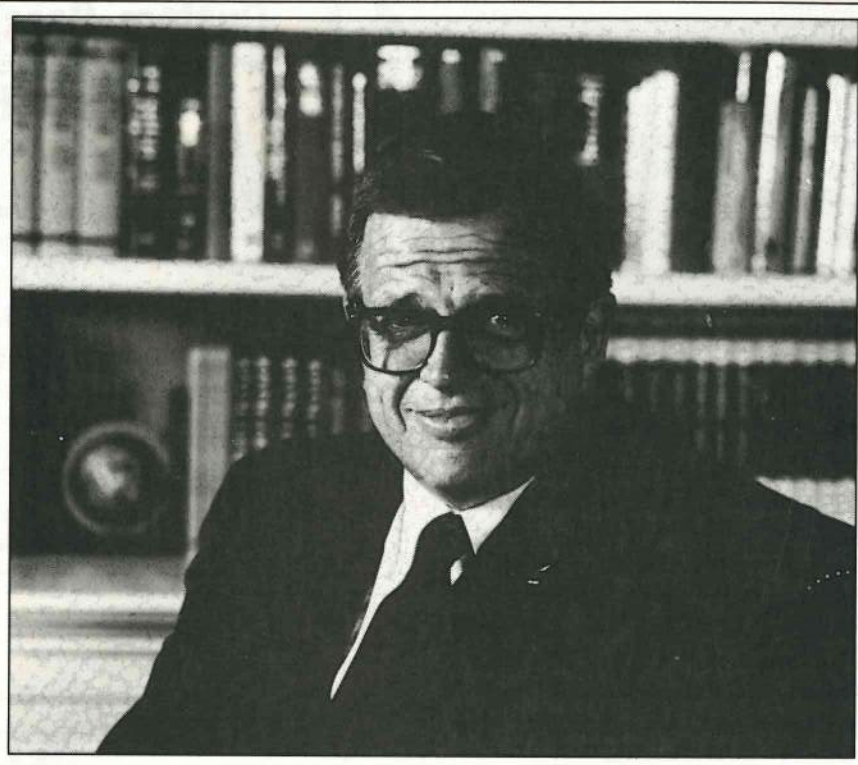
This month, the 1986 CBA annual convention meets in the shadow of the Capitol in Washington, D.C., and the keynote speaker is a man who spent many years working in that city—but not as a writer. The prophetic edge to Charles Colson's voice did not come until *after* he left Washington.

Today, twelve years after the infamous Watergate affair, and ten years after founding Prison Fellowship, Colson has turned over the reins of the day-to-day leadership of the ministry to Gordon Loux, formerly executive vice president, to devote himself to writing and speaking full-time.

"My role has changed dramatically," says Colson, who will continue to serve as chairman of the board of Prison Fellowship Ministries. "When we started this organization, we were doing whatever we had to to keep it afloat, and I was involved more in the day-to-day operations. Now, I am free to travel, speak, motivate, write, and do those things God has called me to do."

Says Loux of this move, "Many people in the Church today are looking for direction from someone who will exhort the Church to its biblical duties. This is the area God has called Chuck to."

Loux adds that this is not the most "glamorous" role. "But the real question for the balance of



this century is whether the Church, in biblical faithfulness, will think and act Christianly, applying a biblical perspective and a Christian worldview to the daily life of our culture. That's the front line of the battle, and that's where Chuck belongs."

## Writing Children's Books

Colson has begun this new phase of his prophetic ministry in an unusual way—by writing four children's books: *Being Good Isn't Easy*, *Trouble in the School Yard*, *Watch Out for Becky*, and *Guess Who's at My Party?* In them he explains in terms a child can understand four basic concepts of Christianity: obeying God, Jesus, and the Bible, and forgiveness and restitution.

How did the man who once advised a president decide to write

children's books? "One of the reasons I did this project," he has said, "was for my own sake. It helps me to keep the simplicity of the message." Also, because he came to the Lord relatively late in life—too late to instill Christian principles in his children while they were growing up—Colson recognizes the importance of helping parents to teach their children the gospel at an early age.

"It's one thing to grow up in the Christian world and have Christian parents and to have lived the Christian life from the beginning—to grow up in the evangelical subculture. It's another thing to have lived in the world and to have experienced all the things that the world considers important and pleasurable and then to have discovered they are all bankrupt and meaningless, that



the real proof of life is the relationship with Christ. And having been in what the world would consider powerful positions and success, I think I have in my life a particular message to young people not to be taken in by the allure of worldly power and success but to realize that there is something much more important."

Proof of that is the youth congress where he spoke last summer. Young people who were not old enough to remember Watergate gave him the highest ratings in a speaker survey because they saw he was living the life he spoke about.

Colson is already at work on another book—this one for adults, and slated for publication in 1987—on the relationship between religion and politics. The threat of mixing religion and politics, he believes, is not so much that the Church will adulterate politics, as critics claim, but that politics will corrupt the Church.

With the first two books Colson wrote, *Born Again* and *Life Sentence*, he kept in constant touch with the publisher to monitor sales. Now, once the book is finished, he lets it out of his hands. "I figure that it's God's business," he has said. "I'll write the book. I'll get the words on the paper, and from then on it's His."

### Speaking to Nations

Colson's writing not only reaches people in the United States, where he is quite well-known, but also abroad. A number of years ago, Colson boarded a crowded jet when a man recognized him and introduced himself as Benigno Aquino. Colson remembered hearing the name, that he was a Philippine senator and the son of a former Philippine president. Aquino and other political dissidents were thrown into prison when Ferdinand Marcos declared martial law in 1972.

As the plane took off, Aquino explained to Colson how the prison guards had let the dogs eat half his dinner before giving him what was

left on the plate. He learned to hate in prison, and to embrace Marxism as an escape from his circumstances. Then one day his mother sent him a copy of Colson's first book, *Born Again*, and his heart changed. He knelt in his cell late one night and gave his life to Jesus.

In 1980 he was suddenly freed so that he could travel to the United States for a triple bypass operation. But someday, he told Colson, he intended to return to his homeland—either back in government, or back in prison. Either way, he promised to start a Prison Fellowship ministry in the Philippines.

Through the media, Colson was able to follow Aquino's journey. Early in the summer of 1983, Aquino gave a powerful testimony before a U.S. congressional subcommittee. "It is true, one can fight hatred with a greater hatred, but...it is more effective to fight hatred with greater Christian love...I have decided to pursue my freedom struggle through the path of nonviolence, fully cognizant that this may be the longer and more arduous road."

Just a few months later, he was attempting to return to his country and had barely stepped foot off the

plane when he was assassinated. And now, of course, his widow, Corazon, carries on his dream as she serves as president of the Philippines.

In his work with prisoners, Colson recognizes that in the United States we are accustomed to thinking of prisons as filled with thieves, murderers, and the like. But in other countries, prisoners are past political leaders, who in turn train future leaders. Anwar Sadat, Menachem Begin, Indira Gandhi, Francois Mitterrand, Helmut Schmidt, and Alexander Solzhenitsyn all served time in prison for political reasons—as did Fidel Castro, Che Guevara, and Adolf Hitler. What would have happened, Colson asks, if they had been led to Christ during their prison terms?

Most prophets speak to the educated and law-abiding members of society, and do not concern themselves with speaking to prisoners—or with writing children's books. But this has never been Colson's style. As an inmate once told him, "Mr. Colson, I thought you was a phony. I told these guys that. Told 'em not to listen. Well, Mr. Colson, I was wrong. You are our friend and so is Jesus." □

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**An inmate once told him,  
"Mr. Colson, I thought you was  
a phony. I told these  
guys that. Told 'em not to listen.  
Well, Mr. Colson,  
I was wrong. You are our friend  
and so is Jesus."**



## THE WAY I SEE IT

The day I witnessed a slithering sample of God's

# Immediate Retribution

by Don Basham

**L**et every person be in subjection to the governing authorities. *For there is no authority except from God, and those which exist are established by God.* Therefore he who resists authority has opposed the ordinance of God; and they who have opposed will receive condemnation upon themselves (Rom. 13:1-2 NAS, italics mine).

Most of us forget that on earth God delegates His authority to others. Moreover, we find it easy to disobey some delegated authorities because punishment for our disobedience is often delayed. Scripture does say the Lord is "slow to anger, abounding in love" (Ps. 103:8 NIV), but it also says, "He will not leave the guilty unpunished" (Nah. 1:3 NIV).

In fact, God can judge man's rebellion instantly if He decides to, and I have vivid memories of one occasion when He did just that. It happened a long time ago and it taught me a sober lesson about obeying delegated authority.

Every year when the spring rains came, the water in our city lake would rise and pour over a six-foot-high spillway into the creek below. When that happened, fishing just below the spillway became excellent and weekends would find dozens of local fishermen—often including my dad and me—lining the banks of the creek.

The best fishing spot was the center of the concrete apron extending along the base of the spillway where a fisherman had ideal access to the huge pool below—that is, if fishing were allowed there. Unfortunately,

a big sign posted on the bank read, "No fishing from the spillway!"

As a frustrated fourteen-year-old fisherman, I was about to disregard the sign one day, but my father stopped me. "It's against the law, Son," was his quiet comment when he saw me edging toward the spillway.

My frustration increased when a big burly fellow standing nearby rolled up his trousers and waded rebelliously out onto the spillway apron and immediately began catching fish.

But frustration was forgotten when—on that sunny Saturday afternoon in May 1940, at the spillway dividing Lake Wichita and Holiday Creek near Wichita Falls, Texas—God decreed swift and solemn judgment upon one who chose to disregard His delegated authority. Retribution came in the form of a seven-foot garter snake that unsuccessfully attempted to cross the lake just above the spillway.

The rebel who didn't believe in signs was standing in ten inches of rushing water with his back to the spillway when the snake swept over the falls to strike his bare legs from behind.

That the huge serpent suddenly thrashing and coiling around his legs was a nonpoisonous, harmless variety was a zoological fact totally beyond the mind of that terrified fisherman. With one agonizing shriek he climbed at least four feet straight up in the air as fishing rod, bait bucket, and string of fish went flying in all directions.

The snake swept swiftly on downstream, head high and slithering

furiously as fishermen on both sides of the creek dropped their rods and followed it, shouting and throwing rocks.

The airborne fisherman landed with both legs churning, and in a magnificent effort matching the miracle of Peter's walk on the water, covered the entire thirty feet to the bank in three giant strides. Wild-eyed and gasping, he collapsed not far from where my father and I stood.

"M-m-my G-g-god! D-did y-you s-see t-that?" he stammered, unaware that God not only saw the whole episode, but He ordained it!

My father smiled at me. "Now aren't you glad you obeyed the sign?" he said. My whole being was suddenly filled with a rare kind of thanksgiving, a gratitude born out of witnessing an awesome judgment that—had it not been for loving parental authority—would have been my own.

We continued to fish Holiday Creek below Lake Wichita through the years, my dad and I. But never again was I tempted to fish from that spillway. In fact, in all the years since, I have seldom felt tempted either to fish, to hunt, to enter, to loiter, to eat, to sit, to walk, to drive, or to park anywhere a sign representing delegated authority says I shouldn't. Once witnessed, immediate retribution is not easily forgotten.

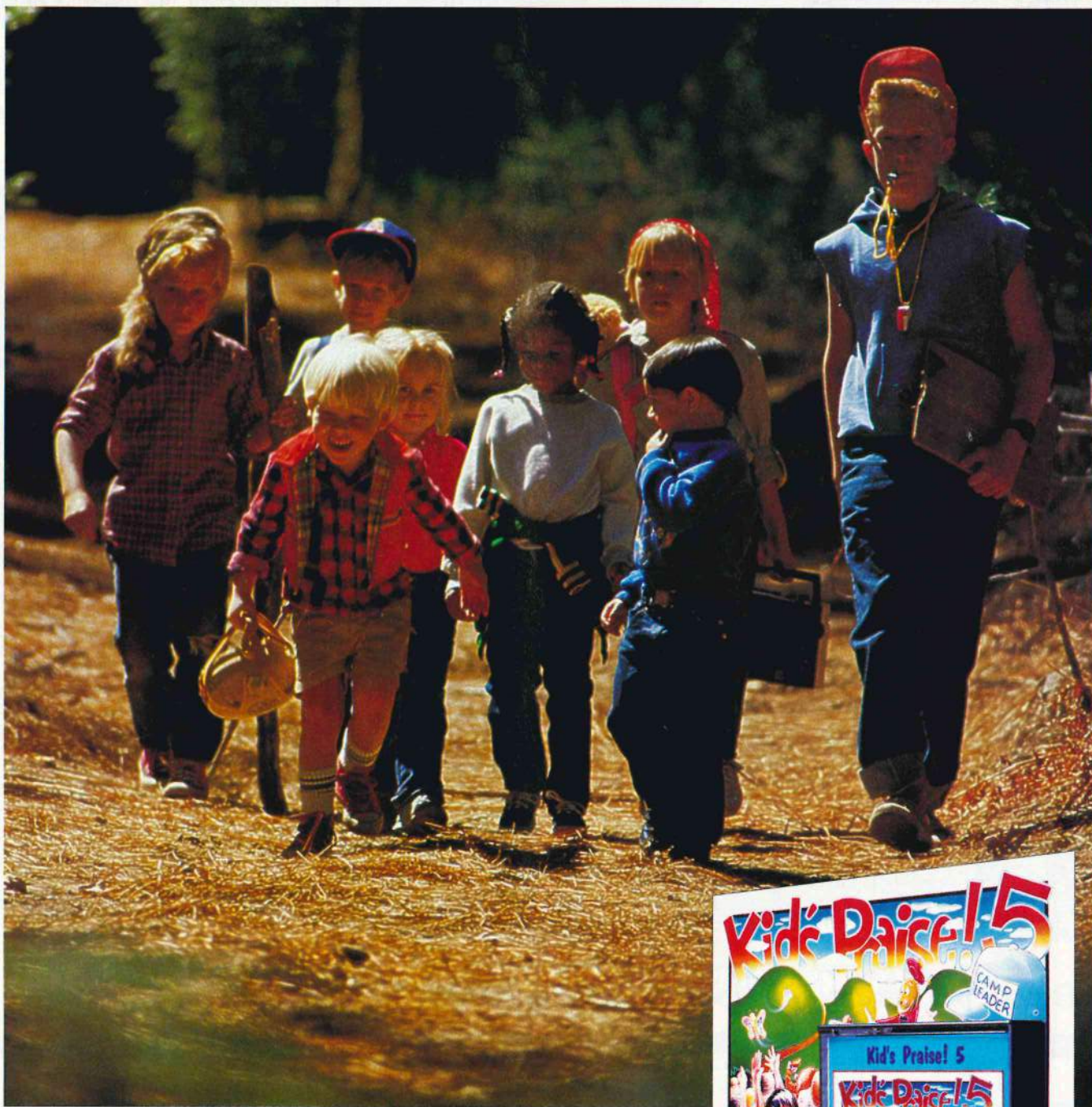
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*Don Basham is chief editorial consultant for New Wine.*



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- 7:15 p.m. Opening Service at the Minneapolis Aud.  
**Speaker:** Rev. Jack Hayford

### WEDNESDAY, AUGUST 6th

- 8:30 a.m. Prayer Service at Central Lutheran Church
- 9:30 a.m. Morning Sessions at the Minneapolis Aud.  
**Bible Study Leader:** Rev. Terry Fullam.  
**Speaker:** Evelyn Christenson.
- 1:30 p.m. Workshops at the Minneapolis Aud.
- 3:00 p.m. Workshops at the Minneapolis Aud.
- 7:15 p.m. Evening Service at the Minneapolis Aud.  
**Speaker:** Rev. Jim Roberson

### THURSDAY, AUGUST 7th

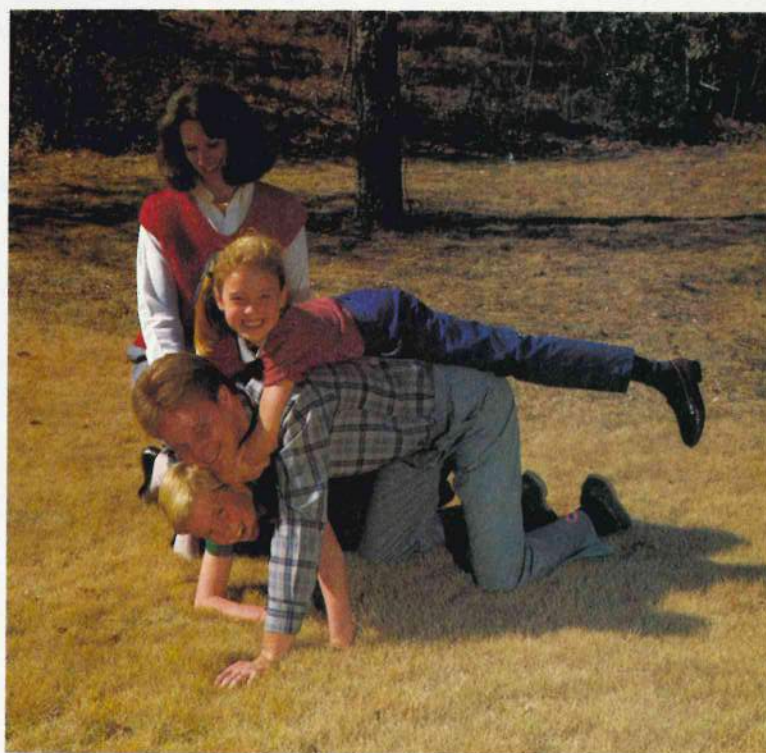
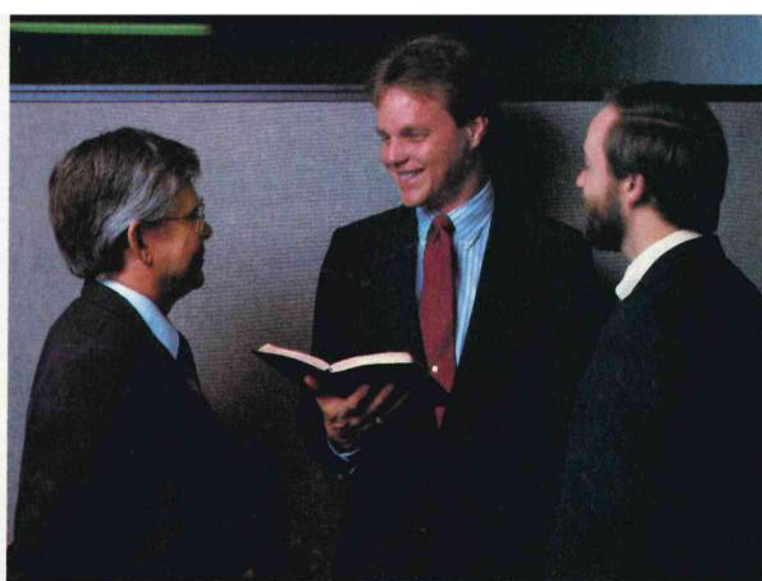
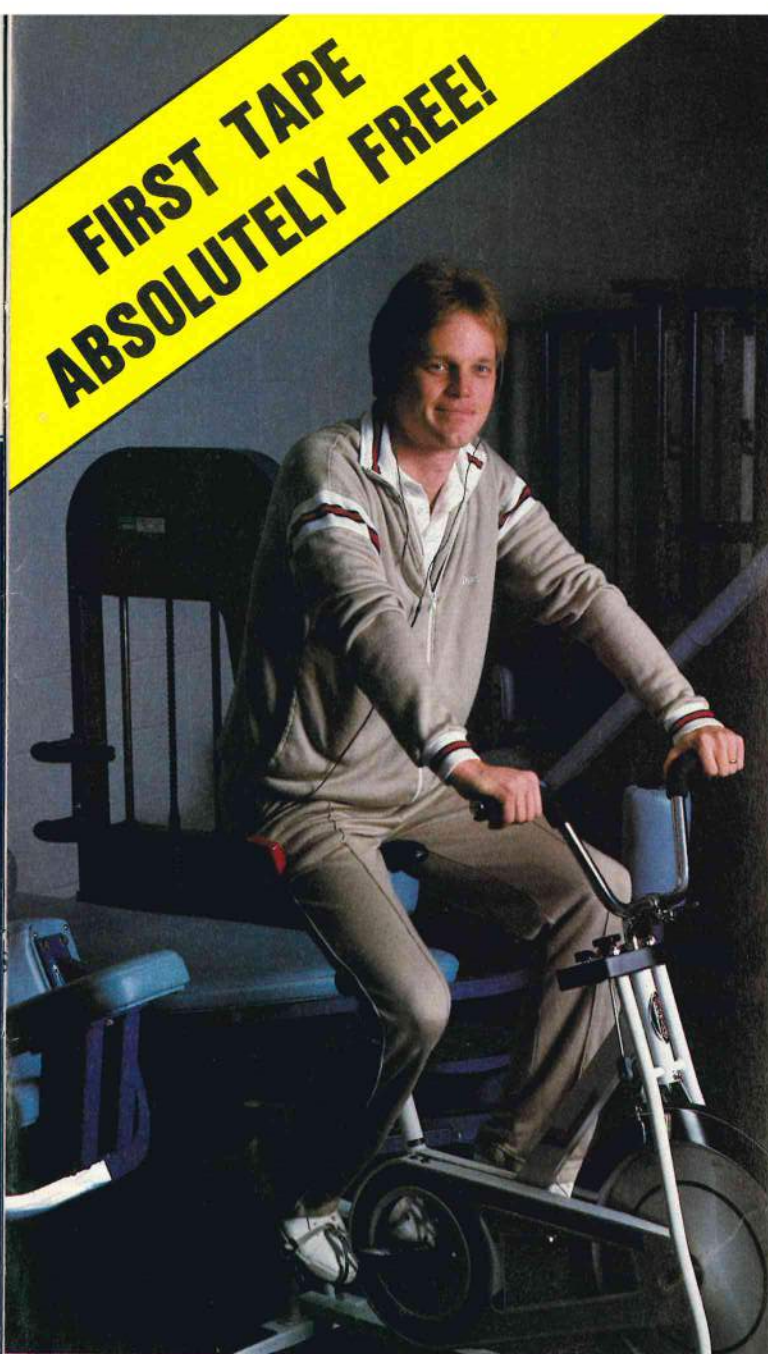
- 8:30 a.m. Prayer Service at Central Lutheran Church
- 9:30 a.m. Morning Sessions at the Minneapolis Aud.  
**Bible Study Leader:** Rev. Terry Fullam.  
**Speaker:** Rev. Jack Hayford.
- 1:30 p.m. Workshops at the Minneapolis Aud.
- 3:00 p.m. Workshops at the Minneapolis Aud.
- 7:15 p.m. Evening Service at the Minneapolis Aud.  
**Speaker:** Rev. Vince Synan

### FRIDAY, AUGUST 8th

- 8:30 a.m. Prayer Service at Central Lutheran Church
- 9:30 a.m. Morning Sessions at the Minneapolis Aud.  
**Bible Study Leader:** Rev. Terry Fullam.  
**Speakers:** Bill and Delores Winder.
- 1:30 p.m. Workshops at the Minneapolis Aud.
- 3:00 p.m. Workshops at the Minneapolis Aud.
- 7:15 p.m. Evening Service at the Minneapolis Aud.  
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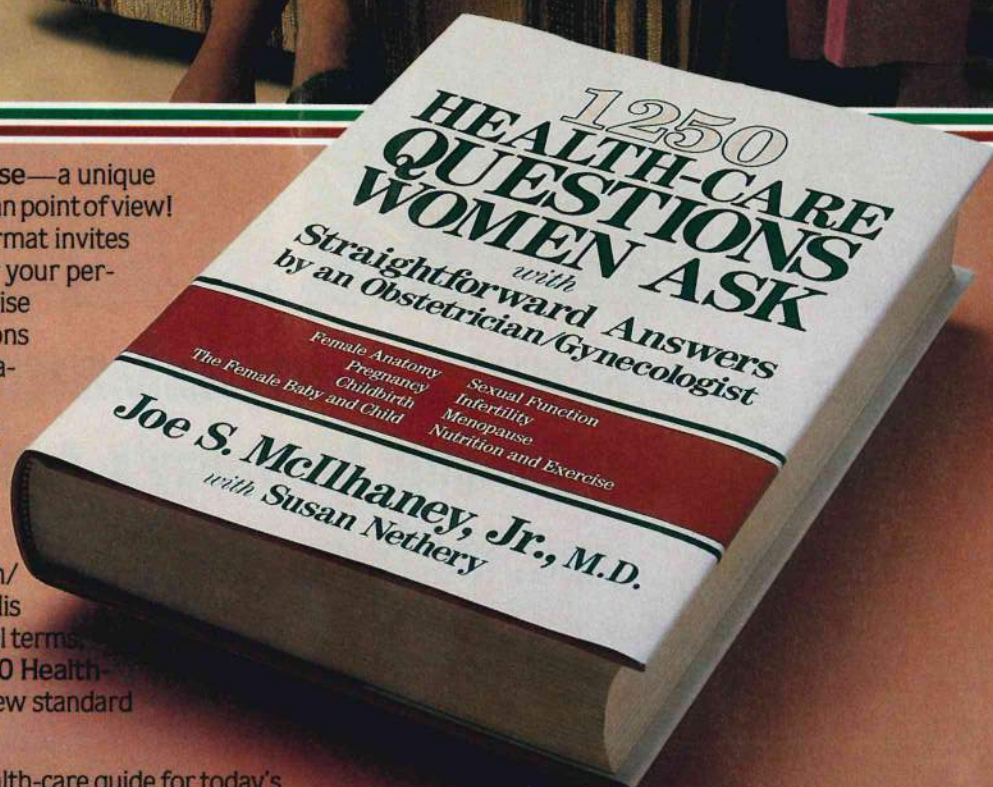
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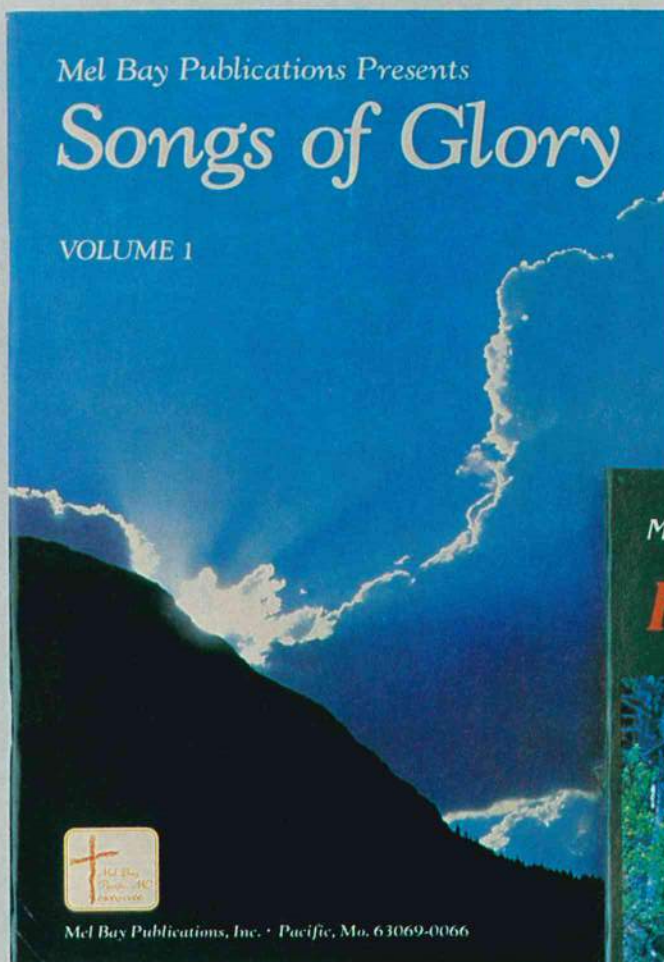
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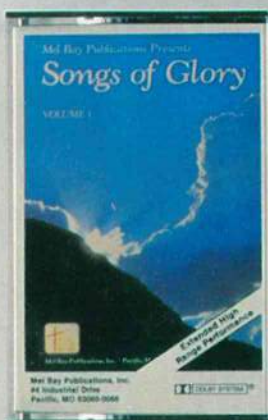
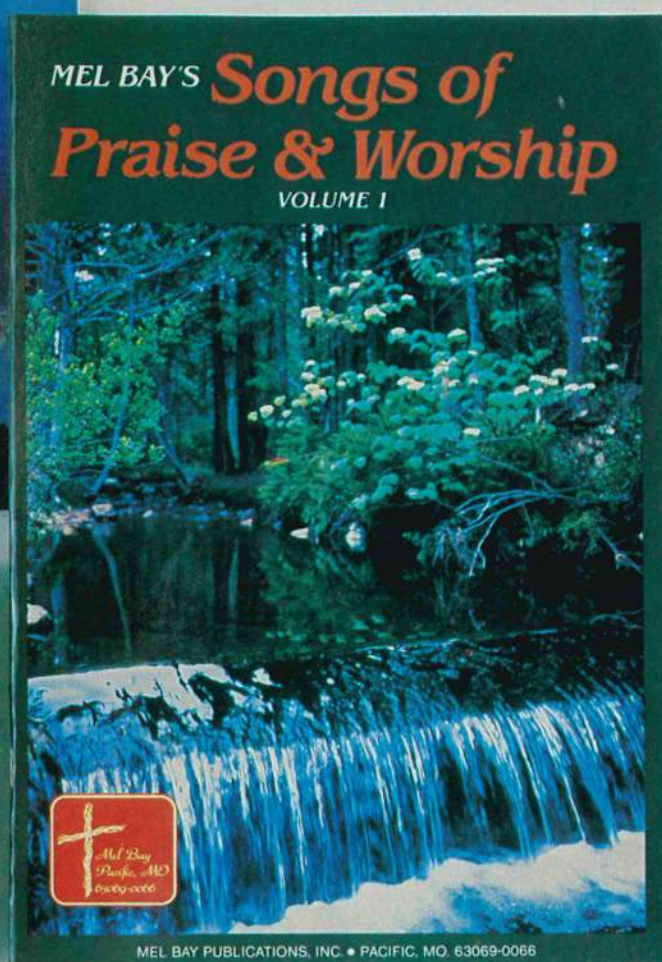
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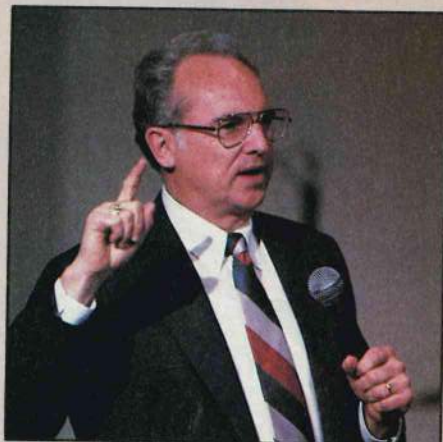


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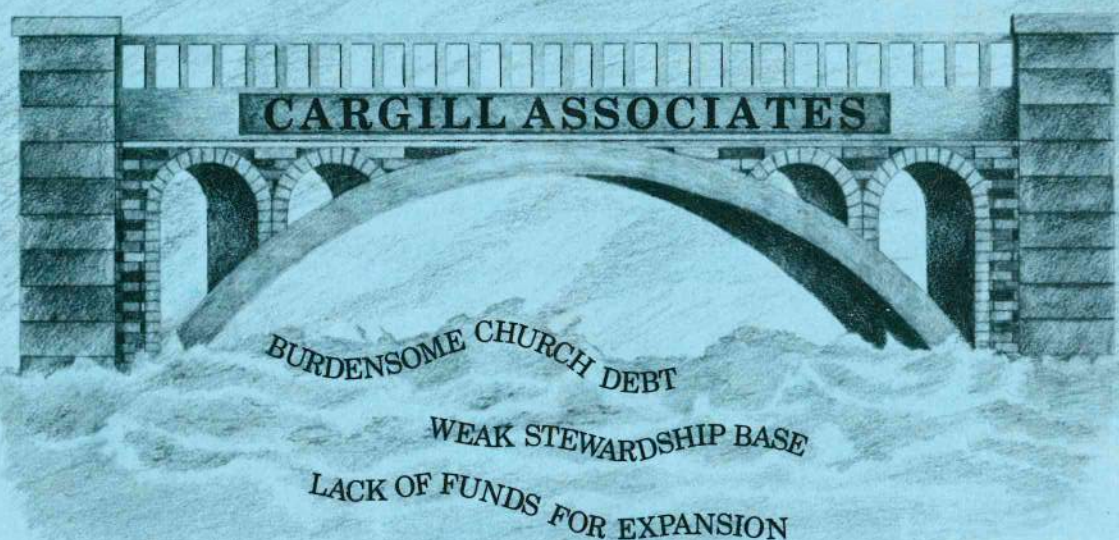
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Oklahoma City	Mon., September 15 7:30 P.M.	<b>Central Plaza Hotel</b> Junction of I-40 and I-35
Denver	Tue., September 16 7:30 P.M.	<b>Clarion Hotel</b> at the Denver Airport
Baltimore	Sat., October 11 7:30 P.M.	<b>Quality Inn-Towson</b> 26 South Exit Baltimore Beltway
Atlanta	Sun., October 12 6:00 P.M.	<b>Atlanta Marriott Gwinnett Place</b> , North I-85 at Pleasant Hill Road
Orlando	Fri., November 7 7:30 P.M.	<b>Orlando Expo Centre</b> Downtown Orlando
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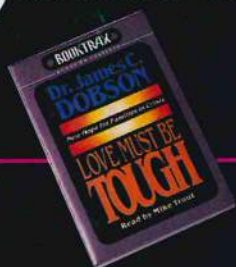
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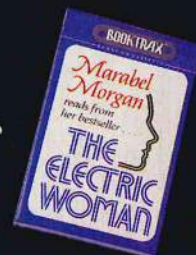
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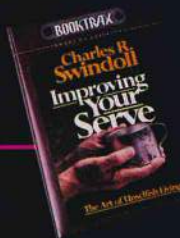
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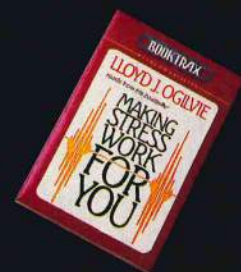
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