

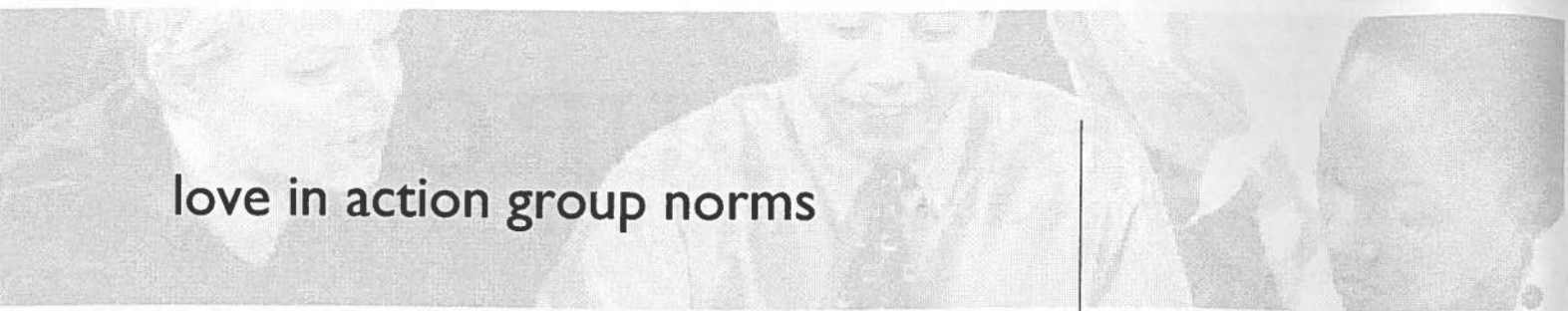
unnamed collection of
Smid "chapters" +
"teachings"

THE SOURCE

INTENSIVE FAMILY WORKSHOP

LOVE IN ACTION INTERNATIONAL





love in action group norms

- Be honest, authentic and real.
- Do not talk at, preach to, or teach one another. Keep the focus on yourself and how you feel.
- Say "I Love You _____" when each person is finished relating.
- Raise your hand when you can relate to what is being said.
- During general sessions you must stand when relating. If someone wants to give feedback or relate to you, you must stand also. Standing is not necessary during teaching sessions.
- When you are being spoken to, you may not respond to defend yourself or return confrontation to the person speaking to you.
- No food, gum, or drink during a group.
- Each person is responsible for securing his or her own tissues.
- Be on time!
- All Cell phones, beepers, or other electronic devices must be turned off.
- Everything discussed in group is confidential. **What you see here, what you hear here, remains here!**
- Active participation is expected during groups. This includes body language and eye contact.
- No attacking or demeaning another person's character.
- Raise your hand to speak. Speak one at a time as called on by the facilitator.
- If you need to leave the group for any reason, please do so quietly.

should we live by our feelings?

You were taught with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. In your anger do not sin. Do not let the sun go down while you are still angry and do not give the devil a foothold. He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that is may benefit those who listen. And do not grieve the Holy Spirit of God, which whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you (Ephesians 4: 22-32).

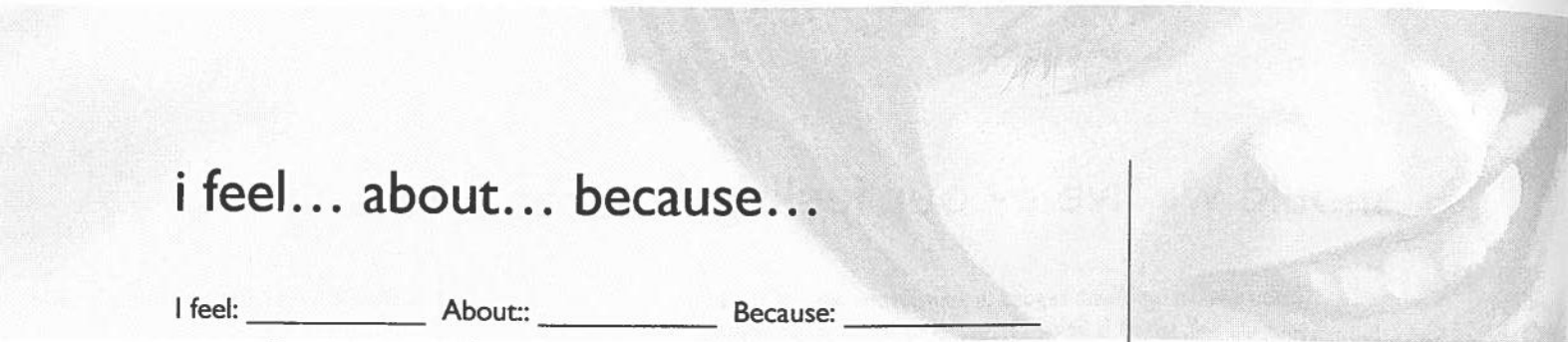
This passage is all about feelings. The center of this passage speaks of anger. Anger is known as a "catchall" feeling. When we don't know what to do with our passionate feelings, anger can serve to hide them. While there is a "righteous anger," it is not likely that we often experience this type of anger. Most often, we experience anger in our hearts that is misunderstood by us and by others as it is expressed.

This passage also speaks of letting go of unhealthy and destructive habits, and calls us to account for the ways we wound ourselves and others.

The passage instructs us to:

- Put off our old lives that have been corrupted by deceit
- Renew our minds
- Be honest with others because we are one body
- Acknowledge our feelings rather than stuff them
- Quit the addictive habits resulting from lying to ourselves and living in dishonesty with others about our feelings

God gave us tears as a visible sign of emotion so others can see that we are experiencing them. These can be tears of joy, pain, hurt, or frustration, all of which God designed to be shared with others. Think of this biological reality as we introduce a tool to help you to share your emotions.



i feel... about... because...

I feel: _____ About: _____ Because: _____

For many years this tool has helped men and women express their emotions. This can be a written tool, but the most effective way to use it is when speaking with others. It is clear and can be used easily. The difficulty lies in the fact that it works so well we become vulnerable pain in our hearts.

I feel:

Describe a feeling that you are experiencing about something in your life or in your past. This may be one feeling or it could be many. It is very important that you dig to find the most honest feelings you have.

Typically men have not learned to identify feelings at all, or only through simple words like *mad*, *glad*, *sad*, or *bad*. On the next page we have provided over 250 feeling words. It can be helpful to see a list of words that may more accurately describe what we are experiencing.

Generally, women struggle differently. They may experience what we affectionately call a "tangled ball of emotions": experiencing so many feelings that it is hard to separate them. It is important to use feeling words that can clearly express what is going on inside, and the feeling word list can help.

Above, in the blank next to "*I Feel*", write a feeling word that clearly expresses your feelings about the situation you are describing.

About:

It is important to identify and describe the situation you are having feelings about to those you are communicating with. What has happened, or is happening right now, that you are trying to sort out and express?

This is vital because it is the very heart of the matter that your feelings are attached to. If you don't specify this it can lead to confusion and a lack of finding a solution.

Above, in the blank next to "*About*", write a simple description of the situation.

Because:

This is where you share your true heart about the matter. This is a very vulnerable place that lets others into your life by sharing what lies underneath your strong feelings.

In describing your "*Because*" you might share a past situation that ties in to the current one. You might talk about a wound that causes you to be sensitive when something pokes into it again. You might share a value or personal conviction that is important to you and produces passionate feelings in your heart.



summary

- 1) Feelings are a gift from God
- 2) *I Feel, about, because* is a tool for identifying your feelings and expressing them
 - a) *I feel* _____. Insert a feeling word which reflects your current state of emotions
 - b) Avoid
 - i) "I feel that"
 - ii) "I feel like"
 - iii) "I don't know"
 - iv) "Bad, Sad, Mad, Glad"
 - c) *About* _____. This second part of the tool connects the feeling word or words with a particular set of circumstances
 - d) *Because* _____. In this third part of the tool, you explain *why* you have the feelings you have
 - e) There are two different kinds of tears as a result of feeling:
 - a. cleansing tears
 - b. emotional tears
- 3) It is important to work with your feelings
 - i) God created mankind with feelings
 - ii) We work with feelings because feelings are real
 - iii) We work with feelings because feelings connect us with one another

feeling words

happy

contented
relaxed
calm
complacent
satisfied
serene
comfortable
peaceful
joyous
ecstatic
enthusiastic
inspired
glad
pleased
grateful
cheerful
excited
lighthearted
carefree

surprised
optimistic
spirited
merry
hilarious
exhilarated
playful
elated
jubilant
thrilled

eager

keen
earnest
intent
zealous
avid
anxious
enthusiastic
desirous
excited
proud

sad

sorrowful
unhappy
depressed
melancholy
gloomy
somber
dismal
heavy-hearted

quiet
mournful
dreadful
dreary
flat
blah
moody
low
discouraged
discontented
disappointed
concerned
sympathetic
embarrassed
shameful
ashamed
useless
worthless
ill at ease

hurt

injured
isolated
offended
distressed
pained
suffering
afflicted
worried
aching
crushed
heartbroken
despair
tortured
lonely
pathetic
upset

angry

resentful
irritated
enraged
furious
annoyed
inflamed
provoked
infuriated
offended
indignant
irate
bitter
frustrated

grumpy
fuming
belligerent
awkward
bewildered

fearless

encouraged
courageous
confident
secure
independent
reassured
bold
brave
daring
heroic
determined
loyal
proud

interested

concerned
fascinated
engrossed
intrigued
absorbed
excited
curious
inquisitive
sincere

doubtful

unbelieving
skeptical
distrustful
suspicious
dubious
uncertain
questioning
evasive
wavering
hesitant
perplexed
indecisive
hopeless
powerless
defeated
pessimistic

physical

uptight

paralyzed
tense
stretched
hollow
empty
strong
weak
breathless
nauseated
sluggish
weary
repulsed
tired
alive
feisty

affectionate

close
loving
tender
seductive
passionate
aggressive
appealing
warm

afraid

fearful
frightened
timid
wishy-washy
shaky
apprehensive
terrified
panicky
hysterical
alarmed
cautious
shocked
horrified
insecure
nervous

miscellaneous

torn
messed-up
jealous
preoccupied
cruel
distant
bored
phony

feeling exercises

Let's practice using this tool. It is important that you use this tool throughout your time here to help you get in touch with significant feelings.

1. What are you feeling about being here and why?

I feel:

About:

Because:

2. What are you feeling about God and why?

I feel:

About:

Because:

3. What are you feeling about yourself and why?

I feel:

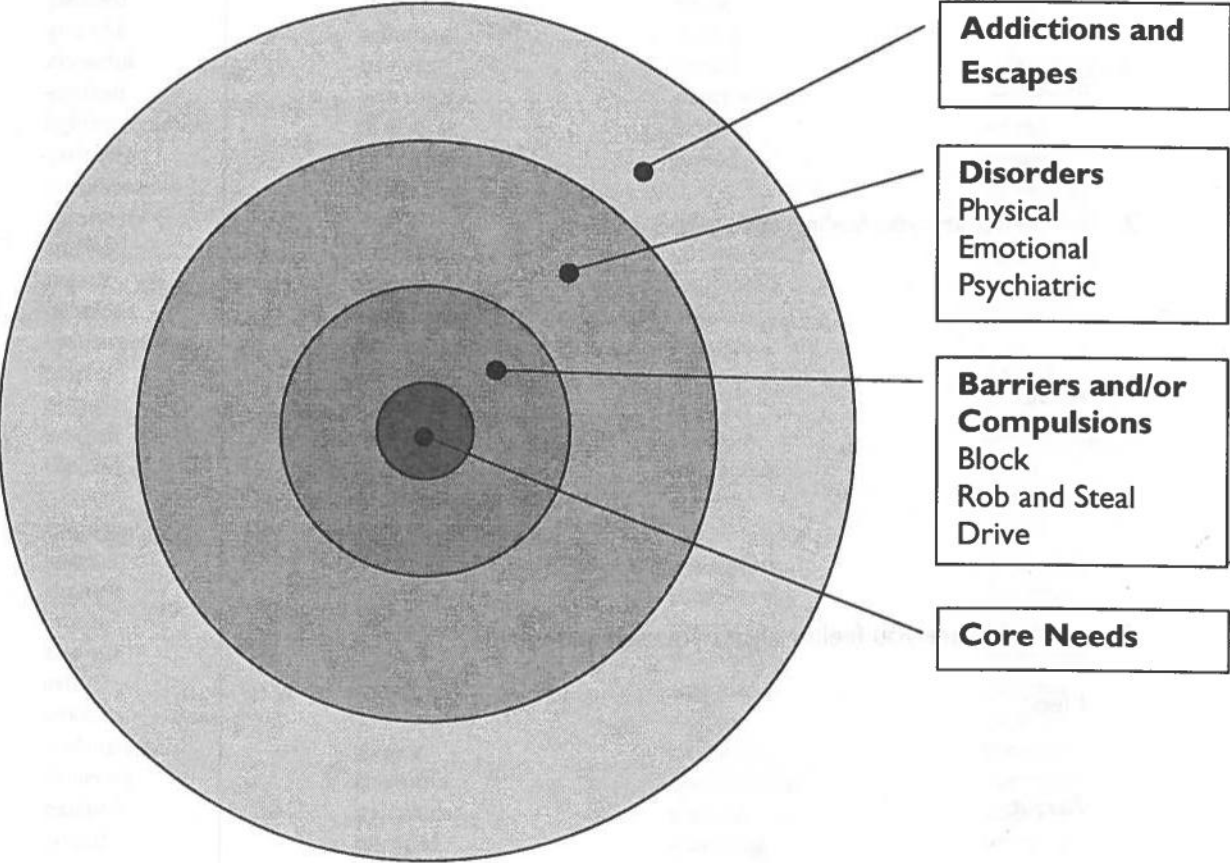
About:

Because:

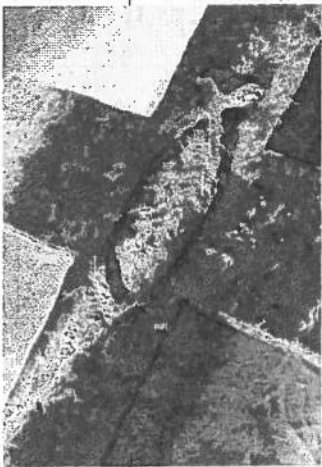
4. Write out as many feelings you are experiencing now.

recovery process

The recovery process is a way to identify the driving force behind our addictions. This lesson will provide insight into our legitimate needs and how those needs may have been inappropriately met. We will also look at legitimate ways of meeting these needs can be met.



identity in christ



The world tells us that our worth, value and identity are based on performance and other people's opinion of us. If God's opinion of us is based upon our performance, then we are in trouble. Isaiah 64: 6 teaches that if our best performances were lined up before our pure and righteous God, they would be like filthy rags before Him.

Christ is the only one who could meet His Father's standards because He was holy and blameless. Jesus paid the price for our sins through his blood atonement sacrifice because he desired to have a relationship with us.

What does that have to do with our worth, value and identity? As a Christian, my identity is now based upon what Christ did for me and how much he paid to have a relationship with me. I am of infinite worth to God and deeply desired and wanted by Him because of what Christ did for me. It is called "Amazing Grace" because He died for me while I was yet a sinner.

The question is: Do I walk in agreement with God and how He defines me? Do I live in agreement that I am of infinite worth because of what Christ did, or do I believe that I am worthless and deserve only the table scraps of life? Do I think in agreement that I am deeply loved and completely forgiven, or do I walk in self-loathing and self-condemnation?

What would happen if I began to walk in agreement with God? It might lead to a life of gratitude and humility as I realize God's love is a gift and I didn't do any thing to gain it. Maybe I wouldn't be so dependent upon what others think of me and I might find freedom to be real, knowing the God of the universe loves me. Maybe I could stop being afraid of God and begin to know Him more intimately.

Today we will look at our barriers to intimacy with God. We may have "head knowledge" concerning our identity in Christ, but sometimes there is a barrier that keeps that message of Truth from getting to our hearts.

To understand our barriers to intimacy with God we first need to inventory how God defines us through our relationship with Christ. On the following page, in the first section list how you have most often defined yourself, and the results of those definitions. In the second section list the facts regarding how God defines you and what may result from truly believing them.

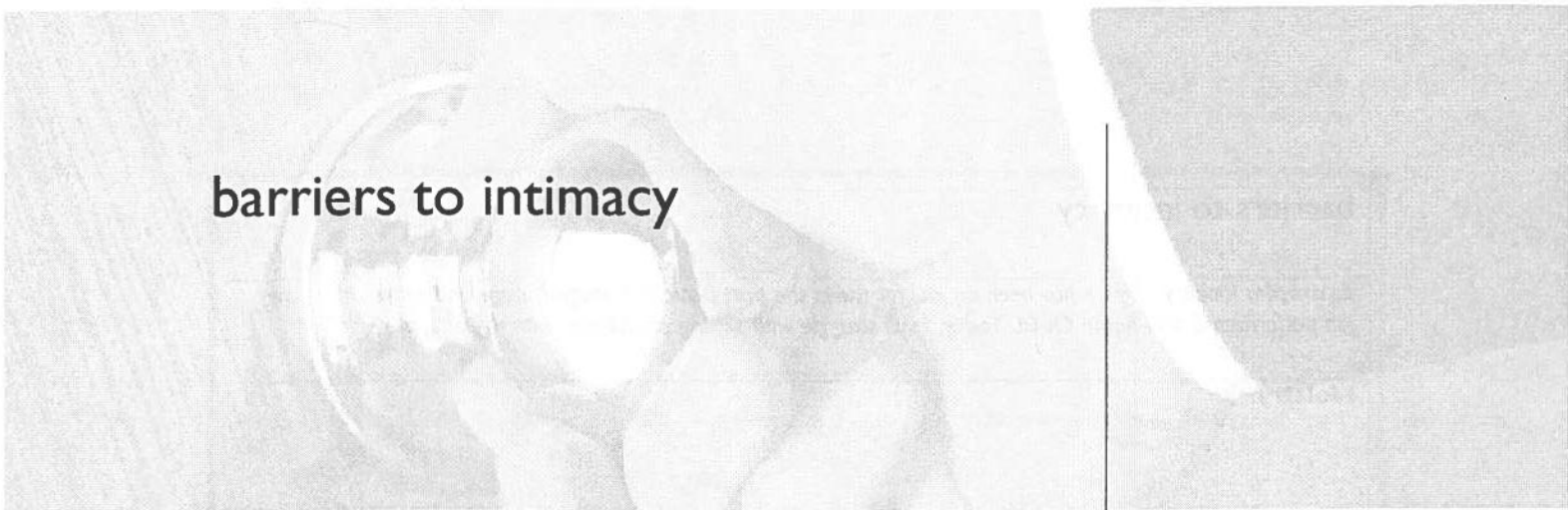
identity in christ

false identity
Example: I define myself by how well I am performing as a mother/father/son/daughter. Result: Feeling like a failure and making others opinions more important than God's.

identity in christ

Example: "I am free from condemnation and no longer have to live under that fear" (Romans 8:1). Result: I can take fear captive and realize that God is not looking to condemn me.

barriers to intimacy



If we are not having intimacy with God then we can't have intimacy with any one else, including ourselves.

Imagine a conduit between you and God that was placed there when you became a Christian. Through this conduit comes God's perfect unconditional love that touches your thirsting human spirit. What would happen if a barrier developed in this conduit between you and God that stopped the flow of his love?

Before we can restore intimacy we need to examine ourselves and deal with our barriers to intimacy with God. On the following page are examples of barriers between us and God. If you can relate to any of them, comment on how they have affected you in the past and the present. Add and describe the effects of your personal barriers as well.

barriers to intimacy
Example: Idolatry: "Work has been an idol for me in the past because I sought refuge and self-worth in my job performance and not in Christ. Today, I still struggle with setting boundaries with my time at work."
Idolatry:
Fear:
Shame:
Guilt:
Resentment:
Pride:
Other:

shame



Webster's dictionary defines shame as: A painful emotion caused by a strong sense of guilt, unworthiness, or disgrace; a condition of dishonor; a great disappointment.

Shame is a major barrier to intimacy with God and others. Sadly, for a large number of Christians today shame has been a constant companion for many years. For Christians struggling with sexual sin, a core message of shame is always present. For some this shame is deeply buried and heavily medicated through addictive behavior and/or denial system.

Did you see yourself in the definition of shame shown above? If you are a Christian, none of these words agree with God's definition of you. In order to walk out our relationship with Christ, we must inventory which self-definitions do not agree with God's truth.

The following exercise is designed to begin the process of identifying lies versus truth. Shame and secrets tend to be connected, so the first step is complete honesty with yourself, others, and God.

On a scale of 0-10, how much shame are you carrying (zero being none and ten being lethal)? After choosing this number ask yourself, "How much shame does God hold against me, based on a scale from 0-10?" The correct answer is 0.

This exercise is about learning to agree with God and not our feelings. If you scored yourself at level 2 because your shame is less severe, you're still not in agreement with God. It is time to agree with God and release ALL the shame.

With each topic listed on the next page, write how each has affected you. Follow up with your plan to walk in agreement with God's truth regarding each category.

shame	
Example: Guilt • I feel guilty that I was not there for my mother when she passed away because I chose to do something else that was inappropriate. • If I confess my sins to God, He is faithful to forgive me. • I will ask friends and family members to remind me of this truth whenever I start feeling guilty about this situation.	
Guilt	
Situation:	
God's Truth:	
Plan to walk in truth:	
Unworthiness	
Situation:	
God's Truth:	
Plan to walk in truth:	
Disgrace	
Situation:	
God's Truth:	
Plan to walk in truth:	

Dishonor	
Situation:	
God's Truth:	
Plan to walk in truth:	
Disappointment	
Situation:	
God's Truth:	
Plan to walk in truth:	
Other	
Situation:	
God's Truth:	
Plan to walk in truth:	

being wounded and wounding others

As we go through life we enter into intimate relationships. Within these relationships we will experience wounding and we will wound others... it comes with being human. If there is a system of restoration in place then our spirits can experience healing. If there is not a system in place, or if that system is not accessed, then there will be no healing. We will develop defense mechanisms to survive and build walls of protection to keep others out so we will not be wounded again.

Our first exercise is to inventory how we have been wounded. This exercise *must* be based upon the foundation that God has forgiven you for wounding others and we are required as Christians to forgive those that have wounded us. Without this foundation this exercise could be shaming and could trigger your barriers to intimacy with God and others.

We are wounded in 2 ways; intrusively and non-intrusively. You can think of an intrusive wound as something that is coming at you, like an arrow, or something that was taken from you. For example, being physically abused is an intrusive wound. Non-intrusive wounds are the lack of a need being met. An example of this would be if you were never touched affectionately. These wounds may have been intentional or accidental, but it is not important to examine the intent of the person who wounded us.

The second goal is to promote the restoration process and healing by taking down the walls of defense and sharing your heart with your loved ones. This experience may be new and frightening for some of you because being transparent is risky. Be in prayer that God will direct what you write and share.

Using a scale of 0 to 10, with 10 being the worst and 0 being no wounding at all, assign a number value to each area on the following pages to describe your wounding.

wounding by others

intrusive			non-intrusive		
	Male	Female		Male	Female
Physical			Physical		
Emotional			Emotional		
Spiritual			Spiritual		
Mental			Mental		
Sexual			Sexual		
Others			Others		

Choose two of the highest scores you are willing to share with your loved one and small group. On a separate sheet of paper describe how you felt during these experiences and how they affect you today. You are strongly encouraged to take some risks in showing your heart with this exercise.

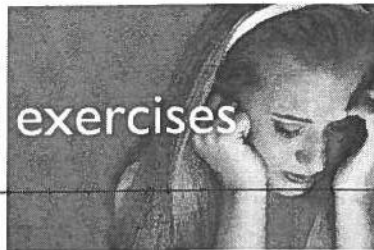


wounding of others

intrusive			non-intrusive		
	Male	Female		Male	Female
Physical			Physical		
Emotional			Emotional		
Spiritual			Spiritual		
Mental			Mental		
Sexual			Sexual		
Others			Others		

Your second assignment will be to inventory how you have wounded others. Using the same procedure, fill out the chart above and choose two experiences to write out and share with your group.

wounding exercises



wounding by others:

Example: I was constantly teased and emotionally hurt by other children (Intrusive). I did not receive a lot of physical touch from my father (Non-Intrusive).

wounding of others:

Example: I teased and emotionally hurt other children before they hurt me (Intrusive). I avoided my father emotionally because I did not want anything to do with him (Non-Intrusive).

forgiveness

Now that we have inventoried how we have been wounded and how we have wounded others, let's look at what we need to do with these hurts and pains. Very plainly and directly it comes down to forgiveness. As Christians we have a place to leave our hurts and pains, because Jesus took them on the Cross. One of the main steps to restoring our relationship with God and others is the willful and obedient act of forgiveness.

A lot of Christians do not know how to forgive or they have an inaccurate definition of forgiveness. Forgiveness is not making excuses or rationalizing the offence. It is not enlarging the offence and placing all of life's problems upon the offence. Forgiveness does not mean that you are validating the sin or that you place yourself in a position of abuse again. Forgiveness is both accurate and honest and sometimes it is not pretty. If we desire to restore our relationship with God and others, then forgiveness will have to be part of the restoration process.

Your first assignment is to look up Scripture references regarding forgiveness. The next step is to take that resentment, whether it is toward yourself or others and bring it to God with complete honesty and openness. Let me interject that we can always have vertical healing and restoration in our relationship with God and it needs to begin there.

The next step is to work on horizontal restoration. If there is someone in your life today whom you need to seek forgiveness, now is the time to seek it. Very specifically, identify how you have wounded this person intrusively and/or non-intrusively.

When doing the act of forgiveness it is important to use "I" statements and not "you" statements. An example of a forgiveness statement is "I am asking your forgiveness because I have wounded you by _____, will you forgive me?"

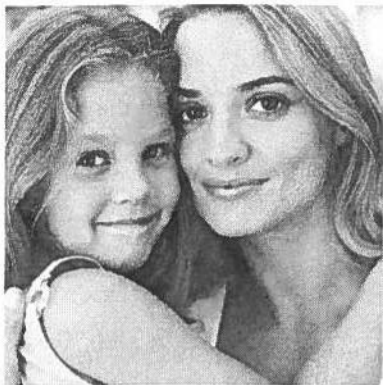
forgiveness

inventory of offense:

asking for forgiveness:

"I am asking you, _____ to forgive me because I have wounded you by _____.
Will you forgive me?"

the blessing



One of the most rewarding things you can do to encourage your loved one is to give him/her a blessing. Do not wait for just the right moment because it may never come. The time to give a blessing is right now.

Many of us have never received a blessing and most of us certainly do not know how to give a blessing. Too often, positive attributes about a person are heard in a eulogy, which leaves the living with regret that they didn't bless him while he was still alive.

Blessings are words of acceptance, affection, appreciation, approval, and attention that encourage, enrich, and motivate us to become godly men and women. (Mark 10:13-16; John 15:12, 17; Romans 13:8; 1 Thessalonians 4:9; 1 Peter 1:22; 1 John 3:11; 3:23; 4:7-12; 2 John 1:5).

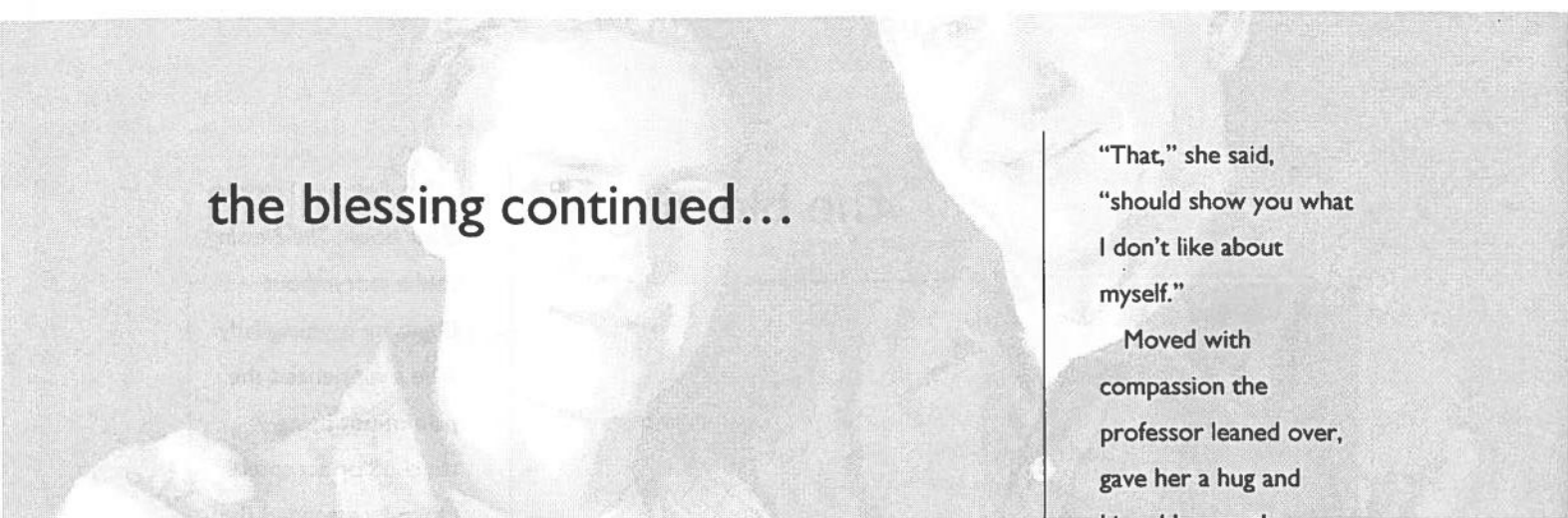
This time will be used to learn about the elements of a blessing. Then, you will be given an opportunity to prepare a blessing for your loved one. There will be a time scheduled for you to actually present this blessing to your loved one face to face.

Remember, take the time to consider the godly and positive character traits you see and have seen expressed in your loved one's life. It is not too late to give a blessing.

Smalley and Trent in their book, *The Blessing*, told a story about Dorothy, a young lady who experienced the pain of not being touched or accepted. Dorothy attended the class of an outstanding Christian speech teacher, who was in his early sixties, at a large secular university.

For nearly twenty-five years, this teacher was a source of encouragement to his students. On the first day of class, this teacher had the students break the ice by saying what they liked and disliked about themselves.

Dorothy sat at the back of the room. Her long red hair hung down obscuring half of her face. When her turn came, there was a long silence. Finally, with a deep sigh, Dorothy sat up in her chair, pulled back her hair, and revealed a large red and irregularly shaped birthmark.



the blessing continued...

elements of a blessing

- **Meaningful Touch**

Meaningful touch is a physical, symbolic gesture to communicate a transfer of power or blessing from one person to another. Specific physical touches communicate different things.

- **Spoken Words**

Spoken words center on positive character traits that your loved one possesses. These should not be qualified by behaviors they may exhibit.

- **Expressing High Value**

Acknowledge that your loved one is worthy of respect and admiration due to who he/she is, not what he/she does. You may want to use a word picture to describe attributes.

- **Picturing a Special Future**

Speaking forth the positive future you can see your loved one attaining can help that person begin to believe that he/she can attain it as well.

- **An Active Commitment**

There needs to be no doubt in your loved one's mind that this commitment hinges on who they are, not what he/she may or may not accomplish.

"That," she said, "should show you what I don't like about myself."

Moved with compassion the professor leaned over, gave her a hug and kissed her on the birthmark. "That's OK, honey," he said, "God and I still think you are beautiful." Dorothy cried uncontrollably for almost twenty minutes.

Dabbing the tears from her eyes, Dorothy said to the professor, "I've wanted so much for someone to hug me and say what you said. Why couldn't my parents even touch my face?"

Just like the leper in Christ's time, Dorothy had a layer of inner pain trapped beneath the outward scars. This one act of meaningful touch began to heal years of heartache and loneliness for Dorothy. It opened the door that drew her to the Savior.

the blessing

My Blessing to:

Three ways I choose to bless you with meaningful touch are:

The attributes that I value highly about you are:

A word picture that I choose to bless you with that ties into these attributes is:

The special future that I picture for you is:

Five ways that I commit to actively participate, in an on-going and consistent manner, in the blessing of my loved one are:

With Commitment & Love:

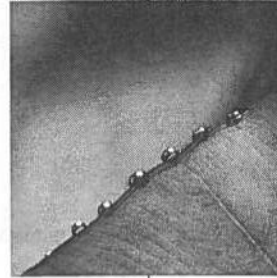
Date:

what's driving your cover-up?

She took from the tree and ate it. Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. But the Lord God called to the man, "where are you?"

He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid." And the man said, "The woman you put here with me – she gave me some fruit from the tree, and I ate it" (Genesis chapter 3:6-12).



This familiar story describes some foundational things about mankind:

1. Man sinned in disobedience to the Lord God.
2. Man attempted to cover the shame he felt as a result of his sin.
3. Man hid from God.
4. God pursued man with the hope of reconciliation.

The problem with sin is that, once we sin, we find ourselves sinning again to cover up the sin we've just committed! So why do we sin in the first place?

1. Our selfish desires
2. Our attempts to cover our sin with distracting behaviors
3. Our fear of acknowledging our imperfection
4. Sin feels good and provides temporary relief from the pressures of life

The following story will give an example of what my own "fig leaf" looked like during my years in sin.

One of my earliest memories is returning to my parent's home after living with relatives for nine months. I was leaving a home that had become comfortable and I had become deeply connected to my cousins as I lived with them, so it confused and hurt me to be taken away.

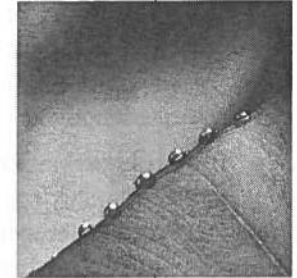
This experience developed into a life-long struggle with feelings of insignificance. These feelings led to a series of disconnected relationships and other sinful coping mechanisms. As an adult, I developed serious problems with emotionally dependent relationships and would suck the life out of anyone who paid attention to me. If this person was popular or socially desirable I perceived I could find life within their life.

These addictive mechanisms further developed into homosexual adultery, divorce and an unhealthy connection to the homosexual community. These "fig leaves" were my attempt to find significance and resolve my deeply-rooted fear of abandonment.

I thought when I left my wife I was becoming independent in my thought and actions. My string of failed relationships revealed that, in truth, my life was becoming a scam and I was falling apart. My "fig leaf" was crumbling and I found that the more I tried, the more the "leaves" would crack and break apart, leaving me to finding more leaves to keep my nakedness covered.

What was that nakedness? It was my sinful shame and deep fear of anyone seeing how insignificant I felt. Like Adam and Eve, I ran from the very source of my life because of the fear of being "found out". Adam and Eve were hiding because they realized their sin was something they needed to hide.

God called them to account and assigned consequences for their sin. He then forgave them and provided animal skins for their covering. This skin came at the cost of an animal's life. This is a wonderful example of the gospel of Jesus Christ in prophetic form.



How does all of this relate to the concept of powerlessness?

During my years of "fig leaf" living I was so ashamed of myself that the only way I could find temporary relief was to attach myself to the others I thought would complete me through their acceptance.

The problem was that my relationships always failed. The insanity of running from one broken relationship to another increased in intensity until one day, at my emotional rock-bottom, I had no where else to turn but to Christ. When I turned to Him He began to call me to account, assign my consequences, and mercifully forgive me.

I wasn't finding satisfaction in my addictive relationship patterns and I realized that I could not heal myself. I admitted my true powerlessness, and found that the person who would finally fill the void in me was Jesus Christ. I discovered that I had been living in lies about my insignificance when the truth was that Jesus chose me and lovingly brought me into His house and family.

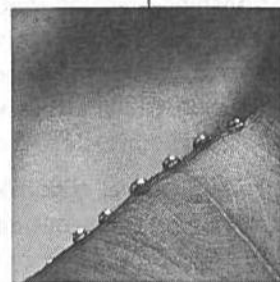
What is the deepest lie that you live in right now or have believed in the past? How have these lies manifested themselves in your life? Have you always felt so shameful that you try to become invisible? Do you feel so filthy that no matter how hard you try, you can't "wash" it off?

Do you feel irrelevant? Do you hunger to find a place where finally someone really sees your work, your value? Do you worry that your life will not matter, that at your funeral there will be nothing to say about your life?

Is fear so overriding in your life that you constantly feel anxious and insecure? Have you made every attempt to gain control of your circumstances and yet continue to feel fear?

Have you tried to show the world that you are exceptional, but when you compare yourself to others inadequacy seems to be all you see? Does despair control your waking and sleeping hours because you seem to always fall short of others' accomplishments?

These deeply-seated feelings can set us up for a life-long struggle with addictions and cyclical patterns that wear us out. Admitting this requires an honesty that we are at times unwilling to approach.



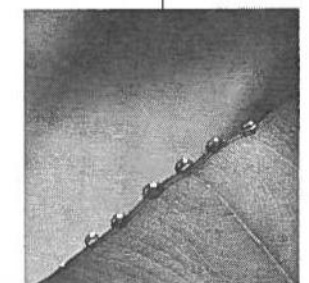
"While we were yet powerless, Christ died for us"
(Romans 5:8).

Powerlessness means that we are powerless to fix the deep inner problems in our character by ourselves. We are NOT powerless against the behaviors that we have used to hide these shameful inner feelings. We can put down the alcohol, we can say no to a shopping binge. We can ask for help and accountability for sexually addictive behaviors or addictions to emotionally dependent relationships.

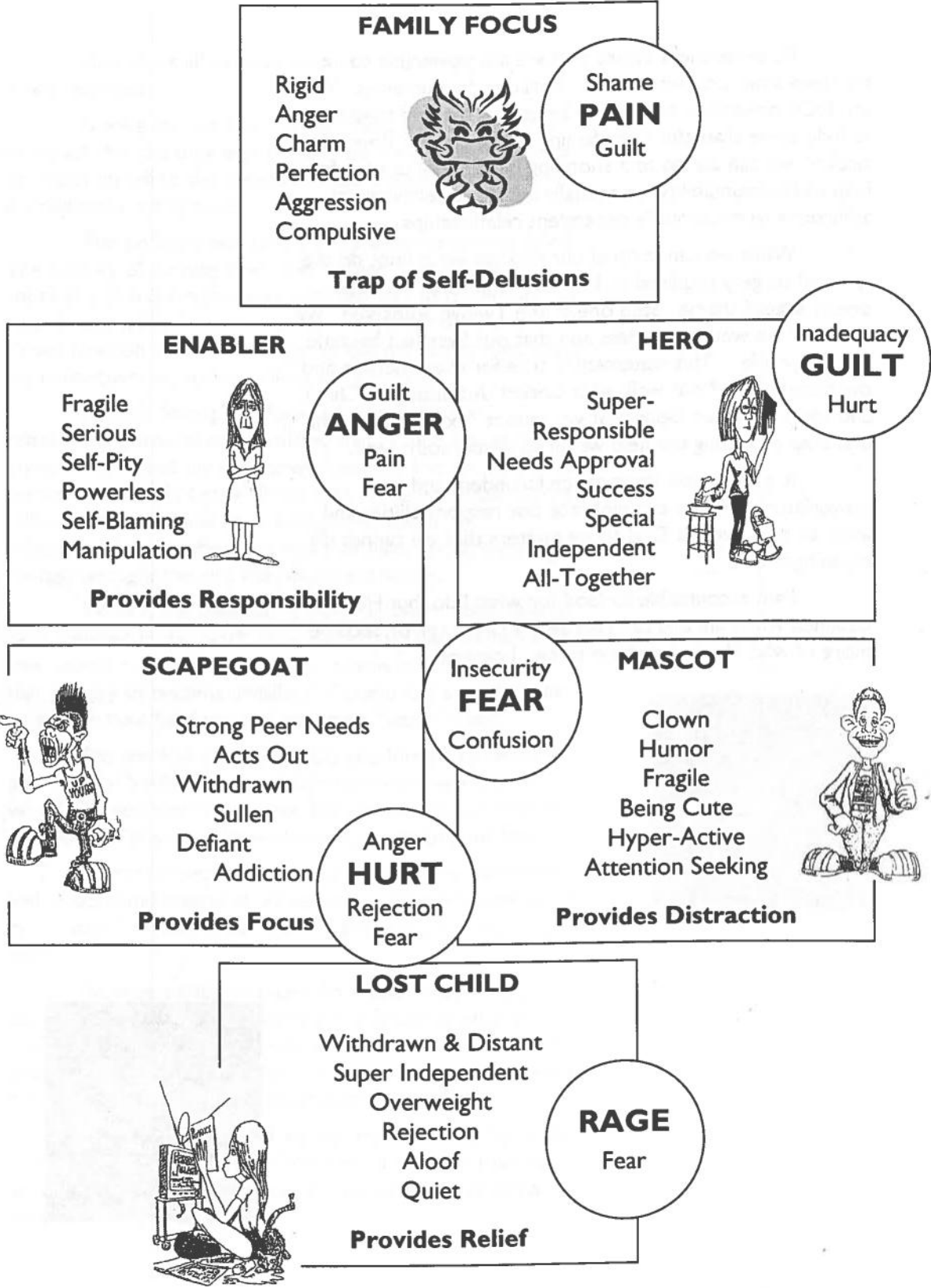
While we can control our choices we cannot do the spiritual surgery required to heal our loneliness, fear, and deeply seated shame. Step one of the Twelve Steps says "we admitted we were powerless and that our lives had become unmanageable." This statement is true for every person and the foundation of our walk with Christ! Admitting to Christ and another human being that we cannot "fix" our life is the first step to getting the help we all so desperately need.

It is of utmost importance to understand true powerlessness so we can embrace our responsibilities and learn to turn over to God those matters that we cannot do anything about.

I am accountable to God for what I do, but He designed who I am and can change my character to become more of who He designed me to be. I cannot.



unhealthy family system



the family system

Games Families Play

When something exaggerated hits the home such as trauma, serious illness, divorce, drug abuse or alcoholism; a system of self or family protection sometimes sets itself in motion. When these difficult experiences mix with human weakness and immaturity, we are often caught in a trap. We find ourselves in a system of survival. Please remember that this is only a tool to diagnose unhealthy behaviors and to help in maintaining healthy relationships within the family or in groups.

The Enabler

Every addict has people around him who enable his behavior - help him to continue his addiction. Parents, friends, teachers, employers will all on occasion hide his mistakes, alibi or lie for him, pinch-hit - all forms of enabling. But there is always a chief Enabler, usually the person emotionally closest to the addict. In the case of an adult, this is usually the spouse. In the case of a teenager, this is usually a parent, most often the mother.

The Enabler acts out of a sincere sense of love and loyalty; also shame, to protect the family's self respect, and fear. Enabling, like chemical dependency, begins slowly. The Enabler makes excuses for the addict and smoothes over embarrassing incidents with friends. As the dependency grows, so does the enabling.

As the addict becomes less reliable, the Enabler assumes his responsibilities or gives them to another member of the family. Under the guise of protecting and caring for the child, the Enabler starts controlling his coming and goings, and makes decisions for him that he should be making for himself. The Enabler covers for, excuses and even defends the addict's actions in the face of criticism. They try to shield the child, and the family from the painful consequences of the addict's behavior. The Enabler is constantly under stress from being on the alert. The stress affects the Enabler's appearance and health with the familiar physical symptoms of stress-related situations - digestive problems, ulcers, high blood pressure, depression, etc.

Poor eating habits, too much smoking, too little exercise - even too much alcohol, tranquilizers or other drugs further undermine the Enabler's health. The Enabler's chief emotion is anger, which is kept bottled up inside. And fear - for the child, for the family, for the satisfying family life that is rapidly disappearing. The Enabler is caught in the same downward spiral as the addict - unknowingly.

The Healthy Enabler

Confront problems, feelings, conflicts, awarenesses - as soon as possible. As quickly as you see something that brings an internal conflict, it is vital to your emotional and spiritual well-being that you get directly honest with it and face whatever you need to deal with it. This will most likely go against the grain of your typical behavior because the enabler is most uncomfortable with conflict or possible conflict.



The Scapegoat

The Scapegoat is usually the next youngest child. At first he or she may try to be like the Hero, being good and doing well. But he can't compete, if only because the Hero is older and more mature and will always seem better and brighter. So the Scapegoat withdraws from the family; physically - a small child may hide under a bed, and an older one will run away, and emotionally, seeking outsiders (peers) to satisfy his need to belong.

Starving for attention, the Scapegoat will release his bottled-up emotions by getting into trouble, because even a punishment is better than nothing at all. The mischief will escalate as the child grows - from playing with other mischievous children, poor school work, running away, drug and alcohol use, shoplifting, etc.

The Scapegoat has found his niche in the opposite role as the Hero, at a great personal cost. The Scapegoat will act sullen, uncooperative, rebellious and belligerent - all to hide his anger. Anger at the addict for his alcohol or drug use, anger at the Enabler for his or her constant attention to the addict, anger at the Hero for achieving goals the Scapegoat can never hope to compete against, and anger at the world for "falling for the Hero's act".

Beneath this anger is hurt - he or she feels rejected, lonely and guilty. Although the Scapegoat may break all the rules family and society has set down, he has not totally rejected them. In his heart the Scapegoat doesn't want to be a bad kid - he is being carried along by his role that brings him the attention he so badly wants.

The Healthy Scapegoat

Admit your needs and acknowledge the real hurt inside. When feeling stressed, stop and pray before speaking. Remember, many of the most difficult relational times for you have surrounded extreme communication! Invite safe people into your life to help you sort out your feelings. Strict accountability is necessary to help you bring balance to your insights into circumstances you find yourself in. Refuse to leave any situation unless you have talked to someone and have utilized accountability in your decision making. For the Scapegoat, leaving a painful situation quickly and in a fury is the medicator and is used to keep the focus off of the real problem. Staying and sorting out those feelings becomes very difficult. Willingness to seek to understand - listen to their heart

The Hero

The Hero is usually the oldest child in the family; or, if the oldest child is the addict, the next oldest child. The Hero is helpful within the family and successful outside at school or work. He or she provides the family with those moments of pride and hope that furnish a sense of worth for the family.

Although the Hero seems to have it "all together", it is really just a facade behind which he or she feels miserable. The Hero is really trying to help the family by making up for its weaknesses, by saying to the world "this family is okay". After all, a family that has a child that does well in school, pitches on the softball team and writes for the school newspaper has to be okay, right? His achievements may help the home situation for a few days at a time, but it doesn't last.



Feeling puzzled, but not knowing what else to do, the Hero goes on being the Hero - good, considerate, successful. The Hero's actions are really eating away at him - because no matter how good or successful he is, it is never enough. He feels inadequate and guilty. And he feels anger at having to work so hard, and at having a family that needs so much from him. He may be lonely within his facade or popularity and achievement - never forming deep friendships because of the constant need to reach goals.

The Hero goes through life always feeling that no matter how good he is, he must be a little better before he can take satisfaction in his achievements. The Hero plays his hero roles forever unless the addict and other family members are helped in their struggle to survive.

The Healthy Hero

Take the opportunity to get off of your treadmill and learn to relax. Refuse to be the sole source of value in your Family System. Allow yourself to make a mistake. Take time out. For you, this will require a scheduled time to rest at the beginning. The scariest thing of all for a hero is that a mistake will be made and everything will break loose and fall apart. It's ok to get a "B" grade. When you are feeling overwhelmed - b r e a t h e. If you need to take off a semester of school, if you need to change jobs, or if you need to tell someone to let you alone for a while - do so. Remember, the world does not spin it's axis on you. It won't stop spinning if you take a nap.

The Mascot

The Mascot is often the youngest child in the family. As the "baby", he or she is protected from the reality of the family situation more than any other member. (This may also occur with an older child with a special handicap or illness, or with the only daughter in the middle of sons, for example.)

The Mascot is not told about brother's drug use, or sister's abortion or the fact that Mom and Dad do not sleep together anymore. But of course he knows something is wrong - even a small child has eyes to see worried expressions and ears to hear adult arguments. The child is confused - he knows something is wrong, but everyone he trusts tells him things are just fine. Are they really fine? Is he going crazy?

The Mascot learns while still very young that showing-off can bring rewards - release of pent-up energy and positive attention from the family he loves. The family is more than willing to forget its troubles for the moment and laugh at the clowning Mascot.

Their behavior achieves its purposes; he's in control of the family for as long as he can hold the floor and feels more secure - he gets attention of some kind. The behavior can also be expressed in annoying habits and erratic behavior, so the attention can be negative as well as positive.

They may act cute or show-off or squirm and interrupt and do annoying things. In either case, the Mascot is kept immature and this limitation can affect his total development. Many Mascots are diagnosed as hyperkinetic and placed on drugs. The Mascot's main emotion is fear, but hides it well so well that no one ever knows the real person behind the clown mask. The Mascot is lonely even while being the center of attention.



The Healthy Mascot

Make the announcement - "I am not going to be your wind-up toy anymore!" Embrace your true personality which has down times. Give yourself permission to have a low-energy day. When in a social setting where you feel quiet - accept this and make sure no one manipulates you into being their entertainment. Throw off the affect and take time for you. Admit your fears and be willing to trust others with your concerns. The greatest struggle for the Mascot will be feeling fear. Being scared may bring about a sense that everything is going to crumble.

The Lost Child

The lost child adapts to the family situation by "getting lost." He or she can't compete with the Hero and the Scapegoat, and doesn't try. He becomes a loner, looking after his own needs and staying out of the way. He finds more comfort in his own company in the midst of the family chaos.

The family welcomes his choice, for the child who makes no demands is a source of great relief. But in the family where communication is already poor, the Lost Child is the most out of touch. And because he is often out of sight, his needs are also out of mind. Although not intentional, the Lost child is often neglected and doesn't receive the attention, praise, reassurance and affection so necessary in childhood.

The Lost Child can't live in his private world forever, and when he ventures out into school and peer group, he finds he has had little experience in living. He can't express his own feelings or accept expressions from others. He can't cooperate or handle disputes when cooperation breaks down. He doesn't share or can't defend his ownership when bullied. He finds it hard to make friends because he has never experienced warm, human closeness.

While the Scapegoat feels hurt and angry, the Lost Child accepts his exclusion as all he deserves and feels lonely and worthless. He represses these feelings, which may emerge physically in the form of accidents, bed-wetting, or over-eating.

Unless helped, the Lost Child will become the Lost Adult -- without the ability to communicate or form close relationships. Possessions may take on inordinate importance in his life - the new car, stereo, exotic vacations. And he will go on playing the same role, suffering his private pain in silence.

The Healthy Lost Child

Be willing to need. You will have to step out into other's lives. You experience intense anger. Be honest about this. You have not walked closely enough to others to stretch social skills and close friendships so you may have struggles knowing how to ask for help but you will have to trust that limb. Think of the alternative. Any needs you have will possibly go unmet unless you speak up. The anger will just continue because the needs get stuffed. The hardest thing for you is to make a wave in the group. You have learned to stay out of the way so any move toward the center of the room or group will feel very uncomfortable. You will have to enter into this feeling to get healthier.



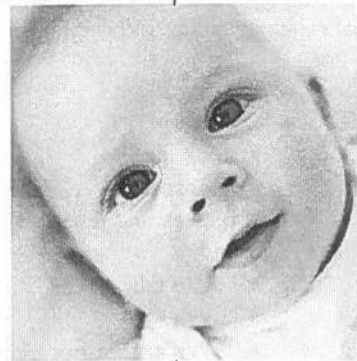
the family system continued...

It is important for families to learn how to communicate effectively. This outline will help provide information on how to maintain a healthy family system of relating, talking, expressing, and meeting the needs of others appropriately.

- I. Self-worth
- II. Boundaries
 - Flexible
 - Respectful
 - Care and nurturing are provided
- III. Rules
 - We talk
 - We feel
 - We accept our problems
 - We honestly evaluate the nature of our problems
 - We take responsibility for our own actions
 - We ask for help
- IV. Healthy Nurture
- V. Emotions
 - Affirmations are given
 - Feelings are accepted
 - People are listened to
 - Individuality is encouraged
- VI. Physical Needs
 - Safety is felt
 - Basic needs are provided
 - Physical self-care is modeled and taught
- VII. Sexual Health
 - People's bodies are respected
 - Intimacy is modeled and taught
 - Sex education is provided
 - Sexual intimacy remains within the marriage relationship
- VIII. Spiritual Needs
 - Personal spirituality is modeled
 - Spiritual discipline is taught
 - Relationship to God is based on love and not fear
 - Biblical and theological information and teaching is provided
- XI. Healthy Shame
 - Each family member takes responsibility
 - Correction is lovingly given when needed
 - Negative behaviors are not ignored
- IX. Healthy Self
- X. Self-care
 - Makes healthy choices
 - Nurtures self
 - Has intimate relationships
 - Asks for help
- XI. Empowerment
 - Recognizes need for God and others
 - Affirms self while understanding the unmanageability of one's life

the life development process

In this lesson we will explore the interesting discoveries of a child's development from conception until he or she is older in years. It will provide you with some insight on what positive and/or negative aspects of each phase contribute to the development of the child's thinking, feeling, spiritual, and physical process.



- I. Conception to one year old: The origin of the person
 - a. Basic genetics
 - b. The father calls the child into existence
 - c. Mothers nurture, confirm the child's life, and allows the child to become a person
 - d. Parents provide a message of security
 - e. The child is asking if anyone out there hears me, am I a person, do I exist?
 - f. The performance scale
 - g. The young toddler needs to have the freedom to explore his or her world with safe parameters for protection and encouragement
- II. Child is one to two years old
 - a. Language development
 - b. Weaning from the bottle or breast
 - c. More freedom to explore
 - d. The beginning of gender information
- III. Child is three to five years old: Gender information
 - a. Gender identity
 - b. Power of words
 - c. Father-son affection and awareness

- IV. Child is six to ten years old: Same sex development
 - a. Discovery of other men and women outside of mom and dad
 - b. Androgyny
 - c. The "safe" years to discover same-sex relationships
 - d. The haven of home and is it a safe place?
 - e. Group development
- V. Puberty: Sexual identity
 - a. The amazing discovery of sexual hormones
 - b. Discovery of the opposite sex
 - c. Previous phases lacking will cause confusion
 - d. Sexual expression in this phase may begin to imprint sexual memories
- VI. Adulthood: Wholesome identity
 - a. God has a specific plan and purpose for each stage of life
 - b. The curve of progress and adjustment continues
- VII. Early Adulthood
 - a. Young man proves his virility
 - b. Young woman will do "anything to please" her man
 - c. A time to start the family
- VIII. Middle adulthood
 - a. Raising the family
 - b. Mate caught, therefore, no need to prove anything
- IX. Late adulthood
 - a. Identity and who are we now?
 - b. Midlife crisis
- X. Sunlight years
 - a. Exchanging roles



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4780 Yale Road • Memphis, TN • 38128

901.751.2468 • 800.201.4129

www.loveinaction.org



LOVE IN ACTION



Overcoming Homosexuality

by John Smid

Overcoming homosexuality can often be seen as a mysterious and complicated process. Actually, God's word is quite sufficient in showing us the way to freedom from any life dominating sin including homosexuality.

1) Coming into an agreement with God - Homosexuality is sin!

2) How do you see God?

3) How do you see yourself?

4) How do you view others?

5) The Belief Principle - Holy Fervor

6) Submission vs. Subjection - The key to victory

7) Displacement - Putting off the old life and putting on the new life (Col. 3:5-10)

8) Repentance -- a gift from God

9) We cannot do two things at the same time

10) Walking in the light

- a) First John 1:6, 2:9-11
- b) *If we claim to have fellowship with Him yet walk in the darkness, we lie and do not live by the truth.*
- c) *Anyone who claims to be in the light but hates his brother is still in the darkness. Who ever loves his brother lives in the light, and there is nothing in him to make him stumble. But whoever hates his brother is in the darkness and walks around in the darkness; he does not know where he is going, because the darkness has blinded him.*

11) Half of the process will not work

- a) Complete the work
- b) Ex-gay is not enough
- c) Celibate homosexuality can still be sinful
- d) Grow into your full potential!

12) Dealing with the outer manifestations

a) Sexual desires and behaviors

b) Social connections

c) Former partners

d) Outer appearances

e) Receiving affection

f) Fears of affection

g) Same sex relationships

13) God's recovery plan: (II Peter 1:3-15)

a) Faith

b) Goodness

c) Knowledge

d) Self Control

e) Perseverance

f) Godliness

g) Brotherly kindness

h) Love

i) For if you do these things, you will never fall, and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ.

14) But God, I'm not sure I can! (II Cor. 12)

a) Three times I pleaded with the Lord to take it away from me. But he said to me. "My grace is sufficient for you, for my power is made perfect in weakness."

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CHAPELS

CHAPELS

13. What is your name?
 - a. This was actually a way to seek a confession
 - b. In the old testament, names had very specific and commonly understood meanings
 - c. Jacob means "heal chaser"
 - d. In "confessing" his name, he was actually saying, "I've been chasing my brother all my life never to find the blessing."
 - e. In his broken state, the truth came out.
14. Who are you, by the way?
 - a. Vs. 29 "Why would you ask that?" The man said.
 - b. Jacob knew he had come face to face with the Living God.
 - c. Jacob realized that he was saved by God's mercy.
 - d. He knew God could have squashed him like a bug but He didn't.
15. He left that night a changed man!
 - a. Israel – Because you have struggled with God and with man and have overcome.
 - b. He now had a limp from the broken hip
 - c. A significant reminder of the breaking of his self will and self protection
 - d. God was in the process of building a new creation!
16. Gen. 32:30 Jacob called that place Peniel, saying "It is because I saw God face to face, and yet my life was spared."
 - a. In the discipleship process it is very important that we come so close to the face of God that we realize our lives have been spared.
 - b. We surely would have died if it had not been for God's grace upon us!
 - c. It isn't until we experience our own breaking that we will get past our own cover-ups and let God finally become Lord!
17. So, what does Jacob look like as a new man?
 - a. He goes to the front of the line, no longer putting others in harms way
 - b. He is now a humbler man
 - c. He faces his brother in a new way and does not get what he had expected
 - d. He finds Esau to be friendly and embracing
 - e. He stays with his family rather than going with Esau
 - f. He takes the proper role as husband and father, providing and protecting
 - g. He gains proper stewardship of his possessions
 - h. He feels their stress and takes care of them
18. I can imagine Jacob saying: "I am at peace now with my God, my brother, and my past. I can now live at peace with my present."
 - a. What is the temperature of your family relationships?
 - b. Do you get along better with your workmates and neighbors?
 - c. How long since you have felt at peace with:
 - d. Your brother or sister
 - e. Your mom or dad
 - f. Your children?
19. Will you wrestle with "the man" and find humility?
 - a. Will you confess your faults so that you see life differently?
 - b. Will you see these relationships with the strength of God rather than your own strength?

- 20.** Prepare yourself the best way you know how and then give your circumstances to the Lord.
- a. Be willing to move into difficult areas with Him by your side.
 - b. Pray fervently from your heart for your deepest desires
 - c. Watch him move – not necessarily on others – but rather, in your own heart.

Letter to the Exiles

Jeremiah 29:1-14

By Rev. John J. Smid



This faith-filled promise of God's plans for our lives is in fact scriptural. The challenge is that it also comes with conditions. This passage describes the conditions for God's blessing on the exiles that I believe apply to our own contemporary situations. God will bless us with His great plans, but He also desires our cooperation with Him in order to deliver His promise to us.

A Letter to the Exiles

1. This is the text of the letter that the prophet Jeremiah sent from Jerusalem to the surviving elders among the exiles and to the priests, the prophets and all the other people Nebuchadnezzar had carried into exile from Jerusalem to Babylon. (This was after King Jehoiachin and the queen mother, the court officials and the leaders of Judah and Jerusalem, the craftsmen and the artisans had gone into exile from Jerusalem.) He entrusted the letter to Elasah son of Shaphan and to Gemariah son of Hilkiah, whom Zedekiah king of Judah sent to King Nebuchadnezzar in Babylon.
 - a. What is an Exile?
 - b. How can you relate to being an Exile?
 - c. Where are you exiled from?
 - d. How many ways are you exiled?

It said:

2. This is what the LORD Almighty, the God of Israel, says to all those I carried into exile from Jerusalem to Babylon:
 - a. "Build houses and settle down; plant gardens and eat what they produce;
 - b. How does this apply to your current life and temporary situation?
 - c. Be prepared to be here for longer than maybe you expected.
 - d. Put your feet into the soil of where you are.
 - e. Live long enough here to see the garden produce fruit.
3. Marry and have sons and daughters; find wives for your sons and give your daughters in marriage, so that they too may have sons and daughters. Increase in number there; do not decrease.
 - a. Prepare yourself for building relationships here.
 - b. This may be long enough to see children and grandchildren.
 - c. Are you willing to remain in exile longer than you had originally planned?

4. Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the LORD for it, because if it prospers, you too will prosper."
 - a. You may not like the location, the people, the "management" of the place where God has placed you.
 - b. Are you willing to bless it?
 - c. Are you willing to be a part of change for the better?
 - d. Do you understand that part where it says, if it prospers, you too will prosper?
5. Yes, this is what the LORD Almighty, the God of Israel, says: "Do not let the prophets and diviners among you deceive you. Do not listen to the dreams you encourage them to have. They are prophesying lies to you in my name. I have not sent them," declares the LORD.
 - a. Oh, the Naysayer!
 - b. Are you tempted to listen to those who are speaking negatively?
 - c. Why?
 - d. Do you realize that when you listen to those who have negative perspectives then it drags you down with them?
 - e. God plans to prosper you here, God did not plant the negativity in your surroundings. Are you feeding it?
6. This is what the LORD says: "When seventy years are completed for Babylon, I will come to you and fulfill my gracious promise to bring you back to this place.
 - a. If only for this lifetime, are you willing?
 - b. Can you handle 70 years of this exile?
 - c. Are you focusing on the now for your security?
 - d. Can you refocus onto eternity?
7. For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. 13 You will seek me and find me when you seek me with all your heart.
 - a. Now, the promise.
 - b. A more intimate relationship with the Lord.
8. I will be found by you," declares the LORD, "and will bring you back from captivity. I will gather you from all the nations and places where I have banished you," declares the LORD, "and will bring you back to the place from which I carried you into exile."
 - a. We also have His promise of eternal life
 - b. This of course is conditional based upon our true relationship with Him.

Recovery Passage

A Study of 2 Peter Chapter 1: 3-15

By Rev. John J. Smid



Scripture has all that we need for life and godliness but sometimes it can be confusing as we try to figure out how to get there. The first chapter in Second Peter offers a practical and sequential process that helps us break unhealthy patterns. We are hoping to leave the corruption in this world that is so binding to our lives. This corruption is caused by the evil in this world. The flesh of our lives can bring about destruction that is quite painful. This corruption can be caused by our own behavior and by the behavior of others as they impact our lives. This passage leads us in ways that we can see our growth in Christ.

1. Faith

- a. We will not ever grow in Christ without faith.
 - i. The initial step in finding a relationship with Christ begins with faith.
 - ii. Faith being a belief that there is a God and that He has something better for our lives.
 - iii. This is the kind of faith that knows of a salvation that will save us from our own broken existence.
- b. So, whenever we are attempting to break addictive and destructive habits in our lives we must have a belief that something better is around the corner.
- c. We must have a hope that the potential for freedom is available for us.
- d. God implants this faith in our hearts and He is only asking us to do something with it.
- e. He is asking us to act upon the faith that he has given. In truth, "faith without works is dead." Dead, meaning without life.

2. Goodness

- a. The step of goodness is a response to the faith that God has implanted.
- b. This step is making a decision to do something good in the middle of our pursuit of change.
- c. This might involve something as simple as telling someone else that we are seeking change.
- d. It also may be as extreme as changing a negative job, leaving a negative location, breaking off a negative friendship or pursuing a specific path of recovery with the help of a counselor, a support group, or a specific program.
- e. The step of goodness is just what it says take a positive step forward into the hope that things are going to be different.
- f. The 12-Step program communicates that concept that in order to change we must recognize that we have to break the cycle of insanity.
- g. We must change the pattern in order to see something new.

3. Knowledge

- a. Once someone has taken a positive step of goodness it is inevitable that they will learn something new.
- b. This step offers the opportunity to venture into new territory – new knowledge.
- c. When you have left the familiar, the unfamiliar comes into sight.
- d. Talking with a friend about a struggle that has never been disclosed before allows the friend to respond. Their response may bring new information into your life that you have not heard before.
- e. Leaving a negative location may show you something about a negative pattern that comes into light because your patterns had to change as you transitioned.
- f. Taking the humbling step of going to a support group will certainly introduce you to new information that is being offered either through new teaching or just the knowledge that there are others out there that struggle like you do. “Wow, I never knew that before,” becomes motivating and can bring hope to stay on the path towards growth.

4. Self Control

- a. Now that you have learned some new things God will ask you to practice what you have learned.
- b. Self control is where you will do something that differently.
- c. Maybe you have learned that engaging in certain conversations has not been healthy.
- d. The next time you start a conversation that is potentially harmful, you will say no and change the direction of your words.
- e. The self control part is obvious because it may be very difficult to do.
- f. But God’s power will be with you to enable you to do what is right as you are willing to step into it.
- g. It is possible that through the knowledge step it has become clear that you need to change a friendship or to stay away from certain locations.
- h. The next time you feel the urge to enter into an old pattern of behavior it will take self control to do what is right. This is where new habits are built.

5. Perseverance

- a. Putting into place a new behavior may be invigorating and may come out of a moment of great hope – but to do it again may not be so easy.
- b. Perseverance continues the process of self control.
- c. This is where you do “it” again and again.
- d. Perseverance is doing it over and over again. Persevering through the temptation to go back to an old behavior or pattern and engaging in the new pattern even when it seems odd to do so.
- e. Perseverance is plowing the field of new life choices.
- f. It involves support, accountability, and surpassing what felt so natural in exchange for doing what is godly and right.

6. Godliness

- a. Phew! Finally some internal changes can be felt here.

- b. After persevering for a while, you will most likely begin to see a heart change in yourself.
- c. You feel the cleanliness of rooting out old thinking and old patterns that you really wanted to get rid of.
- d. Godliness is the place where we experience some of the rewards of all of your hard work.
- e. This is the place where God sheds some light on why you have been struggling in the first place.
- f. The negative habits you are trying to change have actually robbed you of godliness so this is where the new life begins to grow again.

7. Brotherly Kindness

- a. Sin breaks down two significant areas of our lives.
 - i. The first area of breakdown involves our relationship with God.
 - ii. The second involves our relationship with others.
 - iii. Sin causes us to become prideful, arrogant, and unkind to others.
 - iv. When we are steeped in destructive behavior we not only stop caring for ourselves appropriately, we also do not care about others.
- b. After we have been walking in healthier patterns and learning new things about ourselves and others we begin to see others as God would have us to.
- c. We will not sin with someone we truly love!
 - i. We will not hold the drug paraphernalia for a friend to use and say that we truly love them.
 - ii. We will not have sex outside of marriage with someone and look them in the eyes and truly say we love them as God would have us to.
- d. True kindness is a care for others with the love that God would have us to.
- e. This step is where we begin to practice new choices in how we relate to others.

8. LOVE

- a. Kindness is a show of the heart of God to someone else.
 - i. The love that is spoken of in this step is God's love for us and for others.
 - ii. The goal of sanctification is to embrace God's love into our lives.
- b. In this passage of scripture it speaks of another goal and that is to participate in God's divine nature.
- c. This is the heavenly goal of living eternally in the presence of God.
- d. But since this will not be fully experienced this side of our death or His return, He gives us a glimpse of this kind of love now.

9. The Reminder!

- a. Even though you know these things!
 - i. The passage reminds us that we forget.
 - ii. We forget God's goodness.
- b. We can become complacent and God will remind us again where we have come from.
- c. Maybe we fall into an old pattern again
- d. God is always there to help us get back on track.
- e. Don't forget!

God's Recovery Plan - Sanctification

2 Peter 1: 3 - 15

Your Calling

God's Divine Nature



Don't Forget!!!!

LOVE



Guided by God's Grace

Brotherly Kindness

Godliness

Perseverance

Self Control

Knowledge

Goodness

Faith



Recovery Process



Escaping From

Corruption caused by evil desires



Balance in Spiritual Discipline

By Rev. John J. Smid



As humans we are very prone to measuring our spiritual walk by what we do and how we do it. We can struggle with over performing, shaming ourselves when we perceive we are underperforming and we can get stuck with performance expectations.

1. Worship

- a. John 4:24 God is spirit, and his worshipers must worship in spirit and in truth."
- b. Modes of worship?
- c. Methods of worship?
- d. Results of worship?

2. Studying the Scriptures

- a. 2 Tim. 2:15 Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth.
- b. Know God? Through his word.
- c. Know why you believe what you do? Through His word
- d. Understand His love for you? Through His word.
- e. How you study has a lot to do with who you are.

3. Prayer

- a. All through the scriptures
- b. Merely conversation with God
 - i. Personal concerns
 - ii. Intercession
 - iii. Confession
 - iv. Adoration
 - v. Praise

4. Fellowship

- a. Hebrews 10:24-25 And let us consider how we may spur one another on toward love and good deeds. 25Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.
- b. You cannot be an obedient Christian and stay in a cabin in the woods for life
- c. Too much or too little?
- d. Too many or too few?

5. Fasting

- a. Matthew 6:16-17 "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, ¹⁸so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.
- b. Food?
- c. Self sacrifice
- d. Pertinent to the prayer
- e. Pertinent to the issue

6. Tithing

- a. Malachi 8:8-12 "Will a man rob God? Yet you rob me. "But you ask, 'How do we rob you?' "In tithes and offerings. You are under a curse—the whole nation of you—because you are robbing me. Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the LORD Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it. I will prevent pests from devouring your crops, and the vines in your fields will not cast their fruit," says the LORD Almighty. "Then all the nations will call you blessed, for yours will be a delightful land," says the LORD Almighty.
- b. Gross or net?
- c. What is the storehouse?
- d. Tithes and Offerings?
- e. Spirit of the tithe

Mourning the Losses

By Rev. John J. Smid



Comfort from the loss of someone or something is available however, I believe this passage is offering a comfort from the loss of something far greater. I also don't think God is speaking to us being blessed or happy due to the loss of someone dear to us. Let's explore our losses.

Matthew 5:1-12

Now when he saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them saying:

"Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Blessed are those who mourn,
for they will be comforted.

Blessed are the meek,
for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness,
for they will be filled.

Blessed are the merciful,
for they will be shown mercy.

Blessed are the pure in heart,
for they will see God.

Blessed are the peacemakers,
for they will be called sons of God.

Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven.

"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

1. Having a right perspective

a. of ourselves

- i. Expect imperfection
- ii. You cannot repair yourself
- iii. Sin is often an attempt to fix the deeper problem
- iv. How will God use your imperfection?
- v. Feel the loss of personal perfection. Then you will be blessed.

b. of others

- i. have grace upon them
- ii. You're not perfect. Neither are they.
- iii. Go ahead and accept others as they are! Then you will be blessed.

c. of the world

- i. Taking this world as is it – not as I would have it
- ii. It is NOT heaven!
- iii. It is ruined

- iv. It groans for renewal.
 - v. Go ahead and accept this world as it is! Then you will be blessed.
2. Mourning our own death
- a. Death to the temptations of our flesh
 - i. Allow God to crucify the flesh you struggle so intensely with.
 - ii. Stop trying to keep it alive.
 - iii. Accept the fact that you will be tempted; find a way to walk in victory. Then you will be blessed.
 - b. The death of this temporal life.
 - i. Develop kingdom goals.
 - ii. If you are truly a Christian – you’ve been reborn.
 - iii. If you are not a Christian, you are dead.
 - iv. Grieve the loss of this world. Then you will be blessed.
 - c. Death to control
 - i. Just when you think you have it under control... it squirms out from under you.
 - ii. Accept the reality that you cannot control this life. Then you will be blessed.
3. Mourning the loss of our rights to: (entitlement).
- a. Wealth
 - b. Relationships
 - c. Position
 - d. Success
 - e. Good feelings
 - f. Then you will be blessed.
4. Mourning the loss of our “home”.
- a. Christians are destined for an eternal home
 - b. Non Christians attempt to make this their home
 - c. Accept the fact that this world is NOT our home – then you will be blessed.
5. We must accept that we will never be completely comfortable here. Let Go – and be blessed.
- a. Admit the truth
 - b. Grieve the loss
 - c. Feel the pain
 - d. Allow God to comfort us in the loss
 - i. God “comforts us so that...”
 - ii. Obey Christ, then... “He will send the counselor...”

*God grant me the serenity to accept the things I cannot change,
courage to change the things I can,
and the wisdom to know the difference.*

*Living one day at a time,
Enjoying one moment at a time,
Accepting hardship as a pathway to peace,
Taking, as Jesus did, This sinful world as it is, not as I would have it,
Trusting that You will make all things right,
If I surrender to Your will,
So that I may be reasonably happy in this life,
And supremely happy with You forever in the next.
Amen.*

You will be blessed / happy / have serenity.

Covering our Nakedness

By Rev. John J. Smid



True powerlessness does not mean that we cannot control ourselves. Scripture affirms that we are free agents and that we have been given everything we need for life and godliness. God's word also makes it clear to us that we cannot make ourselves perfect and that in our internal desires to be whole and complete, only Jesus Christ can do that for us. In our flesh, it is tempting to attempt to cover up our internal imperfections by developing coping mechanisms. These attempts to "fix" our brokenness can become addictive habits that are masking our internal needs for completion that only Christ can give us. True powerless then is our own inability to perfect ourselves.

My own powerlessness list:

- Adultery with married man
- Adultery against my own marriage
- Promiscuity
- Mutual Masturbation
- Compulsive Masturbation
- Emotional Dependency / Idolatry
- Long term relationships
- Short term relationships
- Anonymous sexual encounters
- Divorce
- Abandonment of my family
- Lying
- Cheating
- Abuse of alcohol Abuse of illegal drugs
- Jealousy and Envy
- Cross Dressing
- Frequenting gay establishments
- Mocking of Christians
- Mocking of women
- Mocking of men
- Abuse of a position of leadership

The eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves. Gen. 3:7

Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. Gen. 3:8

1. But the Lord God called to the man, "Where are you?"
2. Hiding from the fall
 - a. Where do you go when you are afraid?
 - b. Who do you turn to when you are ashamed?
 - c. What do you do when you feel alone?

- d. When you just can't do it – how do you hide?
 - e. Has God been calling out to you?
3. Why are you hiding?
- a. Are you full of shame?
 - b. Do you feel deeply insecure?
 - c. Do you feel desperately alone?
 - d. No matter what you try to do; do you feel inadequate to try again?
 - e. Irrelevant? Do you feel like you will never make a difference in this life?
4. Adam and Eve used fig leaves in an attempt to “fix” their feelings of shame. What is your “fig leaf”?
- a. Control
 - b. Isolation
 - c. Fantasy
 - d. Manipulation
 - e. Humor
 - f. Workaholism
 - g. Overall busyness?
5. Shall we go a little deeper?
- a. Emotional Dependency upon others
 - b. Masturbation
 - c. Use of Pornography
 - d. Fornication
 - e. Adultery
 - f. Sexual isolation from your spouse
 - g. Drugs, alcohol, Cigarettes
6. How about some other distractions from our internal pain?
- a. Excessive music
 - b. Arguing and fighting with others
 - c. Running from job to job
 - d. Excessive personal and family activity
 - e. Stirring emotional mountains and valleys
 - f. Hypochondria
 - g. Addictive Shopping
7. Does your personal fig leaf really do the job?
- a. Are you still feeling:
 - i. Afraid?
 - ii. Alone?
 - iii. Ashamed?
 - iv. Insecure?
 - v. Insignificant?

8. The Lord God made garments of skin for Adam and his wife and clothed them. Gen. 3:21

- a. What is God offering you?
 - i. A sense of being
 - ii. His value
 - iii. Completion in Him
 - iv. Peace that cannot be shaken
 - v. Security

9. How do you get it?

- a. Get honest with God
- b. Get honest with yourself
- c. Get honest with others
- d. Be willing to stay there

10. Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. In your anger do not sin. Eph. 4:25

Scriptures on Powerlessness

Romans 5:1-11 NIV

1 Therefore, since we have been justified through faith, we[a] have peace with God through our Lord Jesus Christ, 2 through whom we have gained access by faith into this grace in which we now stand. And we[b] rejoice in the hope of the glory of God. 3 Not only so, but we[c] also rejoice in our sufferings, because we know that suffering produces perseverance; 4 perseverance, character; and character, hope. 5 And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

6 You see, at just the right time, when we were still powerless, Christ died for the ungodly. 7 Very rarely will anyone die for a righteous man, though for a good man someone might possibly dare to die. 8 But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

9 Since we have now been justified by his blood, how much more shall we be saved from God's wrath through him! 10 For if, when we were God's enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life! 11 Not only is this so, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Romans 8:1-end NIV

Life Through the Spirit

1 Therefore, there is now no condemnation for those who are in Christ Jesus,[a] 2 because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death. 3 For what the law was powerless to do in that it was weakened by the sinful nature,[b] God did by sending his own Son in the likeness of sinful man to be a sin offering.[c] And so he condemned sin in sinful man,[d] 4 in order that the righteous requirements of the law might be fully met in us, who do not live according to the sinful nature but according to the Spirit.

5 Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit

desires. 6The mind of sinful man[e] is death, but the mind controlled by the Spirit is life and peace; 7the sinful mind[f] is hostile to God. It does not submit to God's law, nor can it do so. 8Those controlled by the sinful nature cannot please God.

9You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ. 10But if Christ is in you, your body is dead because of sin, yet your spirit is alive because of righteousness. 11And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies through his Spirit, who lives in you.

12Therefore, brothers, we have an obligation—but it is not to the sinful nature, to live according to it. 13For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live, 14because those who are led by the Spirit of God are sons of God. 15For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship.[g] And by him we cry, "Abba,[h] Father." 16The Spirit himself testifies with our spirit that we are God's children. 17Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

Future Glory

18I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. 19The creation waits in eager expectation for the sons of God to be revealed. 20For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope 21that[i] the creation itself will be liberated from its bondage to decay and brought into the glorious freedom of the children of God.

22We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. 23Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons, the redemption of our bodies. 24For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what he already has? 25But if we hope for what we do not yet have, we wait for it patiently.

26In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. 27And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will.

More Than Conquerors

28And we know that in all things God works for the good of those who love him,[j] who[k] have been called according to his purpose. 29For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers. 30And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.

31What, then, shall we say in response to this? If God is for us, who can be against us? 32He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? 33Who will bring any charge against those whom God has chosen? It is God who justifies. 34Who is he that condemns? Christ Jesus, who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. 35Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? 36As it is written:

"For your sake we face death all day long; we are considered as sheep to be slaughtered." [1]
37No, in all these things we are more than conquerors through him who loved us. 38For I am
convinced that neither death nor life, neither angels nor demons, [m] neither the present nor the
future, nor any powers, 39neither height nor depth, nor anything else in all creation, will be able
to separate us from the love of God that is in Christ Jesus our Lord.

Jacob and Esau

Fear Turns into Freedom

By Rev. John J. Smid



Jacob stole the blessing from his older brother and this event chased him all through his life. This story explores how God restored Jacob to his family and to himself. Genesis 31, 32 and 33

1. Jacob's childhood
 - a. Hungry for the blessing of his father
 - b. Attempted to get the blessing in his own strength
 - c. Encouraged by his mother to deceive his father
 - d. So with enabling, manipulation, deception Jacob stepped all over his brother's birthright.
2. Continued in his life with a handicap
 - a. Undoubtedly this affected his every day life
 - b. Always looking over his shoulder for the boom to drop
 - c. He couldn't deny the truth of his past.
3. Many of us have attempted to get our blessing in the wrong ways!
 - a. Manipulating to gain favor
 - b. Seduction
 - c. Addictive cover-ups
 - d. Self pity
4. Addictive behaviors at their core are an attempt to seek the blessing the wrong way and coming up empty handed!
 - a. Am I loved?
 - b. Am I significant?
 - c. Does anyone care about me?
5. Gen. 31:3 Then the Lord said to Jacob, "go back to the land of your fathers and to your relatives and I will be with you."
 - a. God had a plan for Jacob that would dramatically change his life.
 - b. Jacob was facing a meeting with his brother
 - c. He was frightened to the core!
 - d. His prayer: *"Oh, god, Lord of my life. You promised that if I went back to my family, you would bless me. I'm calling in my ticket right now! Save me from the hand of my brother. Surely he will attack me!" (Gen. 32:7-12 my paraphrase)*
 - e. God often asks us to reconcile with our family when there are old wounds festering.

6. Do you fear your own family gatherings?
 - a. Anxieties
 - b. Insecurities
 - c. Barriers
 - d. All because we have unsettled business with our loved ones.
 - e. Walking on eggshells or detaching because you haven't been honest.
 - f. Have you reckoned with the truth?
7. Jacob was hanging onto the promise that God would bless him.
 - a. He needed that and knew he had the counterfeit in his hands.
 - b. He had carried on as an imposter all of his life.
 - c. He knew he had robbed Esau and had built a large barrier between them.
8. The Defensive Line Up!
 - a. Wives
 - b. Children
 - c. Concubines
 - d. All of you go ahead of me because surely I will die!
 - e. It was a cover-up for his fears!
 - f. He had set up fortresses to protect himself.
9. What self protection have you set up for yourself?
 - a. Detachment?
 - b. Anger
 - c. Flattery
 - d. Excuses
 - e. Passivity
10. Now that Jacob had sent everyone ahead of him:
 - a. Jacob was alone
 - b. Part of our sanctification process can include the following discomfort:
 - i. Being alone
 - ii. Losing our self protection mechanisms
 - iii. Change in our old patterns of life
 - iv. While painful, these can be really good for us.
 - v. How will God get into your life?
 - c. Jacob, ready for sleep; found himself in a huge battle.
11. Enters: "The Man"
 - a. Wrestling with "the man"
 - b. Jacob was "winning"
 - c. He had built himself to be quite a strong man.
 - d. The years of battling his lies and deception had created a monster!
 - e. Self will had made his fortune
12. The famous "broken hip".
 - a. God sometimes allows us to see our strength as it moves against Him.
 - b. Jacob grabbed onto "the man" as he fell to the ground
 - c. The man asked Jacob to let go
 - d. Jacob said, "No! Not until you bless me!"
 - e. He was still hungry to hear the answer to his prayer.

LOVE IN ACTION



Overcoming Homosexuality

by John Smid

Overcoming homosexuality can often be seen as a mysterious and complicated process. Actually, God's word is quite sufficient in showing us the way to freedom from any life dominating sin including homosexuality.

1) Coming into an agreement with God - Homosexuality is sin!

- a) God has spoken very clearly that any sex outside of the Sacrament of Holy Matrimony is sin!
- b) God has clearly spoken that we were not created for sexual immorality. First Corinthians 6:12-13
- c) God has clearly spoken that for a Christian, the body is the temple of the Holy Spirit
- d) God has created man. Out of man, God created woman. There are no third genders.
- e) Homosexuality at its core is the unwillingness on our part to be fully man or woman.
- f) In order to overcome homosexuality - you must repent of a permissive and entitled attitude and submit your heart, attitude, and behavior to the Lord Jesus Christ and be obedient.

2) How do you see God?

- a) Many struggle with God being the big hammer in life that is ready to slam us down.
- b) Is God unfair?
- c) Is God viewed through our image of our earthly father?
- d) Is God untrustworthy?
- e) Is God the one that just lays excessive guilt on our lives?
- f) If you look to His Word, it is clear that all of these are lies that we believe which keep us from knowing the true and living God.
- g) Yes, God is just and He disciplines us when we are in sin. But God is also merciful and forgives all who come to Him seeking repentance and forgiveness.
- h) To overcome homosexuality - you must come into agreement with His word that clearly shows us that God is truly love and desires the very best for our lives. Trust Him to show you how to Trust Him.

3) How do you see yourself?

- a) Early childhood experiences influence our self-image.
- b) We have all been on a search for security and significance.
- c) The consequences of devaluing ourselves are great.
- d) Are you trading off your value system to gain the counterfeit provision?
- e) God has designed you in His image, for His glory. Overcoming homosexuality requires us to steward the "temple" of the Holy Spirit in a godly manner.

4) How do you view others?

- a) Have you had negative images of the same or opposite sex?
- b) We must correct our views of others and bring them in line with God's view.
- c) Is there a pattern of tearing down of others because of feeling too poorly about yourself?
- d) All men and women are created in the image of God and I must come to the place where we act upon that truth.

5) The Belief Principle - Holy Fervor

- a) What is Belief? (Pisteu)
 - i) Convicted of
 - ii) Convinced
 - iii) Having confidence in
 - iv) To trust oneself to someone
 - v) To be persuaded
 - vi) Absolute trust
 - vii) Active positive belief
- b) We must live by Holy Fervor for God's desires for our lives.

6) Submission vs. Subjection - The key to victory

- a) What does subjection really mean?
- b) To whom must we subject ourselves?
- c) Christ is our example of subjection.
- d) Subjection is more than just our words.
- e) Frank Worthen said, "The height of victory depends upon the depth of submission."
- f) We must come to the place where we say, "Whatever You Want Lord!"

7) Displacement - Putting off the old life and putting on the new life (Col. 3:5-10)

- a) Garbage In, Garbage Out.
- b) Half of the process will not work.
- c) There is no neutral ground. If there is a vacancy, evil will fill it.
- d) We cannot live in two lives. A double minded man is unstable in all his ways.
- e) In order to live a new life, we must leave the old life behind.
- f) "I just don't understand, God won't take this homosexuality away from me."
- g) God is asking us to leave behind our homosexual attitudes and behavior, so He can deliver us from its stronghold on our life.
- h) We forget things that are contrary to our opinions. Is your opinion changing regarding homosexuality?

8) Repentance – a gift from God

- a) More than "sorrow" over our sin
- b) Understanding the message of salvation
- c) A decision to do it God's way rather than our own way
- d) Achan's sin in (1 Chronicles chapter two) was to try to hold on to keepsakes from his past. But, God sees all things and asks us to leave it all behind. Achan, died.
- e) Confess your faults one to another, pray for each other and you will be healed. (James 5:16)
Confession, not disclosure. Homosexuality is sin!
- f) Learn what repentance really is and follow it daily.
- g) James 4:17 says, "Anyone, then, who knows the good he ought to do and doesn't do it, sins".

9) We cannot do two things at the same time

- a) You cannot serve two masters
- b) Living for yourself does not mix with living for God
- c) Living for God will bring about the very best life for you.

10) Walking in the light

- a) Living in God's Grace
- b) Do you know the difference between "guilt" and "conviction"?
- c) Are you experiencing thankfulness for what God is doing in your life?
- d) First John 1:6, 2:9-11
- e) *If we claim to have fellowship with Him yet walk in the darkness, we lie and do not live by the truth.*
- f) *Anyone who claims to be in the light but hates his brother is still in the darkness. Who ever loves his brother lives in the light, and there is nothing in him to make him stumble. But whoever hates his brother is in the darkness and walks around in the darkness; he does not know where he is going, because the darkness has blinded him.*
- g) Overcoming homosexuality requires of us to live in the light. No more hiding. No more lies. No more self protection.

11) Half of the process will not work

- a) Complete the work
- b) Ex-gay is not enough
- c) Celibate homosexuality can still be sinful
- d) Grow into your full potential!

12) Dealing with the outer manifestations

- a) Sexual desires and behaviors
- b) Social connections
- c) Former partners
- d) Outer appearances
- e) Receiving affection
- f) Fears of affection
- g) Same sex relationships

13) God's recovery plan: (II Peter 1:3-15)

- a) Faith
- b) Goodness
- c) Knowledge
- d) Self Control
- e) Perseverance
- f) Godliness
- g) Brotherly kindness
- h) Love
- i) For if you do these things, you will never fall, and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ.

14) But God, I'm not sure I can! (II Cor. 12)

- a) Three times I pleaded with the Lord to take it away from me. But he said to me. "My grace is sufficient for you, for my power is made perfect in weakness."

Submission

By Rev. John J. Smid



Fear of authority is one of the most common struggles of mankind. It seems that for many reasons we are fearful of placing our lives within the purview of someone else's ideas or opinions. True submission is actually a chosen action rather than one of dominance from those in authority.

Matt 20:25-28

Jesus called them together and said, "You know that the rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you. Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be your slave just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."

1. Who are we to submit to?

Romans 13:1 Everyone must submit himself to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God.

Eph. 5:21 Submit to one another out of reverence for Christ

1 Peter 2: 18 Slaves, submit yourselves to your masters with all respect, not only to those who are good and considerate, but also to those who are harsh.

Romans 13: 1-7 Everyone must submit himself to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. Consequently, he who rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves. For rulers hold no terror for those who do right, but for those who do wrong. Do you want to be free from fear of the one in authority? Then do what is right and he will commend you. For he is God's servant to do you good. But if you do wrong, be afraid, for he does not bear the sword for nothing. He is God's servant, an agent of wrath to bring punishment on the wrongdoer. Therefore, it is necessary to submit to the authorities, not only because of possible punishment but also because of conscience. This is also why you pay taxes, for the authorities are God's servants, who give their full time to governing. Give everyone what you owe him: If you owe taxes, pay taxes; if revenue, then revenue; if respect, then respect; if honor, then honor.

2. Submission vs. Obedience

- a. Submission is an attitude, a decision to yield
- b. Obedience is an action

3. The bible never gives us the right to take authority over other believers.

4. True submission

- a. Voluntary attitude

5. Church Leadership

Heb. 13:17

Obey your leaders and submit to their authority. They keep watch over you as men who must give an account. Obey them so that their work will be a joy, not a burden, for that would be of no advantage to you.

6. Be persuaded (*pietho*) to follow

- a. Their character
- b. Their leading
- c. Their love for you

The literal sense of Hebrews 13:17 is as follows:

"Be persuaded (*pietho*) to obedience by those who have the responsibility of leading you, and yield yourselves under them: for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that is unprofitable for you."

I Tim 3:1-13

Here is a trustworthy saying: If anyone sets his heart on being an overseer he desires a noble task. Now the overseer must be above reproach, the husband of but one wife, temperate, self-controlled, respectable, hospitable, able to teach, not given to drunkenness, not violent but gentle, not quarrelsome, not a lover of money. He must manage his own family well and see that his children obey him with proper respect. (If anyone does not know how to manage his own family, how can he take care of God's church?) He must not be a recent convert, or he may become conceited and fall under the same judgment as the devil. He must also have a good reputation with outsiders, so that he will not fall into disgrace and into the devil's trap.

Deacons, likewise, are to be men worthy of respect, sincere, not indulging in much wine, and not pursuing dishonest gain. They must keep hold of the deep truths of the faith with a clear conscience. They must first be tested; and then if there is nothing against them, let them serve as deacons.

In the same way, their wives are to be women worthy of respect, not malicious talkers but temperate and trustworthy in everything.

A deacon must be the husband of but one wife and must manage his children and his household well. Those who have served well gain an excellent standing and great assurance in their faith in Christ Jesus.

Titus 1:5-16

The reason I left you in Crete was that you might straighten out what was left unfinished and appoint elders in every town, as I directed you. An elder (*presburos*) must be blameless, the husband of but one wife, a man whose children believe and are not open to the charge of being wild and disobedient. Since an overseer (*episcopos*) is entrusted with God's work, he must be blameless—not overbearing, not quick-tempered, not given to drunkenness, not violent, not pursuing dishonest gain. Rather he must be hospitable, one who loves what is good, who is self-controlled, upright, holy and disciplined. He must hold firmly to the trustworthy message as it has been taught, so that he can encourage others by sound doctrine and refute those who oppose it.

For there are many rebellious people, mere talkers and deceivers, especially those of the circumcision group. They must be silenced, because they are ruining whole households by teaching things they ought not to teach—and that for the sake of dishonest gain. Even one of their own prophets has said, "Cretans are always liars, evil brutes, lazy gluttons." This testimony is true. Therefore, rebuke them sharply, so that they will be sound in the faith and will pay no attention to Jewish myths or to the commands of those who reject the truth. To the pure, all things are pure, but to those who are corrupted and do not believe, nothing is pure. In fact, both their minds and consciences are corrupted. They claim to know God, but by their actions they deny him. They are detestable, disobedient and unfit for doing anything good.

1 Peter 5

To the elders (*poimen*) among you, I appeal as a fellow elder, a witness of Christ's sufferings and one who also will share in the glory to be revealed: Be shepherds of God's flock that is under your care, serving as overseers—not because you must, but because you are willing, as God wants you to be; not greedy for money, but eager to serve; not lording it over those entrusted to you, but being examples to the flock. And when the Chief Shepherd appears, you will receive the crown of glory that will never fade away.

Young men, in the same way be submissive to those who are older. All of you, clothe yourselves with humility toward one another, because, "God opposes the proud but gives grace to the humble. Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

7. Church Leadership structure views:

- a. Of the Gentile World:
 - i. Chain of Command
 - ii. Exploit
 - iii. Rule
 - iv. Rank
 - v. Power
 - vi. Prominence
 - vii. Influence
- b. Of the Kingdom of God:
 - i. Childlike
 - ii. Sacrificial
 - iii. Godly Character
 - iv. Humility
 - v. Servitude
- c. Of the Jewish World:
 - i. Class structure
 - ii. Titles of Honor
 - iii. Glamorous position
 - iv. Prominence
 - v. Status
 - vi. Title
 - vii. Position
- d. Of the Kingdom of God:
 - i. All are brethren
 - ii. All are ministers and priests
 - iii. Lowly
 - iv. Servitude and Humility
 - v. Judged by inward life and character
- e. Apostle's view
 - i. Uses functional language
 - ii. Verbs are prominent
 - iii. Elders and Overseers "elder-ed". They acted as seasoned models to the less mature (I Pet. 5:3)
 - iv. They oversaw, they watched out for the spiritual well being of the church.
 - v. The Shepherd, they were caretakers. Like the literal shepherds.

Acts 20:28

Keep watch over yourselves and all the flock of which the Holy Spirit has made you overseers (*episcopos*). Be shepherds (*poimen*) of the church of God, which he bought with his own blood.

8. Three Legged Stool – Making a healthy decision

a. Balanced no matter what it sitting on!

- i. Scripture
- ii. Accountability
- iii. Personal conviction

Generational Sin

By Rev. John J. Smid



So often we find ourselves at odds with solutions for our struggles with relationships or our sexuality. What is the best way to solve our difficulties? Christians often believe there are solutions but seem to have simplistic answers. The world we live in wants to just call it genetic and excuse it away. Those involved in sinful behaviors often don't want to look at it at all. Our life patterns come from a complicated place and yet there are some realities that can help.

The Scriptures speak of sin that affects our lives to the third and fourth generation, and yet we are accountable for our own actions and life choices.

Exodus 34:7

Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the fathers to the third and fourth generation."

Resolving life problems has involved the never ending question: "Where do our problems come from?" All through time, we have attempted to find the right way to move away from destructive behavior. Depending upon personal experience practically and spiritually some may have centered on a particular belief system through which they seek freedom. Let's start with some myths regarding the origins of some of our life problems.

1. Biological / physiological *myths*
 - a. All addictive behaviors have a biological root
 - b. Chemical addictions are genetically linked
 - c. We are mostly influenced by genetics or physiology such as hormones or adaptive physiological development.
 - d. God created us to be who we are - so whatever we are must be His design
 - e. If you take the right psychiatric medication you will be fine
2. Psychological *myths*
 - a. We are all born neutral and become who we are by what we experience – we learn our behavior
 - b. All problems can be worked with the right psychological help
 - c. All psychology is new age and unbiblical
 - d. No one should ever take psychiatric medication. They need to work out their problems and not lean on medicine for a crutch or cover up.
3. Spiritual *myths*
 - a. Trust in Jesus and your problems would be solved.
 - b. You are a new creation I Christ! What's the problem?
 - c. Christians don't sin after they are saved
 - d. Just pray about it and read your Bible and it will go away
 - e. It must be demonic, we will cast out the demons and you will be free

- f. If you had enough faith, this wouldn't be a problem
 - g. All of life's problems are spiritually based
 - h. The Bible has all we need in it.
 - i. Jesus didn't speak to it so it must not be important
 - j. The Bible is just an old document that isn't relevant or accurate today
4. I believe we are created with three basic parts.
- a. Gen. 1:27 So God created man in his own image, in the image of God he created him; male and female he created them.
 - b. Father, Son, Holy Spirit
 - c. Body
 - d. Soul
 - e. Spirit
5. The body encompasses our physical and our personal life experience.
- a. It involves the biology of our existence and anything that we personally have experienced since our conception.
 - b. Family development during our lifetime
 - c. Genetics
 - d. Physical make up
 - e. Hormones / brain chemistry
6. The soul is our personhood
- a. It involves our emotional world, our "heart", our feelings and senses.
 - b. I also believe that our soul extends beyond our personal life experience or our physical world.
 - c. Our soul is that which will move on into eternity clad in our glorified bodies
 - d. We experience connections to those we have known or have been related to through our soul
 - i. "Kindred Spirits", soul ties, sexual bonds
 - ii. A mother's heart for her child
 - iii. Connection between twins or identical twins
 - e. Eastern religions etc. may be a counterfeit of soul life experiences
7. The Spirit encompasses the entire spiritual world of which we were born into as born again believers.
- a. This includes angels and demons
 - b. The Holy Spirit's influence on our life which includes the gifts of the Spirit
 - c. This transcends time and space as we know them
 - d. This is the real battle ground
 - e. Eph. 6:12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.
8. How does this apply to sanctification and changes in our lives?
- a. Evaluate our life experience
 - i. Timelines
 - ii. Tauma eggs
 - iii. MI's
 - iv. Intros

- v. Genograms
 - vi. Family systems
 - vii. Survey the land like Nehemiah surveyed the wall
- b. Evaluate life damage (Body)
 - i. Medical history
 - ii. Life experiences
 - iii. Abuse issues
- c. We must learn what we can about our history (Soul)
 - i. Look for patterns
 - ii. Adoption issues
 - iii. Absentee parents
 - iv. Prayerful breaking of inappropriate soul ties
 - v. Prayerful breaking of generational curses
- d. Believe in a big God who can do miraculous things with your life (Spirit)
 - i. Helmut of salvation in place?
 - ii. Eph. 6:12-15 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace.
 - iii. Invest in tools of Spiritual warfare
 - iv. Practice confession and forgiveness (releasing strongholds)
 - v. Hold tightly to God's spiritual promises and their conditions

Psychic Response

by Frank Worthen



Psychic Response Is Sometimes Referred To As "Homosexual Orientation" In both the scientific community and the gay community, the term Homosexual Orientation is used to denote a sexual interest in members of one's own sex. Although the term Psychic Response is seldom used, this term sums up what is being expressed in the orientation term.

What Is Psychic Response?

Psychic Response is sexual excitation caused by visual stimulation or fantasy stimulation.

The Key Factor

Many regard Psychic Response as the key to the homosexual condition. We have seen that some people may engage in homosexual acts, yet in no way identify themselves as homosexual. They lack the visual and fantasy stimulation toward those of their same sex.

It's Not Just A Homosexual Issue

All people have psychic response. Psychic response becomes a problem when a person comes under conviction of the Holy Spirit regarding his lusting. The non-Christian does not see this as a problem. The heterosexual male feels that his psychic response is an asset and reinforces his male identity. This worldly viewpoint also rubs off on the Christian heterosexual male, and few consider psychic response toward the opposite sex to be much of a problem.

What Does God Ask of Christians In Regards To Psychic Response?

God is opposed to all Christians having lustful thoughts toward others.

You have heard that it was said, You shall not commit adultery, but I say to you that every one who so much as looks at a woman with evil desire for her has already committed adultery with her in his heart. If your right eye serves as a trap to ensnare you or is an occasion for you to stumble and sin, pluck it out and throw it away. It is better that you lose one of your members than that your whole body be cast into hell, Gehenna. And if your right hand serves as a trap to ensnare you or is an occasion for you to stumble and sin, cut it off and cast it from you. It is better that you lose one of your members than that your entire body should be cast into hell, Gehenna. Matthew 5:27-30

But clothe yourself with the Lord Jesus Christ, the Messiah and make no provision for indulging the flesh, put a stop to thinking about the evil cravings of your physical nature, to gratify its desires and lusts. Romans 13:14

The word for provision in the Greek is PRONOIAN, the meaning is FORETHOUGHT. This verse is saying that lustful forethought will lead to fulfilling the desires of the flesh.

An Initial Step Toward Homosexuality.

Some have had psychic response years in advance of engaging in homosexual acts or even knowing that a homosexual lifestyle exists. Some never engage in acts or lifestyle; they never move beyond the fantasy

level, yet consider themselves homosexual. While some may enter the gay orientation through behavior, identity or lifestyle, Psychic Response is the usual way that identity is formed and the lifestyle accepted.

The Big Hurdle

While not easy, the ex-gay person usually succeeds in coming out of homosexual behavior (acts) and in putting the gay lifestyle behind him. It is Psychic Response that confuses and discourages him and sometimes blocks the growth process. The "Gay Christians" point to psychic response as proof that change is impossible and say, "Once gay, always gay." It is their belief that psychic response is constitutional (inborn) and that it is not subject to change.

Satanic Intervention

Along with his helpers, Satan uses this problem to defeat and bring discouragement. He consistently brings a message of hopelessness in this area. Yet, it must be remembered that he is the "father of lies."

If Not Constitutional, How Did It Come About?

Along with Masters & Johnson, Love in Action believes that all people are born male and female, yet without sexual preference. In other words, we are born neutral in the area of sexual direction. We see psychic response toward the same sex developing as a result of deep unfulfilled needs.

In early life, a bonding takes place between child and parents. If this bonding is faulty (that is, if one or even both parents are absent or emotionally absent), a search for fulfillment in this area develops. It is essential to the healthy development of a child that an identity transfer takes place between the same-sex parent and the child. This identity transfer includes love, admiration, respect and the desire to please and copy the behavior of the same-sex parent.

The fact that this bonding does not take place may not be the total fault of the parent involved. Children interpret adult behavior, and may incorrectly assess a parent's responses as unloving or indifferent when this may not be the case. Fathers may be in the service or sent away due to business and not be available for the bonding process through no fault of their own.

The Ingredients Of Psychic Response Include:

- an unfulfilled need
- the lack of unconditional love
- the lack of an identity transfer
- a search for fulfillment a longing for acceptance and attention wrong choices
- a large dose of self-pity
- rebellion
- admiration
- envy
- isolation

One of the prime ingredients of Psychic Response is envy.

There is a progression that starts with comparison, which in turn fosters admiration. Envy then sets in with its desire to control and possess. Because the door has been opened for satanic intervention, somewhere along the way, this envy may become eroticized, thus giving birth to Psychic Response.

Psychic Response, Preferential Limits or Boundaries

Psychic response tends to start in a very limited area and to broaden as time passes. At first, there may be interest only toward those who possess certain, very exacting qualifications. Such things could be people with blond hair, or blue eyes, or sun tanned...whatever. Initially these requirements are set up to

compensate for something we lack. It may be that our father possessed some quality that we are constantly searching for. These things are not usually in the conscious mind and sometimes come to memory only through inner-healing.

As life progresses, we may have pleasurable moments with others that we try to recreate. This is most often the case if the first sexual encounter met a great need. The qualities of this first person are then sought after and added to our store of sexual response material.

Other factors enter into the broadening of our psychic response. If someone who does not possess qualities that interest us suddenly becomes a sex partner, then we may alter our interests to include those qualities. Availability has much to do with broadening our interests

Fetishes/Partialisms

A fetish is an interest in an inanimate object that represents something sexual (symbolic). There can be fetishes over any number of things: shoes, shorts (cut-offs) other items of clothing, pipes, rope, rubber, etc.

The object may represent something or someone who has been lost. A pipe may represent someone who has died, or whose relationship to you has died. There may be someone in your past who wore some particular kind or brand of clothing and now you wear this to remember him. Because you': liked (admired) the way he looked, it set the pattern for your life.

Objects used for sexual purposes are another kind of fetish. Rope used in bondage symbolizes submission, worthlessness. Rubber may have the qualities of skin and symbolize human touch. Transvestites relate fabrics to mother.

A partialism is a sexual interest in a part of the body: feet, arms, pectorals, stomach muscles, hair patterns etc. Partialisms are usually the result of envy, desiring what is lacking in your own body.

There is another aspect to partialisms. Partialisms may be a way of finding something desirable in a person who otherwise does not totally meet your standards. (He was ugly, but man what...!)

There seems to be a marked correlation between partialisms and unsatisfactory interpersonal relationships. People without good social skills do not have the ability to become emotionally intimate with others. The barriers to close relationships prevent them from finding admirable qualities in others. Their only appraisal of others then is physical.

Fetishes and partialisms are not the exclusive property of the homosexual world. The heterosexual world is just as involved, yet views it as a normal part of life.

Can these things be overcome? There is a major link between fetishes and partialisms and voyeurism. In some ways it is a longing from afar. There is a fear involved in forming close relationships with others. When excessive admiration and envy go, then these things also will go, they are linked to inadequacies and constant comparison. Accepting the way God made you, developing what God gave you (to a reasonable degree) and rejoicing in the fact that you are unique will lead you out.

Must We Become Blind?

Is there no normal response to others? What is normal and what is homosexual lust? Most scholars agree that Jesus was not talking about the normal appraisal of others, but a deep lust of the heart. We will always be aware of beauty in others. We walk a fine line between guilt and permissiveness. Like so many other problems, our lustful response is the symptom of deeper problems. As we attack the feelings of inadequacy in other areas, our lust diminishes. It is possible to be aware of beauty in others without

fantasy and sexual stimulation. Though it seems impossible, we can control and train our mind.

Is It Possible To Develop Psychic Response Toward the Opposite Sex?

Is This the Right Thing To Do? Because God loves us, He will never lead us down the wrong path. God will bring a correct response to the opposite sex, but He will never, ever, lead us into lust. If you accept the world's standard of response toward the opposite sex, the answer is no. If you are willing to accept God's standard, the standard He established in the beginning, the answer is yes.

Most people struggling with homosexuality do not realize that they already have a response to the opposite sex, and often this response is closer to God's standard than the standard of the world. Women as well as men are made in God's image (God created man in His own image...male and female created He them). As we appreciate what God has made, our correct response develops.

How Does Psychic Response Change?

We must take responsibility for our sinful responses. We have carefully nurtured our response patterns. We have purposely expanded our responses to increase our sexual stimulation. (This is called STIMULATION EXPANSION). Partialisms and fetishes have been encouraged and purposely learned to raise our excitation levels. All blame-shifting must be repented of and we must honestly admit our culpability. WE ASKED FOR IT, WE GOT IT!

Prevention

I have made a covenant with my eyes; how then could I look upon a virgin? What would be my portion from God above, and my heritage from the Almighty on high? Does not calamity befall the unrighteous, and disaster the workers of iniquity? Does not He see my ways, and number all my steps? Job 31:1 (RSV)

I will set no base or wicked thing before my eyes...it shall not grasp hold of me. Psalm 101:3 (Amp.)

Much of psychic response is kept alive by daily intake. We have so often mentioned, WHAT WE FEED WILL GROW; WHAT WE STARVE WILL DIE. Without daily feeding, it cannot be maintained at its present level, but will begin to leach out of our life.

Displacement

As we fill our mind with the things of God, the old associations will be pushed out. The new material robs the old of its power.

Learning New Tactics

We must admit that our psychic response brought us pleasure. That fantasies brought escape from pressing problems in life. But now our problems must be brought before God. Our doubts, failures, wounds and inability to cope with life must all be confessed to God and His healing sought and accepted. God's healing is permanent, whereas indulging in psychic response was only a band-aid covering wounds, but never healing them.

We also must find pleasure in God. Worship can be an exciting new way to bring joy into our life.

Engage In Spiritual Warfare

Know Your Enemy

Satan's primary aim is to be worshipped. He is jealous of God. His intent is to separate you from God. As you fall into the sin of sexual fantasy, guilt brings you to a place where you cannot face God. There is

always that moment of choice: will I take this temptation before God, or will I accept it and enjoy the pleasure of it.

As we indulge in the sinful pleasure, in a way we are serving Satan. Satan accepts this as a form of worship. If we serve sin, sin becomes our master.

Turn His Tactics Against Him

When tempted with psychic response, begin to WORSHIP GOD! This is the exact opposite of the results Satan wants to obtain. This throws water on Satan's burning desire to be worshipped.

Change Venue

Since Satan attacks at the physical level, change this to a spiritual level. Pray for the person (if one specific person is stumbling you) and ask God to bring that person closer to Him. Pray for your relationship with this person, that it might become approved by God.

Satan, the Father of Lies

We know that Satan specializes in lies and half-truths. Because we have been his willing victims, we have opened the door for satanic intervention. Deliverance and inner-healing are good methods of counterattack and putting an end to Satan's dominion in the area of partialisms and fetishes. If a specific event triggered these things in your life, ask the Holy Spirit to break the power behind these events and set you free. Jesus has given us authority over the enemy, we must put it to use.

One lie that we often fall for is that change is impossible, that our psychic response will never leave. In truth, it often is a long process, it takes time and wisdom in learning redirection, but change is possible. God, through His never ending process of sanctification, brings a certain amount of change into our lives every day. It speeds up the process when we are aware of what God is doing and develop thankful and grateful hearts. Faith is knowing that God is at work and that all His plans are for good, not evil.

Be sure the Lord knows how to rescue the godly out of temptations and trials. 2nd Peter 2:9 (Amp.)

Roll your works upon the Lord, commit and trust them wholly to Him; He will cause your thoughts to become agreeable to His will and so shall your plans be established and succeed. Proverbs 16:3

What Should Our Motivation for Change Be?

Often we seek change for selfish reasons. We desire others to think well of us (if they detect that we are still struggling with psychic response, we reason, they will devalue us and tell others that we just don't have it all together). Thus, there is a pride motivation. Guilt is another reason, we cannot feel right about ourselves when we know that we have this glaring flaw in our Christian walk.

Our motivation for healing should be twofold. First, our actions and our sinful thought life grieve the Holy Spirit of God. Our motivation should be to serve God, not out of duty or obligation, but out of love. To return some of the love that God has showered upon us.

The second reason is closely tied to the first. Psychic response separates us from God. It breaks our communication. It robs us of intimate experiences with God that far surpass any momentary thrills that psychic response provides. The book of Romans describes sin as exchanging the truth for a lie.

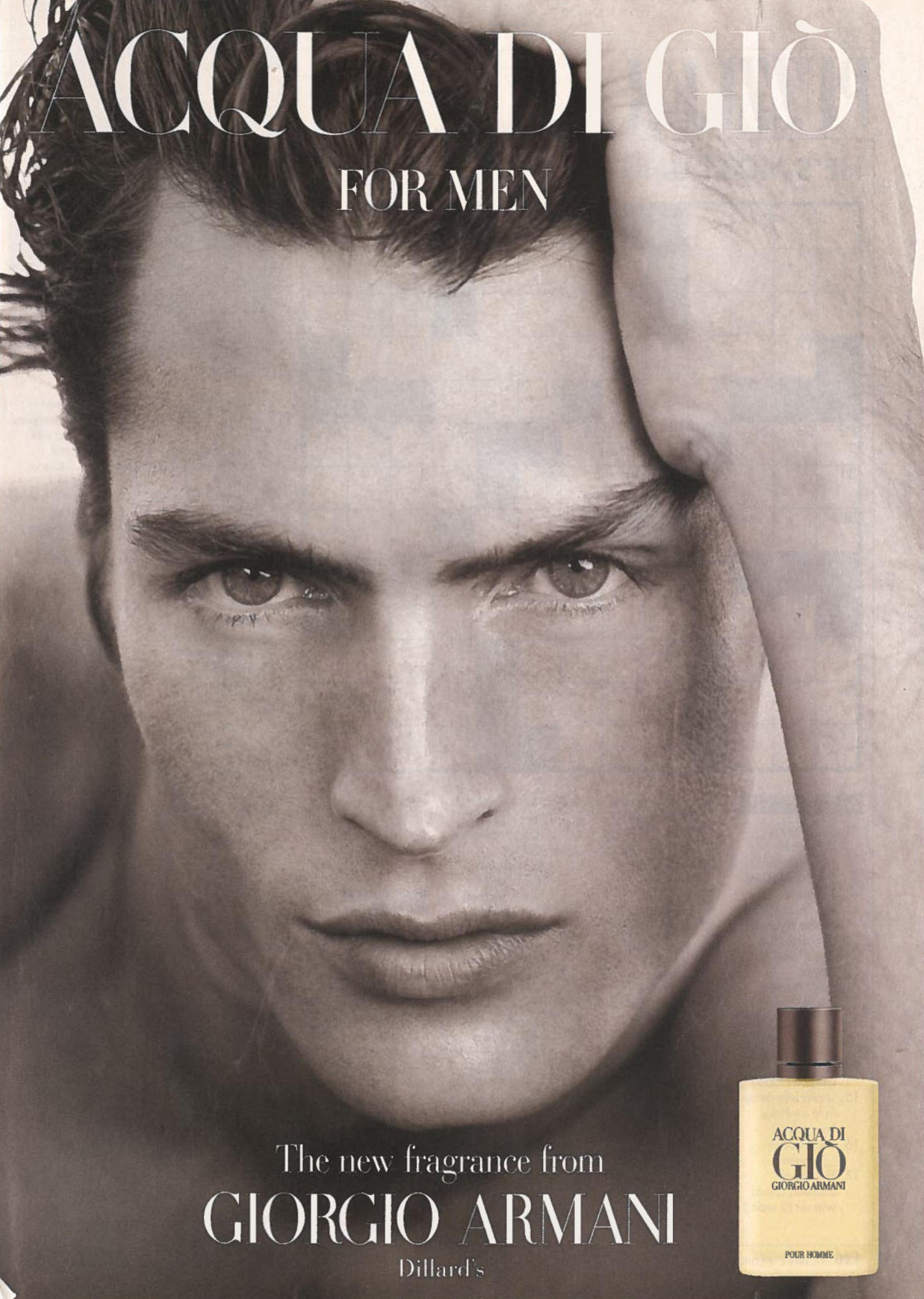
Let Your Psychic Response Be Turned Into A Positive Force. Allow God to turn the erotic (Eros) love into His Agape love. Allow God to turn your passion into COMPASSION.

As God turns lust into love, we can possess a deep love and concern for our same-sex brothers or sisters.

Rather than thinking of them as objects to be used for our pleasure, we can see them as precious in God's eyes and seek to reach out to them in true Christian love.

I appeal to you therefore, brethren, and beg of you in view of all the mercies of God, to make a decisive dedication of your bodies, presenting all your members and faculties as a living sacrifice, holy, devoted, consecrated and well pleasing to God, which is your reasonable, rational, intelligent service and spiritual worship. Do not be conformed to this world, this age, fashioned after and adapted to its external, superficial customs. But be transformed, changed, by the entire renewal of your mind, by its new ideals and its new attitude, so that you may prove for yourselves what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect in His sight for you. Romans 12:1-2

For the weapons of our warfare are not physical weapons of flesh and blood, but they are mighty before God for the overthrow and destruction of strongholds, inasmuch as we refute arguments and theories and reasonings and every proud and lofty thing that sets itself up against the true knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ, the Messiah, the Anointed One. II Corinthians 10:4-5



ACQUA DI GIÒ

FOR MEN

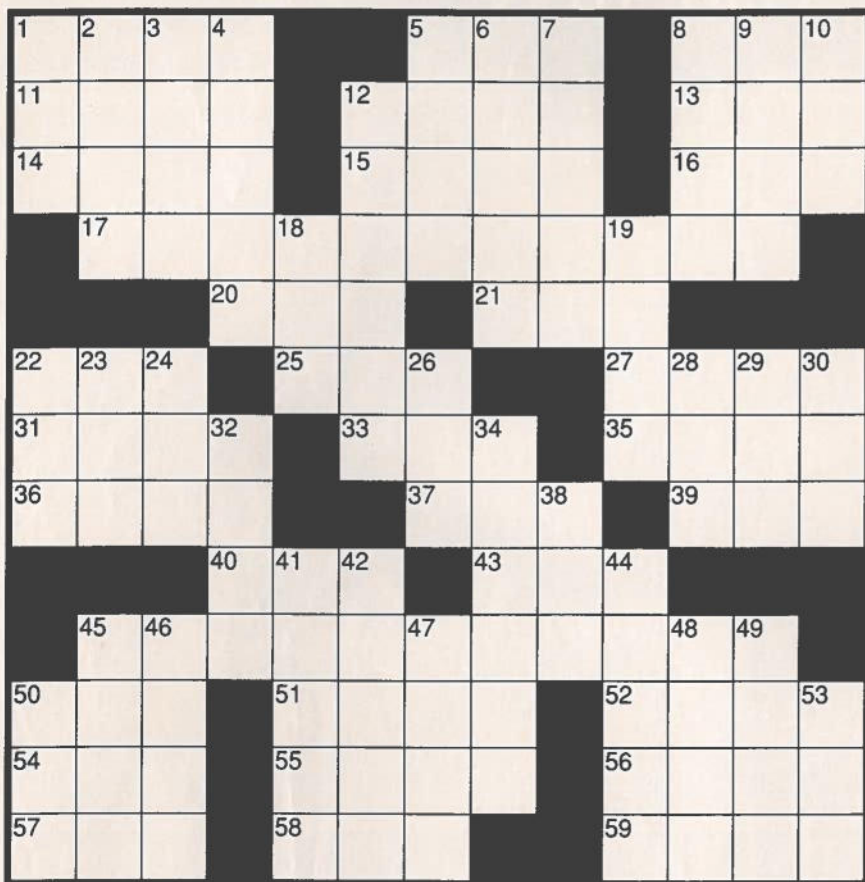
The new fragrance from
GIORGIO ARMANI
Dillard's



PUZZLER

by Fran and Lou Sabin

HE'S MOST UNUSUAL



ACROSS

1. Saved by the ____ (TV sitcom)
5. ____ Arthur of *The Golden Girls*
8. *The Mirror* ____ Two Faces ('96 Streisand vehicle)
11. One of the five Great Lakes
12. "Paper ____" (Mills Brothers classic)
13. Much ____ About Nothing ('93 Kenneth Branagh film)
14. ____ Louise of Gilligan's Island
15. Unofficially away from a military base (abbr.)
16. Rocker Eddie ____ Halen
17. *The Usual Suspects* Oscar winner (2 wds.)
20. ____ Wallach of *The Associate*
21. Brian ____ (Another Green World)
22. Steely Dan hit album
25. ____ It Be ('70 Beatles film)
27. Brad ____ (costar of 17 Across in Seven)
31. Actress ____ Falana
33. "La Bamba" by ____ Lobos
35. ____ Gilbert of Roseanne
36. *The Man Who* ____ to Earth (David Bowie sci-fi film)
37. ____ Dawber of *Life... and Stuff*
39. Wipe off the ____ (destroy)
40. The Big Band ____ (music of the '30s and '40s)

43. *The Night We Never ____* ('93 romantic comedy)
45. Matthew ____ (costarring in *A Time to Kill* with 17 Across)
50. ____ Diamond Phillips (in *A Show of Force* with 17 Across)
51. Make eyes at amorously
52. "And they lived happily ____ after!" (fairy tale ending)
54. Married to the ____ ('88 Michelle Pfeiffer comedy)
55. *Tammy* ____ Me True ('61 Sandra Dee flick)
56. Elvis Presley sang "Walk a ____ in My Shoes"
57. Direction opposite SSW (abbr.)

58. "If You Want Me to Stay" by ____ & the Family Stone
59. Jazz immortal ____ Fitzgerald

DOWN

1. You ____ Your Life (Groucho Marx TV quiz show)
2. ____ Estrada (featured in *A Show of Force* with 17 Across)
3. In the ____ of Fire ('93 Clint Eastwood thriller)
4. ____ It to Beaver (classic TV sitcom)
5. "Buttons and ____" (Oscar-winning song from *The Paleface*)
6. Run off to get married
7. ____ Arbus of TV's *M*A*S*H*

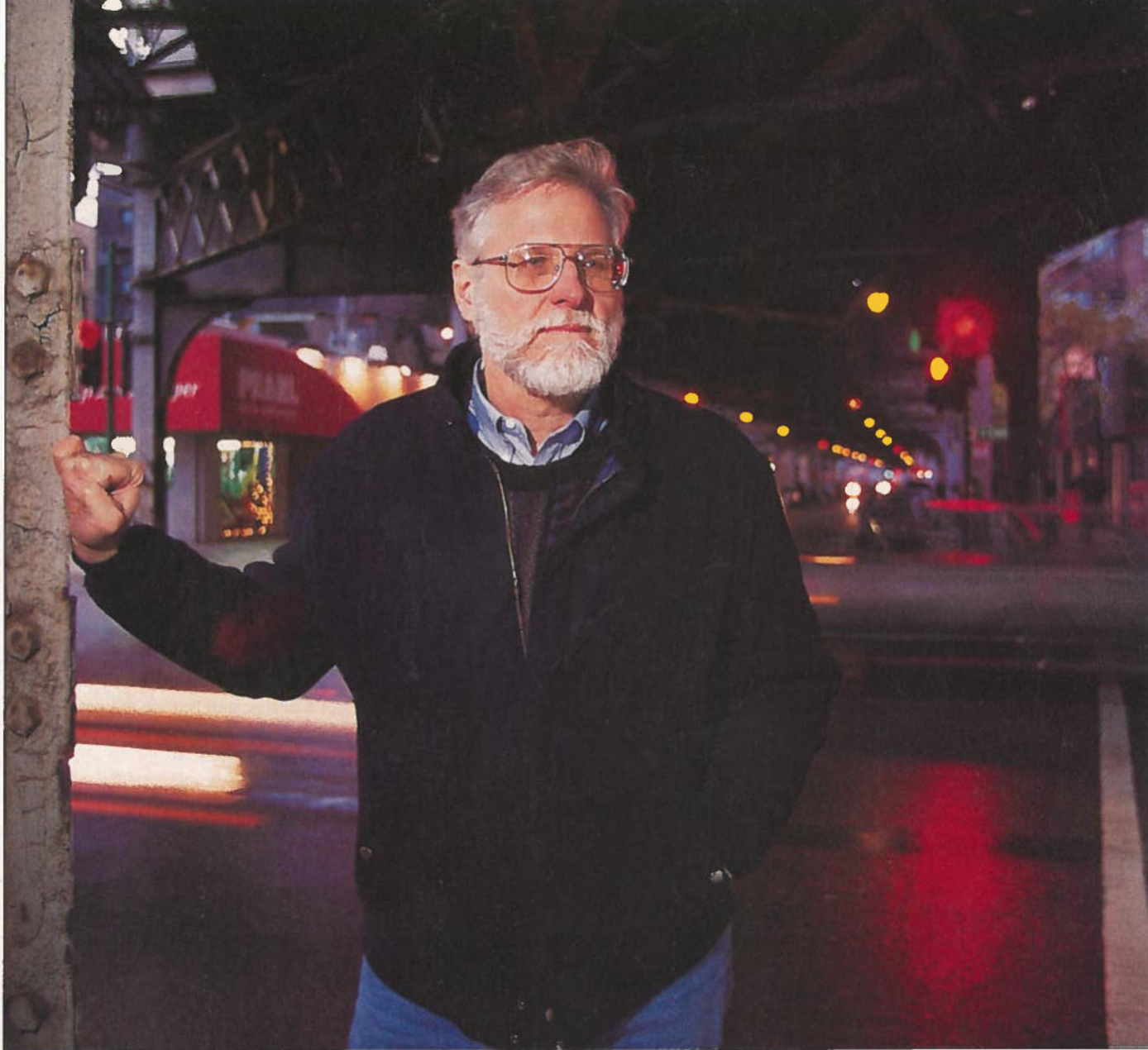


17 ACROSS

8. She's Gotta ____ It ('86 Spike Lee opus)
9. "____ in the Life" (Beatles song; 2 wds.)
10. *Sanford and ____* (Redd Foxx TV sitcom)
12. *The Crucible* star ____ Day-Lewis
18. ____ Fly Away (Sam Waterston-Regina Taylor TV drama)
19. Long-running TV police documentary
22. TV sitcom about an alien from Melmac
23. ____ Mantegna (in *Albino Alligator* directed by 17 Across)
24. Celine Dion hit "____ By Myself"
26. Big ____ Pee-wee ('88 circus comedy)
28. "____ a Rock" (Simon & Garfunkel hit; 2 wds.)
29. "____ La La La" (Ike & Tina Turner megahit)
30. *This Is Spinal ____*
32. ____ Baldwin (star of *Glengarry Glen Ross* with 17 Across)
34. ____ L. Jackson (costar of *A Time to Kill* with 17 Across)
38. Addicted to Love star ____ Ryan
41. Emmy-winning '77 African-American miniseries
42. Touched by an ____ (Roma Downey-Della Reese TV series)
44. "Bad Boys" is the ____ song of 19 Down
45. *Amazon Women* on the ____ (sci-fi spoof)
46. *Gleaming the ____* ('89 skateboarding film)
47. ____ Walker (star of TV's *Profiler*)
48. Touch of ____ (Orson Welles crime thriller)
49. Rebel ____ (Billy Idol hit album)
50. Alphabet letters between K and O
53. Road to Hell rocker Chris ____

ANSWERS TO LAST WEEK'S PUZZLER





▲ "Murder rates are extremely low," says Skogan (on Chicago's much tamer streets). "Of the risks I face, that's the least of them."

than prisoners of crime." PEOPLE correspondent Lorna Grisby asked Skogan (who lives in Chicago with wife Barbara Puechler, a real estate agent) to share his views about the difference between preparation and paranoia.

Why has crime gone down in recent years?

The national pattern is that violent crime—murder, rape, assault and robbery—shot up at the end of the '80s and peaked about 1993. That was widely interpreted as the impact of the crack epidemic, the wars over street drug sales. It was business crime, and that's what has been falling off.

Can the drop be chalked up entirely to fewer 14-to-24-year-old males?

That's difficult to say. Chicago has seen a substantial decrease in violent crime, and we actually have more young males than we did in 1990. The U.S. now has a terrific economy, with many opportunities for employment, especially in low-skilled service category jobs. And there seems to be a significant decline in the tendency of peo-

ple to carry guns and use them on the street. But all crime is local, so the explanation varies from place to place.

Will the crime rate continue to fall?

Probably not. Many criminologists are fearful of the baby boomers' children, the so-called "echo boom," which is starting to come upon us and will continue until about 2015. Because fertility rates are higher among low-income people, and because more of the kids in this new boom come from broken families, live in poverty and have serious health problems, they are more disenfranchised than before. Not that there will be an explosion of violence, but a new crest in crime is still a big concern.

Was crime a less serious problem before World War II?

No. The boom days of crime were really the 1920s, during Prohibition. People who plot statistics call [the statistical crime graph of that decade] "Mt. Capone." There were also periods of high crime back in the 1800s—big city riots, lots of drunken violence,

more fights. And because of the lack of medical care, more wounds were fatal.

What are the most common misconceptions about crime?

Americans are much too concerned about relatively uncommon violent crime. Even within cities, gun-related lethal violence is extremely concentrated and pretty low. What people should do is limit their risk in more common categories of victimization. Lock your car when you park, leave your house lights on when you go out after dark. Those things usually work.

Does the fear of crime harm cities?

Yes, it fuels suburban flight, which leaches jobs from the city; that leads to a smaller tax base, a shrinking middle class and more inner-city crime.

What can people do?

They can take back the night—celebrate this decrease in life-threatening crime, go places where they haven't gone before and realize it's not so bad after all. Basically what I'm saying is, Come downtown! ■





Review of re

What the critics said

Book of the week

The Good Fight: Why Liberals—and Only Liberals—Can Win the War on Terror and Make America Great Again

by Peter Beinart

(HarperCollins, \$25.95)

The Democratic Party has not always been straitjacketed by its pacifist wing, says former *New Republic* editor Peter Beinart. In 1946, a faction opposed to confronting the Soviet Union broke from the party completely and offered Henry Wallace as a third-party candidate two years later. For a while, Harry Truman's days seemed numbered. But several prominent Democrats, including historian Arthur Schlesinger and theologian Reinhold Neibuhr, were sickened by the "dough-face-ism" of those who refused to counter Soviet expansion. In the winter of 1947, they gathered at a Washington hotel to found Americans for Democratic Action. Their watchwords—freedom at home and strength abroad—helped return Truman to office and became the guiding principles of the Cold War liberal consensus until it was shredded by Vietnam.

Today, there are many dough-faced Democrats who couldn't even envision the toppling of the Taliban, said George Will in *The Washington Post*. By offering them a challenge, Beinart has made an "important contribution" to the national dialogue. Unless his party recovers its will to promote American ideals abroad, fears, election triumph in 2006 or 2008 could prove fleeting. He is absolutely right that the Democrats never sustain a ruling majority if they continue to be embarrassed by American military power, said *Forbes*. But in the comment he made in *The New York Times* more than a year ago, Beinart touched the depths of the liberal hypocrisy of anti-Americanism in the bloodstream since H.L. Hunt ridiculed the "boobish Truman-era Democrats."

Stuart: A Life Backwards

by Alexander Masters

(Delacorte, \$20)

loose, anecdotal style of the comedy and the detail, said Andrew H. Ross in *Sunday Times*. It's no shortlist





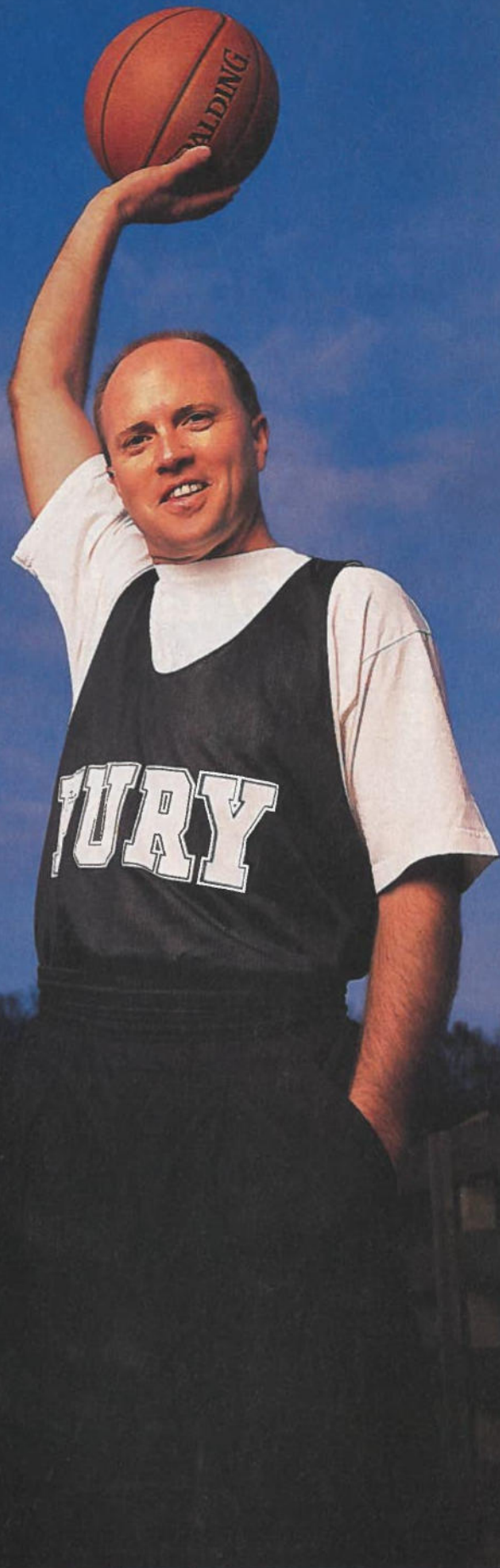
PLAYING IN THE RIGHT KEY

Country star Mark Miller moonlights as a basketball pro

BY CONVENTIONAL BASKETBALL STANDARDS, Mark Miller is out of his league. At 39, the backup point guard for the Continental Basketball Association's Fort Wayne (Ind.) Fury is old enough to play father figure to most of his teammates, and at 5'9", he's one of the shortest guys on the court. He has also had five operations in the past decade to repair a ligament in his left knee. So what's a guy like that doing in a sport like this?

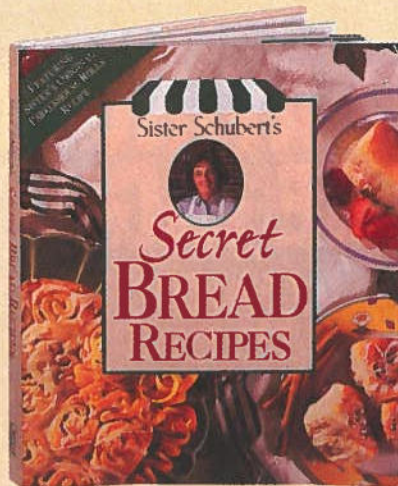
Making history, it turns out. As lead singer of the country music group Sawyer Brown, Miller is the only multimillion-selling recording artist ever to sign a pro sports contract. Last year he played a supporting role in a handful of games, and this month he returns for his second season on the semipro team.

Coinciding with his increased hoop time, his four bandmates cut back their 1997 schedule to 100 concert dates and will do the same next year. Even so, Sawyer Brown's 14th album, *Six Days on the Road*,



had chosen basketball at 22, I'd already be retired," says Mark Miller (on his Franklin, Tenn., cattle farm). "Things work out."

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A



C
D
B
E

PLUSH HOUR

Now's the time for
the velveteen
peacoat.



C

ALWAYS
1 800

A woman with blonde hair is sitting on a wooden bench outdoors. She is wearing a bright red, long-sleeved, ribbed sweater and light-colored khaki pants. She is smiling and resting her head on her right hand. The background shows a rocky area and some greenery.

E
Persimmon
A
New Khaki

NEW Classic Whites

A. A white shirt is an indispensable piece in any wardrobe. Dressed down with jeans or up with chinos, it is the foundation of countless outfits. These classic shirts pair a trim-fitting style with your choice of two distinctive white cotton fabrics—Textured Piqué or white-on-white Dobby Stripe. Both have a touch of spandex for stretch and are garment-washed for softness. Front darts give a slimming shape. Curved hem can be tucked in or left untucked. Narrow cuffs with one-button closure. Imported. *Machine wash and dry.*

Fit Fitted · Fall at hip.

Patterns Textured Piqué. Dobby Stripe.

Sizes XS 4, S 6-8, M 10-12, L 14-16, XL 18-20.

LH54888 \$34

A
Textured
Piqué
B
Soapstone

A



Textured Piqué



Dobby Stripe

NEW Premium Chinos

B. Our softest wrinkle-resistant chinos—made of Pima cotton, prized for its luster and smooth fibers. The 8 oz. twill fabric has a peached finish for extra softness. A special treatment helps to reduce wrinkles so you can wear these pants right out of the dryer. Garment-washed for a relaxed, broken-in feel. Classic plain-front styling. Front slash pockets, tuck-away back flap pockets. Imported. *Machine wash and dry.*

Fit Sit below waist · Slightly fitted through hips and thighs · Slightly flared legs.

Colors Soapstone. Khaki. Light Olive. Navy.

Sizes Even 4 to 20. Inseams: Petite 28", Regular 30", Medium Tall 32".

LH49419 \$49.50

B

Soapstone

Khaki

Light Olive

Navy

B
Khaki



A full-page photograph of a woman with long, wavy blonde hair, smiling and posing on a sandy beach. She is wearing a dark-colored one-piece swimsuit with a vibrant floral pattern in shades of pink and purple. The background shows the ocean with gentle waves and a clear sky. The text 'D Sunset Pink Print' is located in the upper right area of the image.

D
Sunset Pink
Print



eriwinkle

B
Light
Mocha





rule of attraction

BLACK AND WHITE. ALWAYS RIGHT.



A-C. Bead Cluster Jewelry

Dainty clusters of black and white beads mingle with silvertone chain. 16 1/2" necklace and 8" bracelet have claw clasps. Matching 2" drop Eurowire earrings.

Necklace. Black (75). A 06643. \$52

Bracelet. Black multi (79). B 06643. \$42

Earrings. Black multi (79). C 06643. \$28

D. Confetti-Print Dress

Celebrate summery sophistication, day or night, in a full-skirted silk georgette dress. Surplice-wrap bodice, seamed waist, self tie, back zip. Length from natural waist: misses 33"; petite 30". Fully lined. Dry clean. Imported. Black multi (79). Misses 4-20; Petite 2-16. D 06643. \$158

E. The Little Black Dress

Artfully seamed to enhance a flirty, flounced skirt, it's a dress destined to attract admiring glances. Back zip. Length from natural waist: misses 25"; petite 23". Fully lined. Polyester crepe. Dry clean. Imported. Black (78). Misses 4-20; Petite 2-16. E 07643. \$158

F. Printed Silk Twill Dress

A classic dress silhouette in a modern, abstract pattern takes the bold route to fashion. Seamed waist with self-tie belt, back zip. Length from natural waist: misses 24"; petite 22". Fully lined. Dry clean. Imported. Black multi (79). Misses 4-20; Petite 2-16. F 07643. \$148

ALWAYS CLASSIC, NEVER CLOSED

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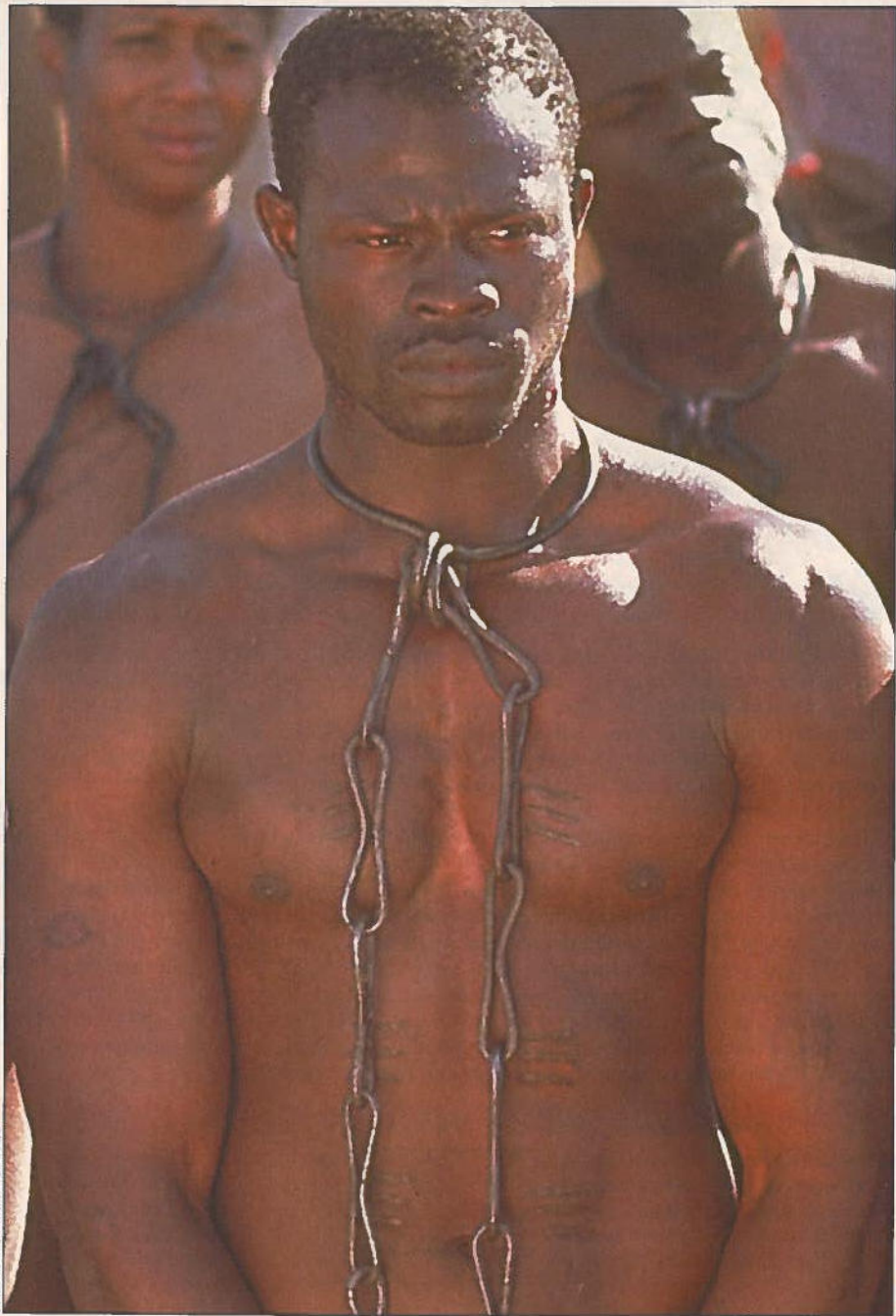






Contoured
29½"; long 34";
(1), indigo (6)
cotton/spandex.







Faith Ringgold, '#3; Born in a Cotton Field' quilt from a series, The American Collection, 1997

ing segregation, black
"Amistad" may have
magnificent pride and
slaves endured. It's
them slaveholders—
that legal victory was
than answers," Cincin-
couldn't answer the
war. We can't answer
too important to sto-

politically. The Japanese-Americans were compensated for the loss of their own freedom, not that of their ancestors. That gave them a claim of lost income. What's more, Americans whose forebears didn't own slaves (even in the antebellum South, 95 percent did not) or arrived here after slavery ended are understandably resistant to the idea that they bear direct responsibility for slavery because of their skin color.

It's more persuasive to argue that society owes an *indirect* debt to African-Americans, the only Americans who came to this country wholly against their will. Here, some knowledge of slavery helps provide context to explain why African-Americans differ from immigrant groups. "When you think about affirmative action, people say, 'My God, you've had 30 years [of it]! Wasn't that enough?' But we were enslaved for almost 300," says Velma Maia Thomas, who manages a black cultural center and bookstore in Atlanta. Orlando Patterson, a black Harvard professor, argues that "the thing that makes African-Americans special is the period of Jim Crow which

1808
Slave Trade Outlawed
Act of Congress prohibits importing of slaves, mulatto, or person of colour, as a crime. "From the first, it is flouted widely.

1820
Missouri Compromise
After bitter debate, Missouri is admitted to the Union as a slave state to maintain equal numbers of slave and free states.

1839
Amistad Mutiny
A Spanish ship commandeered by 53 rebellious slaves lands on Long Island. After a lengthy extradition case, they are freed.

1857
Dred Scott Decision
The Supreme Court rules that American-born slaves have no rights under Constitution. U.S. price for a slave: about \$500.

"Look, I have **asthma**, but I also have a life."



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SINGULAIR®
(MONTELUKAST SODIUM)



10-mg tablet for adults



5-mg cherry chewable
tablet for children 6-14



4-mg cherry chewable
tablet for children 2-5

SINGULAIR® (Montelukast Sodium) Tablets and Chewable Tablets
Patient Information about
SINGULAIR® (SING-u-lair)

Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR®. Also, read the leaflet each time you renew your prescription, in case anything has changed. This leaflet does not take the place of complete discussions with your doctor. You and your doctor should discuss SINGULAIR when you start taking your medicine and at regular checkups.

What is SINGULAIR®?

- Your doctor has prescribed SINGULAIR once a day for the long-term treatment of your (or your child's) asthma.
- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma symptoms. SINGULAIR is not a steroid.
- SINGULAIR comes in 3 forms:
 1. A 10-mg tablet that you swallow whole (for adults and children above age 14).
 2. A 5-mg chewable tablet (for children ages 6-14).
 3. A 4-mg chewable tablet (for children ages 2-5).
- **SINGULAIR should NOT be used for the fast relief of asthma attacks.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.

What is asthma?

- Asthma is a continuing (chronic) lung disease. It cannot be cured, but it can be controlled.
- Symptoms of asthma include:
 - coughing
 - wheezing
 - chest tightness
- In some patients, symptoms worsen during the night or after exercise.

Who should not take SINGULAIR?

Patients with allergies to any components of SINGULAIR should not take SINGULAIR. The active ingredient in SINGULAIR is montelukast sodium. The inactive ingredients are listed at the end of this leaflet.

The safety and efficacy of SINGULAIR has not been established in children younger than age 2.

What should I tell my doctor before taking SINGULAIR?

Tell your doctor:

- If you are pregnant or plan to become pregnant. SINGULAIR may not be

What should I avoid while taking SINGULAIR?

- If your asthma is made worse by aspirin, you should continue to avoid aspirin or other non-steroidal anti-inflammatory drugs, such as ibuprofen and naproxen.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild.

- The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given placebo (a pill containing no medication).

The list below is **NOT** a complete list of side effects reported with SINGULAIR. Your doctor can discuss with you a more complete list of side effects. The most common side effects are listed below.

tiredness	headache
fever	rash
abdominal (stomach) pain	cough
stomach or intestinal upset (gastroenteritis)	flu
heartburn	stuffy nose
dizziness	

Less common side effects included the following:

- allergic reactions including
 - swelling of the face, lips, tongue, and/or throat, which may cause difficulty in breathing or swallowing
 - hives
 - itching
- bad/vivid dreams
- irritability
- restlessness
- insomnia
- nausea
- vomiting
- dyspepsia
- diarrhea
- muscle aches and muscle cramps

Rarely, patients taking SINGULAIR have experienced a condition that includes a combination of certain symptoms that do not go away or that get worse. These symptoms may include:

- a flu-like illness
- rash
- a feeling of pins and needles or numbness of arms or legs
- severe inflammation (pain and swelling) of the sinuses (sinusitis).

These have occurred usually, but not always, in patients who were taking oral corticosteroid pills for asthma and those corticosteroids were being slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, you must tell your doctor right away if you develop one or more of these symptoms.

Remember, anytime you have a medical problem you think may be related



FAMILY WAY: Chief Investment Officer John Calamos Sr. (middle) shares fund-management duties with nephew Nick Calamos (left) and son John Calamos Jr.

AFTER SITTING OUT THE TECH RALLY, THESE PICKY SHOPPERS GOT THE LAST LAUGH. NOW THEIR DISCIPLINED APPROACH IS PAYING OFF.

It was the darkest year in memory for Madison Investment Advisors. Equity clients were leaving in droves. Internal friction was building. And the performance of its Mosaic mutual funds was lackluster. As technology stocks trounced all others in 1999, the Mosaic fund managers couldn't bring themselves to take the plunge. The prices were simply too steep.

Still, the managers couldn't help but doubt themselves. Had they missed something?

They plowed through economics books trying to find answers. "Saying it was frustrating is putting it mildly. It was lonely," says Jay Sekelsky, lead equity manager. "We felt as though we were the only ones in the world who didn't get it." Even one of their own senior analysts doubted them. Every stock discussion turned into an argument as he tried to convince the others that they were missing out. When he couldn't change their minds, he went into hibernation, closing his office door and refusing to talk to the rest of the team. Eventually, he left for a hedge fund.

The managers, of course, feel vindicated now. Over the past 12 months, as the Nasdaq plunged 54 percent, Mosaic stock funds averaged a remarkable 27 percent return. Picks such as bank Wells Fargo, up 32 percent in that time, and supermarket chain Kroger, up 41 percent, have paid off. The hottest fund has been Mosaic Focus, a portfolio of 15 large-cap value stocks that shot up 35 percent. "We stuck to our convictions," says Frank Burgess, who founded the Madison, Wis.-based firm in 1974. "We let the silly season pass."

the long run. The four stock pickers—fund managers Burgess and Sekelsky, and analysts Rich Eisinger and Dave Halford—will cast aside companies that have had two years of diminished growth in the past five years or three slips in the past 10 years. The team is so picky that their funds hold just 15 to 35 stocks. In comparison, the average domestic fund carries 140. "We put our money where our mouth is and overweight our best ideas," says Sekelsky. With that kind of concentration, you might worry about risk. But Mosaic funds typically have two-thirds the volatility of the average stock fund.

The firm has pulled that off by putting every investment through the wringer. For each potential buy, a manager or analyst creates a one-page profile outlining the logic behind the choice. The argument is then picked apart by the group to see if it holds water. "If you don't challenge people or their ideas, they get sloppy," Burgess says.

It took four weeks and four debates, but analyst Eisinger convinced Sekelsky last September that Markel, a small insurer, was a good buy. Sekelsky, who has the final say on four of the five equity funds, nixed the pick at first because of Markel's buy of money-losing Terra Nova. The next week, after grilling Markel, Eisinger argued that the company could turn Terra Nova around. Fine, but Sekelsky wanted to know what competition Markel faced. Another week passed, and Eisinger was back in Sekelsky's office pointing out that Markel, which specializes in high-risk clients, has few direct rivals. Still not satisfied, Sekelsky wanted details on how it was investing its premiums. The following week Eisinger reported back that the company has an excellent record

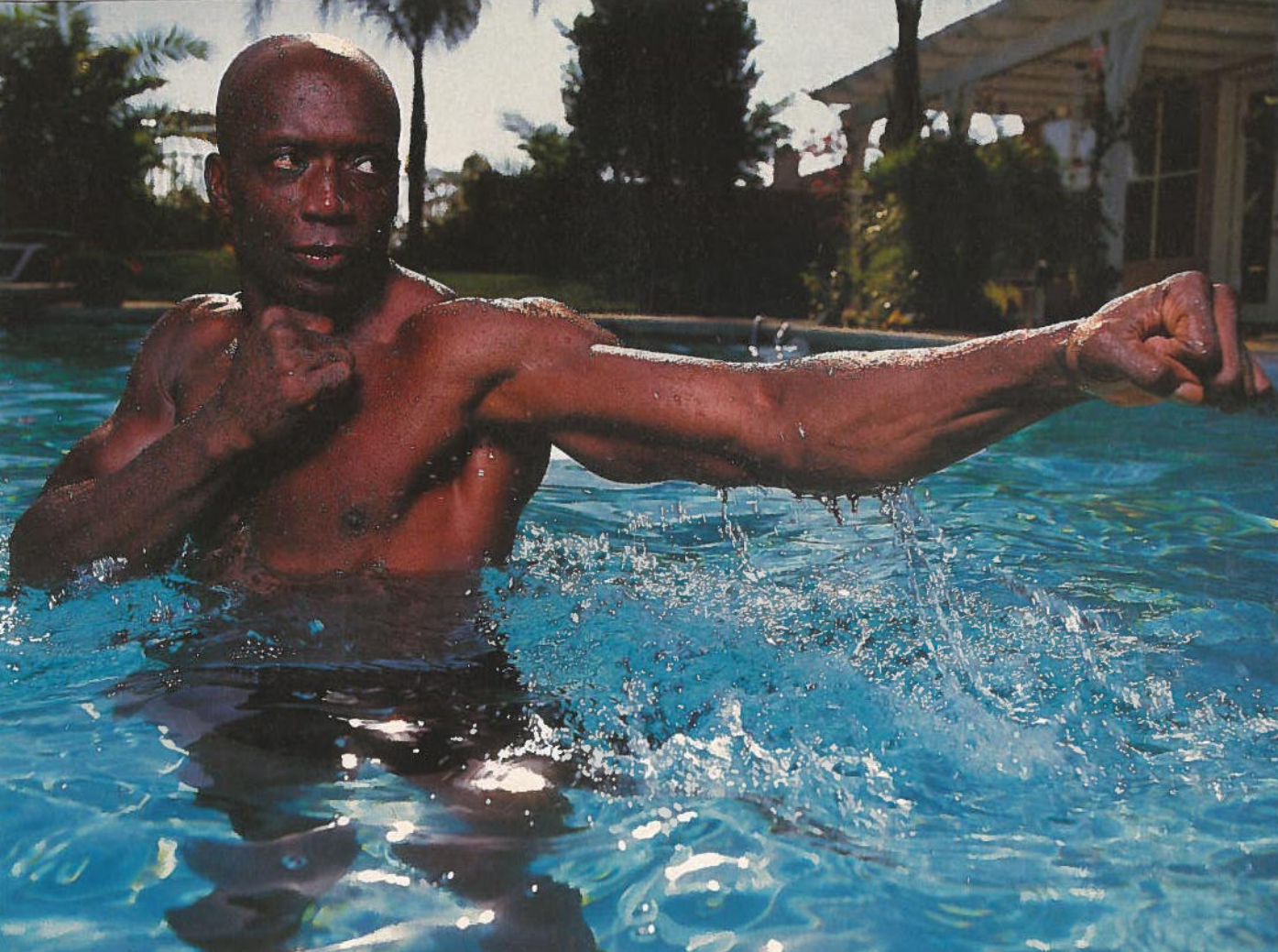
stock is up 25 percent. "It's my job to be dogmatic and persistent," Eisinger says. "In the long run, it helps if we're each playing devil's advocate."

These days, Mosaic is finding opportunities in consumer cyclical, such as Ross Stores, a discount retailer. "That's the model that's working right now in retail, whereas department stores are suffering," Sekelsky says. The expanding Ross, expected to boost earnings 15 percent a year, is trading at a mere 10 times earnings. Sekelsky also has been cherry-picking health care stocks since they started drooping. He recently bought drugmaker Pfizer after its stock slipped from \$46 at the start of the year to \$37. "It's trading at 22 times next year's earnings, and for a company growing 20 percent, that's really attractive," he says.

Though Madison Investment made our hot list based on its equity funds, its real bread-and-butter is fixed income. That's been the case since the late '80s, when the managers developed a reputation among institutional investors as smart bond buyers. Today, of the \$197 million in Mosaic mutual fund assets, only \$65 million is held in the five stock funds. The rest is in eight bond funds—half of which are municipals—and two money-market funds. Those funds, run by a separate team of seven, have produced slightly better-than-average returns over the past three years. If you include institutional money, fixed income accounts for 95 percent of the firm's \$4.8 billion in total assets. But thanks to its strong performance over

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Equity Funds	Category	3-Year Peer Percentile*	3-Year Annual Return*
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adds, "you never know who you're going to see. One day, LL Cool J was here, Queen Latifah was in a corner, and Alicia Silverstone was in class."

Rubbing shoulders with celebrities marks a radical change for Blanks, who was raised with 14 siblings in a crime-ridden neighborhood in Erie, Pa. "All we heard was sirens," he says. But strict parents—Isaac, a foundry worker, and Mabeline, a homemaker—kept the brood out of trouble. "My father," he says, "taught me that to get something out of life, you have to work for it." At age 12, captivated by Bruce Lee as Kato on TV's *The Green Hornet*, Blanks began taking karate

work as a garbage man. Miserable at school (he was later diagnosed as dyslexic), he says, "I was supposed to be the black sheep. Karate gave me confidence."

By the time he was 20, he had married high school friend Gayle Godfrey, then 17, who had a 2-year-old daughter, Shellie, from a previous relationship. (Now 24, Shellie works as a trainer at Blanks's gym.) "It's an astonishing thing," says Gayle of Blanks's commitment. "A lot of men don't take care of their own children, let alone someone else's."

Supporting the family by taking odd jobs as a janitor and chemical-plant

several state, national and international championships. Determined to follow the same martial-arts-and-movies path as Bruce Lee, Blanks moved his family to Los Angeles in 1988. While working as actress Catherine Bach's bodyguard, he landed a part in a 1989 film called *Bloodfist*—and has since appeared in more than 20 other movies.

As his competitive career wound down—he retired in 1991—Blanks developed Tae-Bo as a way to interest women intimidated by traditional martial-arts programs. Setting up a studio in his garage, he replaced bowing and uniforms with music and dance, and developed a unique routine of stretching, boxing, weights and karate. One of Jane Fonda's instructors was so wowed that she started bringing friends in to see Blanks. In 1989 he opened a small gym in Sherman Oaks, and he moved to his current location two years ago.

Now living in a Mediterranean-style five-bedroom house in West Hills with Gayle, who doubles as business manager, and their son Billy Jr., 21, a dancer and trainer, Blanks says he's "not just a guy who wants to get money." Rather, he insists, his work is a crusade: "I tell [clients], 'If you want to sweat, go sit in a whirlpool. I want you to get some power, I want you to feel like you can overcome everything.' I tell them, 'Be a conqueror!'"

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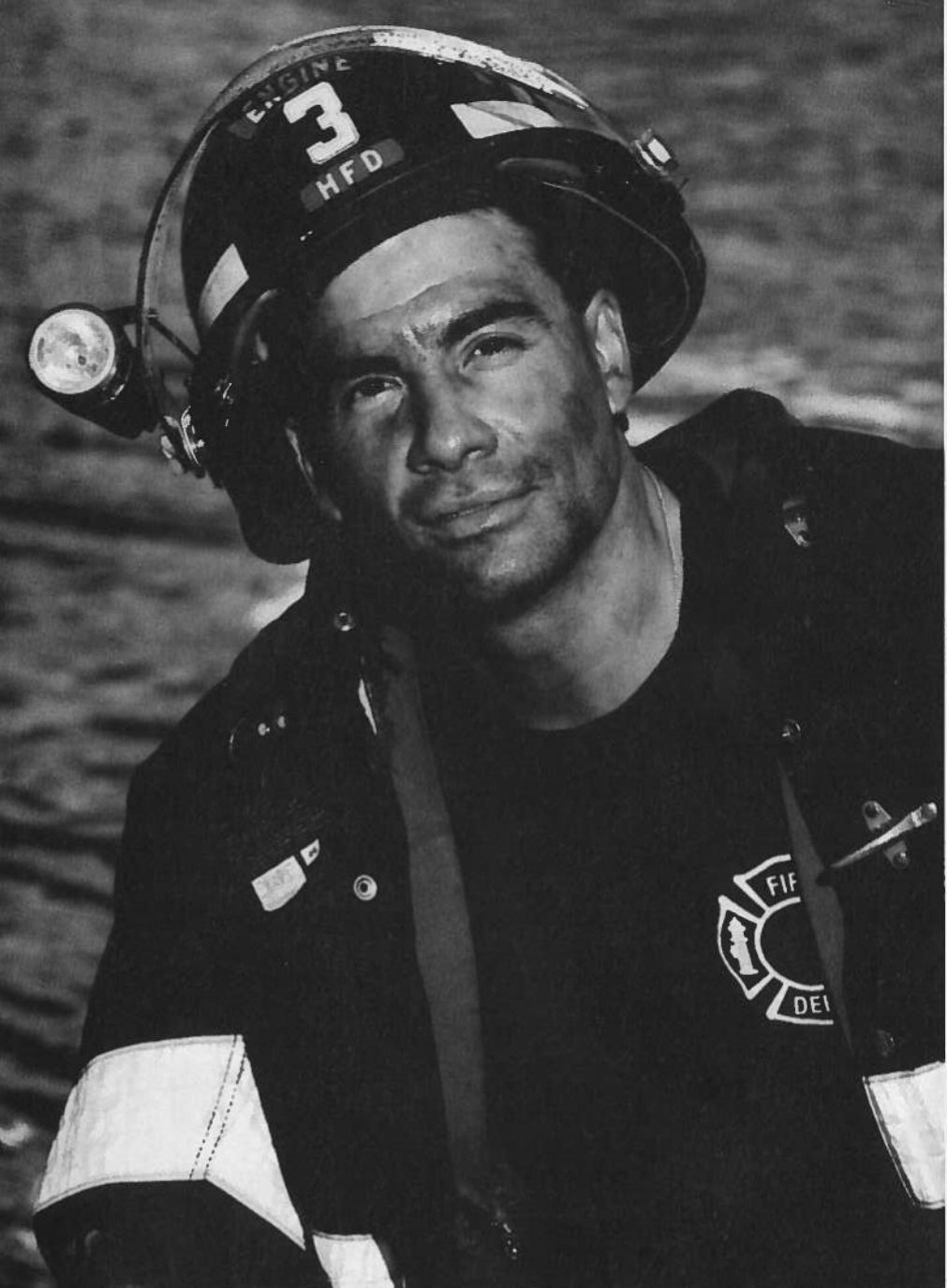
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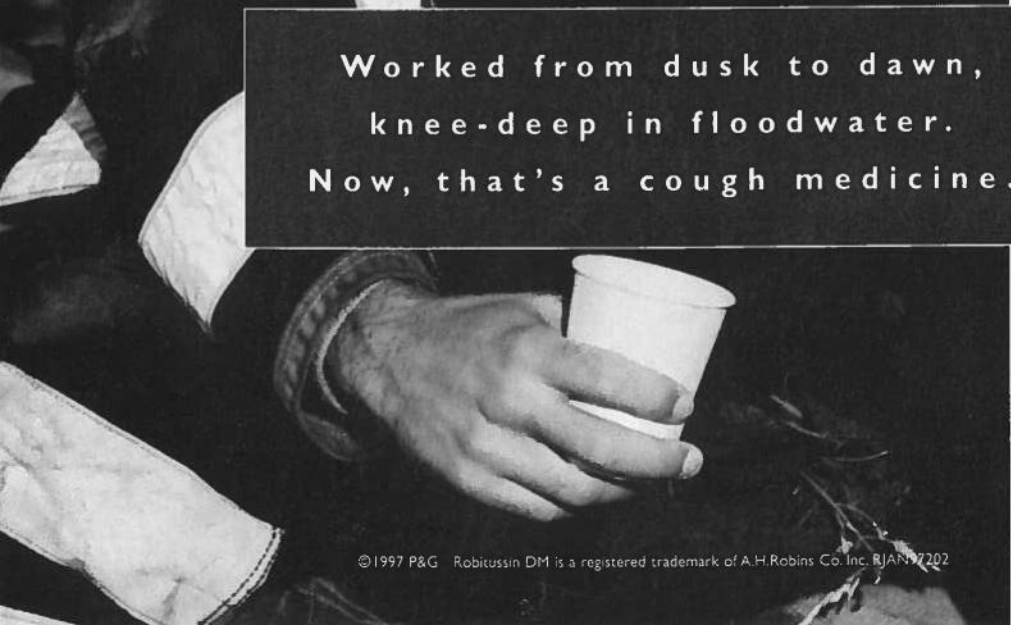
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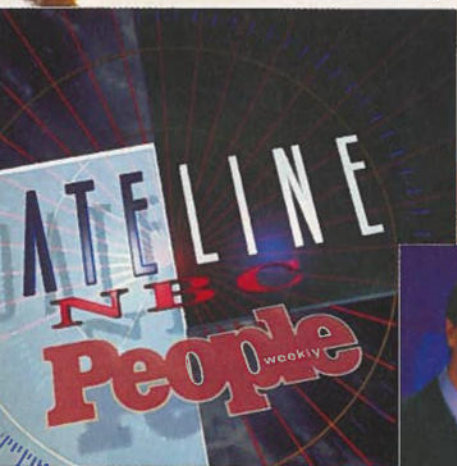
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The Root Causes of Homosexuality and the Behaviors Involved.

By Rev. John J. Smid



We continue to hear from many sources in our culture today that homosexuality is innate and genetic, therefore unchangeable. I have studied the family structures and significant relational and emotional history of my own life and the lives of hundreds of others. I see a clear and simple connection between our own development and the formation of our sexual identity. I hope that you too, will see this connection as we talk about our formative years and the way we view life today.

Letter from Martin:

I know I am a Christian; without a doubt. I cannot understand then, why I feel the way I do about life. How can I have the feelings I do, and do these things even though Christ is in me.

I've always felt different. Even as a small kid; but only over the last few years in college, have I really understood why? Through allot of thinking and a few relationships, I've realized I'm trapped as a homosexual.

There was a time when I begged God every night to take it away. I wouldn't even look another guy in the face. But God didn't take it away. In May I gave up fighting for a while. Then I started the fight over, but once again I failed. Over Christmas I met someone and had the closest feeling of love I thought I'd ever had. Since that person has gone away, I've been talking to someone else now.

I'm scared to death. I hold a prominent position on my campus, my dad is a Southern Baptist Minister, my sister is going into children's ministry and my first two years in college most of my friends were met through the religious organization. The point: I'm all alone and I can't talk to God, He is not listening. I feel like He won't listen until I give up the secret lifestyle. I'm losing my mind it seems. I'm scared, and don't know what else to do.

Please help me find a way out. I can't see the light anymore, my eyes are too clouded.

1. Over view of root causes:
 - a. There is no agreement that solidly describes the definitive causes of homosexuality.
 - b. Scientific community, religious community, or gays themselves can agree.
 - c. No evidence of a birth cause
 - d. Some think hormonal causes, but this bears no sufficient evidence either
 - e. Some people are born with birth defects; however the vast majority of homosexual people are born genetically and hormonally normal.
2. Believers disagree on whether God is for or against homosexuality.
 - a. Some may be sympathetic to the struggle
 - b. Some hold the turn or burn theory
 - c. Some have bought the lie that "they can do nothing about their struggle so, we must accept them as they are and rejoice in their ability to express themselves."
 - d. I have no problem with what I believe God says against homosexuality. I have lived it and know exactly why God speaks against it.
3. Those involved in the homosexual community themselves even disagree
 - a. Most have inner reactions that they would not have chosen this
 - b. Some feel that they were born that way since they have had these feelings since early childhood
 - c. Some fight vigorously to hold on to their "born-gay theory" status because to change would unsettle all that they have based their lifestyle on and they have nothing else to replace it with.
 - d. Most would take advantage of an option to change if they really believed and had the hope that they could change.
4. A working definition of homosexuality:
 - a. Lawrence J. Hatterer, author of the book, Changing Homosexuality in the Male says; "One who is motivated, in adult life, by a definite, preferential, erotic attraction, to members of the same sex and who usually, but not necessarily, engages in overt sexual relations with them."
 - b. I define it as one who is drawn to a physical or emotional desire for another of the same sex that transcends Biblical and moral guidelines for same sex relating. This can include mental or physical activity or behaviors or even an internal identity struggle.

5. Homosexuality does not just drop out of the air into a person's life. It develops from a combination of generational and emotional events and histories that produce a pattern of thinking concerning one's identity and relational thinking.
 - a. I call it a conspiracy of factors
 - b. Scriptures on this matter:
 - i. Matt. 19:4-6 "God created them, male and female and said, For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh. So they are no longer two, but one."
 - ii. Matt. 19:10-12 "Some were born eunuchs, some made that way by men; and others have renounced marriage because of the kingdom of heaven."
 - iii. Lev. 18:22 "You shall not lie with a male as one lies with a female; it is an abomination."
 - iv. Rom 1:25 "For they exchanged the truth of God for a lie and worshiped and served the creature rather than the Creator, who is blessed forever, Amen."
 - v. I Cor. 6:9 - 11 "and that is what some of you were, you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God."
6. So, what are the causes?
 - a. Loss of absence of same-sex parental love during formative years.
 - i. A love deficit therefore a state of incompleteness
 - ii. Searching for that completeness in relationships
 - iii. In most cases there is a deep need for love and acceptance from many but especially from same sex people
 - b. Hidden orphans, the feeling of being left out of society and therefore family belonging is missing.
 - i. Same-sex parent neglect, maltreatment or misinterpretation of same-sex parental love
 - ii. This typically gets rooted in during the years of 3 - 7
 - iii. Opposite sex parent can influence (positively or negatively) the ability to relate properly to someone of that gender.
 - c. Someone with a deep and unresolved identity struggle
 - i. Does not fit in or is labeled negatively and therefore fulfilling that label.
 - ii. Lack of social skills or sports rejection
 - iii. This can create the inability to grow into the affirmation from same sex persons.

- d. Sexual violation, incest or molestation
 - i. If the gender identity is not formed in a solid place, this can bring about gender confusion or can cause a defensive detachment
 - ii. That could last an entire lifetime.
 - iii. For women this can cause a great mistrust in men and for men this can bring about anger, insecurity and detachment from their own gender or the opposite sex, depending upon the offender
- 7. None of these possibilities can become the definitive answer as each life is unique and responds differently to life circumstances.
 - a. Someone's personal choices play an important role.
 - b. This is not to say that homosexual feelings come about due to ones selective choice
 - c. Homosexual behavior is certainly a choice.
- 8. Types of homosexual behavior
 - a. Some may never engage in a sexual act with another person
 - b. Pornography
 - c. Addictive masturbation
 - d. Idolatrous emotionally exaggerated and dependent relationships
 - e. Voyeuristic and lustful practices
 - f. Sexual Opportunist
 - i. Influence of drugs or alcohol
 - ii. Anger based or retaliatory sexual assertion
 - iii. Cloistered same sex institutional relationships
 - 1. Armed Services
 - 2. Incarceration
 - 3. Same sex schools or homes
 - g. Relational homosexuality
 - i. Homosexual culture
 - ii. Long-term or short-term relationships
 - iii. Religious homosexual movement

- h. Non-relational anonymous homosexuality
 - i. Sex in public places
 - ii. Double lifestyle
 - iii. Often married
 - iv. Frequent occurrences within church going men
 - v. Frequent among professional occupations
 - i. A pre-pubescent a child who engages in homosexual behavior
 - i. Sex without adult sexual hormones comes under a different category of motivation
 - ii. A child may be acting upon a physically gratifying but nonsexual impulse
 - iii. This could involve a trade-off for unmet relational needs
 - iv. Many of these children grow up and live a heterosexual life
9. What if I think I might be a homosexual?
- a. The answer is found within a personal relationship with Jesus Christ
 - b. Your problem is not the "only" confusing problem within Christianity
 - c. If you are a believer in Jesus Christ - you have the same accountability that every other Christian has to live a sexually faithful / chaste life
10. What if someone I know is a homosexual?
- a. The answer is in your ability to love them unconditionally without accepting their behavior that is sin oriented.
 - b. If they are confessing Christianity - follow the Word of God concerning a restoration and discipline within the context of the Family of God.
 - c. If they are not Christians then they need the salvation of Jesus Christ just like you did - regardless of any besetting behavior.

The Homosexual Myth Explored

By Rev. John J. Smid



It is my purpose to understand the Biblical truth which dispels the myth that says that people can be intrinsically "homosexual". We will discuss what homosexuality is and what it isn't! There is no such thing as a "Homosexual Person", only men and women who can be involved in sinful behaviors and mind sets that may include homosexuality.

1. Biblical passages that describe homosexual behavior as sin.

- a. 1 Cor. 6:9-11
 - i. Adulterer? Fornicator? Swindler? Gossip?
 - ii. Sexually immoral, idolaters, adulterers, male prostitutes homosexual offenders, thieves, greedy, drunkards, slanderers, swindlers-
 - iii. People who habitually and impenitently behave in such a manner "will not inherit the kingdom of God"
 - iv. The solution to these matters is conviction, repentance, seeking forgiveness from God and others whom we have offended along the way.
- b. God is faithful and will forgive us our sins. 1 John 1:9
- c. Romans 1:18 - 20, 1:24-32
 - i. Rebellion against God's created image and design
 - ii. Worshiping creation instead of God
 - iii. Abandoning God's intended purpose for humanity
 - iv. Unrepentant sin digresses into deeper sin
 - v. And those who approve of those who do!
- d. I Cor. 5:9 do not associate with immoral people
- e. Eph. 5:5, no immoral, impure or greedy person has any inheritance in the kingdom of Christ, and of God! Don't be deceived, wit empty words, for because of such things, God's wrath comes on those who are disobedient. Therefore do not be partners with them.
- f. Heb. 12:16, See that no one is sexually immoral or is godless like Esau.
- g. Heb. 13:4, Marriage should be honored by all and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.
- h. Rev. 20:20-21 Nevertheless, I have this against you: You tolerate that woman Jezebel, who calls herself a prophetess. By her teaching she misleads my servants into sexual immorality and the eating of food sacrificed to idols. I have given her time to repent of her immorality, but she is unwilling.
- i. Rev. 21:8, But the cowardly, the unbelieving, the vile, the murderers, the sexually immoral, those who practice magic arts, the idolaters, and all liars - their place will be in the fiery lake of burning sulfur. This is the second death.

2. Homosexual sin vs. heterosexual sin. Are they different?
 - a. As you can see by all the passages above that homosexual behavior is in fact no different in God's eyes! Sexual sin is sexual sin no matter what form it takes.
 - b. Mr. and Mrs. Jones - one son struggling with homosexuality, the other heterosexual immorality.
 - c. There is not difference and when we buy into the lie we all suffer.

3. Cultural icons that block the hope that Christ gives us.
 - a. Born Gay
 - b. Entitlement to sex, how can anyone be expected to live without it?
 - c. Personal rights to sin - "don't judge me"
 - d. Men with men, women with women, what difference does it make?
 - e. "The heterosexual world has problems too"
 - f. Being true to one's self - that is the goal of life
 - g. Gay, Lesbian, bi-sexual, trans-gendered, questioning people.

4. If homosexuality is in fact an inborn and unchangeable trait or fact, then there is no hope in Christ for what He says is true.
 - a. 1 Cor. 6:9-11 speaks of the washing, changing, freedom and hope that come with the gospel.
 - b. Either God's word is a lie, or there is hope.

5. Three decades of a lie
 - a. With the horrific events of the Stonewall Inn, the gay community began to storm our culture with the reality of homosexuality.
 - b. This event turned into a "proud" unrepentant message of "we are here, were queer, get used to it!"
 - c. From that moment on, this world became a different place with regards to our sexuality.
 - d. Change in family definition
 - e. Change in adoption, fertility and birthing practices
 - f. Change in the definition of "marriage"
 - g. Protection, legal, and humanitarian, of sexual practice that has continued to digress
 - h. Breaking down of a man's opinion, conviction, and basic cultural and moral codes in society which brought about accountability.
 - i. Rampant divorce because it's what I want! There is no hope anyway.

6. Spiritual freedom involves prayer but also requires responsible actions.
 - a. If we call it what it is, there is incredible hope!
 - b. If not, how / when does one come to be classified as "a homosexual?"
 - c. For years we understood that an adulterer was one who practiced sexual behavior outside of marriage.
 - d. We all continue to understand that an alcoholic is one who drinks too much and that a gossip is one with loose lips.
 - e. We never believed that these behaviors were uncontrollable with help, correction, support and willingness to submit to accountability.

- f. Homosexuality is no different!
 - g. We are all accountable to God for our every deed. We are also accountable to God for our relationships.
 - h. Sin is sin because it breaks the relationship with God and with others.
 - i. Homosexuality is deeply wounding to us and to others, especially to God.
7. Foundational truths to build on.
- a. One: there is no such creation as a "gay" or "homosexual" person. There is only homosexual attraction and behavior; accordingly, there can be no "change" from a sexual identity that never existed in the first place.
 - b. Two: The truth for most men and women who struggle with homosexual behavior is that they may, at times, continue to experience attractions in large and small ways for a lifetime. It is often misleading and harmful to speak vaguely of "total" deliverance without mentioning the normal, ongoing struggles with temptations all believers have.
 - c. Three: God sees homosexuality as sin like any other - and directs us to apply the same biblical model to it that we would to any other sin. His real solution for deliverance and healing is based on repentance and obedience; that is, finding freedom in Jesus Christ.
8. Do people choose homosexuality?
- a. Not exactly. The feelings, temptations, or the desires are certainly not chosen. They are a natural result of past wounds, experiences, and life.
 - b. God holds us accountable for what we do with our struggles and temptations.
 - c. There are many people who struggle with homosexuality. We would be consigning them to a hopeless fate by pretending it is not a problem.
9. Where is the hope?
- a. God is in the miracle business of changing people's lives
 - i. The miracle may not be a total deliverance
 - ii. It may be the blessing of his grace for sustaining a life of obedience
 - b. 2 Cor. 12:7-9: To keep me from becoming conceited because of these surpassingly great revelations, there was given me a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.
 - i. Life gives us the reality of trials and temptations
 - ii. God asks us to seek Him for sustaining power
 - iii. It is in the valleys of life that we so often grow
 - c. His glory may be manifest in marriage and family
 - d. He may lead you to a season of singleness
 - e. You may need to step out on faith into some scary places
 - f. Other people may tempt you to quit. Some may have false expectations that the Lord did not orchestrate
 - g. Hope comes from perseverance which develops into character and subsequently produces hope.

Masculinity and Femininity—The Real Truth

By Rev. John J. Smid



So many men and women in recovery from sexual sin find themselves trying to define masculinity and femininity but instead find even more frustration. This workshop will provide a more solid foundation to build upon than just cultural norms!

1. Define masculine - define feminine!
 - a. Strong, passive, compassionate, soft, muscular, talkative, athletic, nurturing, wears makeup, long hair, short hair, skirts, pants, cooks, sews?
2. Cultural differences - even more confusion.
 - a. Europe, Asia, South Pacific, India, Iran, United States?
 - b. Athletes, Musicians, Artists, Naturalists, New Yorkers, Floridians, Californians, Church Goers, non church goers, businessmen, laborers?
3. Defining male - defining female.
 - a. Body Parts
 - b. Brain Development
 - c. DNA
 - d. Hormonal Structures
 - e. Not much more than that.
4. Reflecting on "masculinity and femininity".
 - a. Now let's go back and look at the list.
 - b. How does your viewpoint change?
 - c. Why is this significant in our life of healthy identity and development?
 - d. Do you want to know?
5. Who are you?
 - a. Male or Female?
 - b. Why does it matter?

6. Who are those around you?
 - a. Do you want to be a part of them?
 - b. Do you “need” them for your social, relational, and Christian connection?
 - c. Is there a connection that you see that you are missing out on?
7. Who do you want to be with?
 - a. Is there a group you have been looking at that you would like to be a part of?
 - b. Is there a hobby, sport, career that you would like to move towards?
 - c. Is your false concept of your identity or behavior that holds you back?
8. Now apply it.

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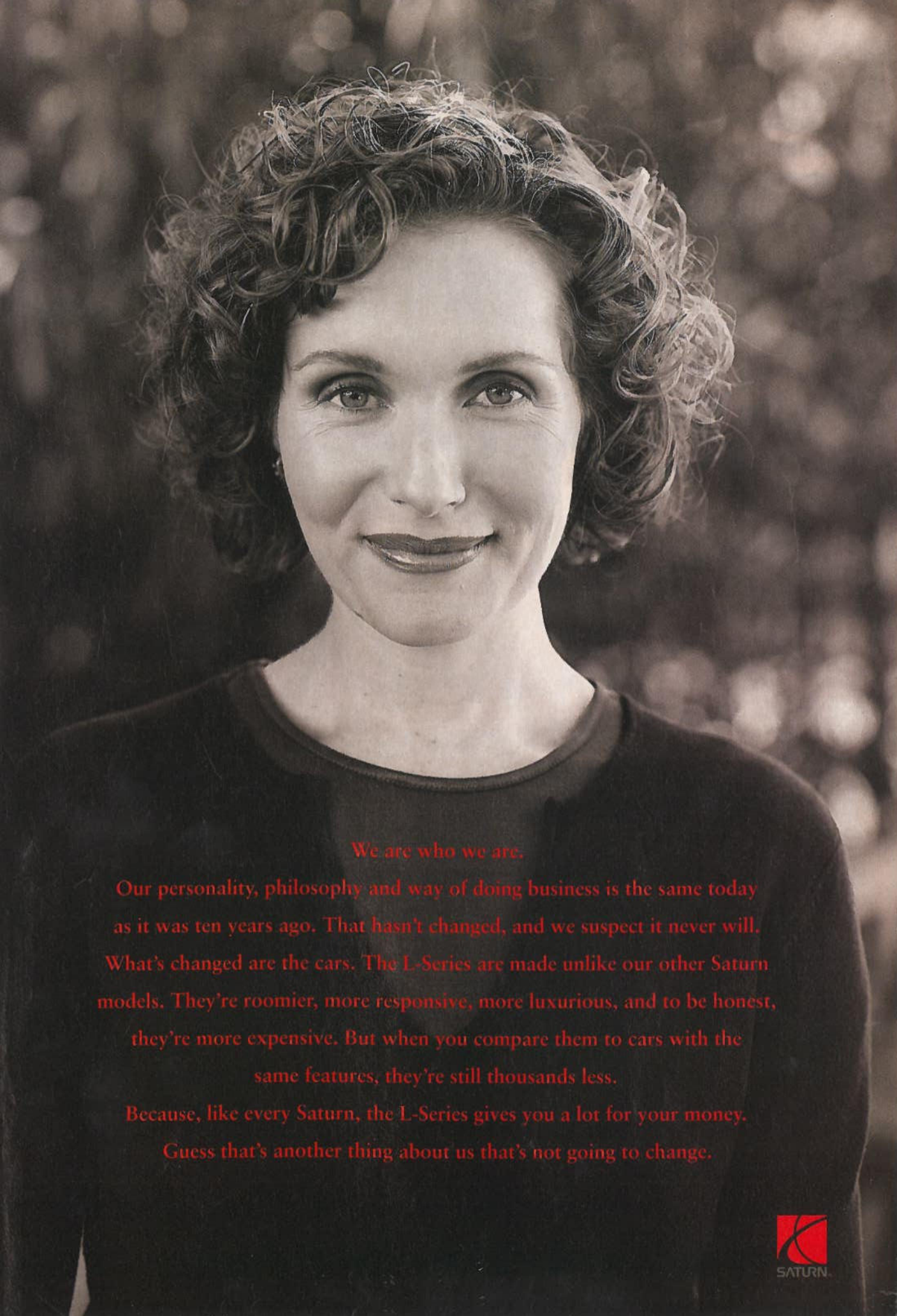
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with any accuracy. Without him the Indians had no offense. They ended up 7-3, Brown's worst record in years.

"Our boys run on heart," says Judith N. Wooten, a psychologist at the school. "And because they run on heart, they're more easily beaten than a typical team is—defeat, you see, is something they know, it's familiar. We've watched them at times, trying to gut out a win, when their exhaustion is emotional as well as physical. Most of them don't even have the capacity to dream beyond this place and this moment. It's not like they're running for something out there in the future. They're running because today is the game, and the game is all there is."

Brown has high hopes for this year's team. The Indians are 4-0 entering the Trinity Christian game, and the coach is confident his boys will win it and go all the way to the state title. "We're ready," he says. "If we can stop their passing game, we'll beat 'em by 28, 35 points. It should be a close game until half, then we'll take over."

"Coach Brown is a fine, Christian man," says Barry Morgan, the Trinity Christian coach, who's won four state championships in the last six years. "And he may be right, they might beat us. But I expect a tough ball game, and by the second half we'll have worn them down. That's what I remember happening last year. That, and we had three kids with ice packs just from getting beat up. Those Gid-

game," says Andy Bonheyo, coach at the Texas School for the Deaf in Austin. "They ask me all the time, 'Can that happen?' How am I supposed to answer? I don't want to sound like a crybaby, but it bothered me when Giddings won the state championship in track. It's hard to put in the right words, but the bad boys coming up as winners? It sends a conflicting message to the good kids."

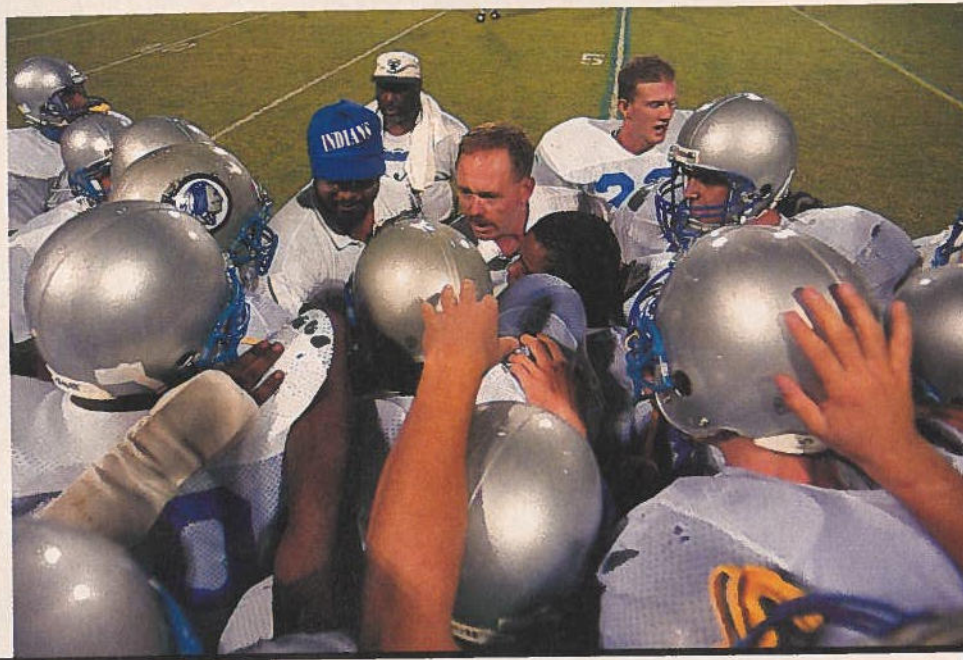
Pat Henke, coach at a Catholic school in Hallettsville, says parents complain to him all the time about having to play Giddings. "The reason they send their kids to a private school in the first place is to get away from people like that," Henke says. "I don't mind telling you, our girls feel uneasy when the boys from Giddings are around. We tell them not to go anywhere by themselves. I wouldn't want one of our girls going by herself to the rest room because who knows what's going to happen?"

Trinity Christian coach Morgan, for one, can't understand why there's been so much opposition to having Giddings play in the league, especially from so-called Christian schools that should be espousing forgiveness. Besides, Morgan argues, on the field the Giddings players are good sports and better disciplined than many of the players at the nonstate schools. "Our kids need to be exposed to kids like the ones at Giddings," he says. "The league took a vote last year on whether Giddings and Gainesville [Giddings's biggest rival, a state school predominantly for nonviolent offenders] should play, because they're not private or parochial schools, but my question is, If we don't let them play with us, where do they go? The public schools aren't going to take them. These guys need athletics. For some of them, that's all they have. I consider it a ministry for us to play them. And I like our kids hopefully rubbing off on them in a positive way."

On Friday at 1 p.m. Brown and Ward and their boys leave Giddings in a yellow school bus packed two to a seat, headed at last for Trinity Christian and their showdown with Morgan's top-ranked squad. They drive north on I-35 through Austin, Temple and Waco and arrive in Addison after nearly seven hours on the road. What they find there is a world so different from their own that it sends a hard chill through some players and leaves others speechless. "They got themselves a real nice place here," Matuzek says as he steps off the bus at Trinity Christian, his eyes wide with nervous anticipation.

"We got to stay focused," says Richard Hayes, 18, the quarterback. "We'll get distracted if we look too long at all the people and the scoreboard."

Ward (in blue cap) and Brown (hatless) have had great success given their small, ever-changing pool of players.



dings boys play hard, and they always play classy. Short guys and kind of muscular, always moving in a single line, real polite. When you look at them, you think, Why are you here? What did you do? Except for that, they're just kids like all the rest."

Not everyone who looks at the Giddings boys sees them as kids like all the rest. Some see them as criminals who gave up their right to play sports in the free world the moment they committed their crimes. In 1996, after the Indians won the state championship in track, a group of coaches at rival institutions mounted a campaign to boot Giddings from the league. Their boys were scared, the coaches said. It was also wrong to allow convicted felons to compete in a league with kids whose closest brush with crime was sneaking a beer on Saturday night. "Our kids are afraid the boys from Giddings are going to pull a knife out of their pocket and do something during the

"On the field the competition will cuss you out," a former Giddings player says. "They'll call you trash and jailbird and cuss your mama. It's hard to take sometimes."

I LOST 68 POUNDS WITH TWINLAB'S METABOLIFT AND MADE CURTAINS WITH MY OLD CLOTHES.



before



after six months



continued from page 114

smart gardening

Potbound no longer

Only a couple years ago, it seems, the Margarita sweet potato vine was unleashed on the gardening world, and containers everywhere have since flashed with this iridescent spiller. But now the showy annual seems to have outgrown its terra-cotta homes and is turning up in cutting-edge landscapes in real dirt. Released from its pots, Margarita does that cascade thing quite nicely over raised beds and retaining walls. It even makes a dandy low-grower snaking along the front of the border. Put Margarita in the shadows, and it's like you lit a torch.



The Margarita sweet potato vine (*Ipomoea batatas Margarita*) is not limited to container use, as these wonderfully landscaped Pennsylvania gardens show.



test garden tip

Tip-top dressing



Mulching

does do valiant battle with weeds and drought in your







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 Make & Model	Frontal Star Rating		Side Star Rating		Safety Equipment			
	Driver	Passenger	Front Seat	Rear Seat	Air Bag Driver	Air Bag Pass.	Antilock Brakes	Side Air Bag
2001 Honda Civic 2-dr. Light Passenger Car	★★★★★		★★★★★		Standard			

Small but Strong

It's high fives all around for the safety guys at Honda

Honda's 2001 Civic coupe becomes one of the first two passenger cars ever to earn top five-star ratings in all four parts of the federal government's crash tests. Civic joins the Volvo S80 sedan in this exclusive safety club. (For more on the Volvo, see *page 85*.)

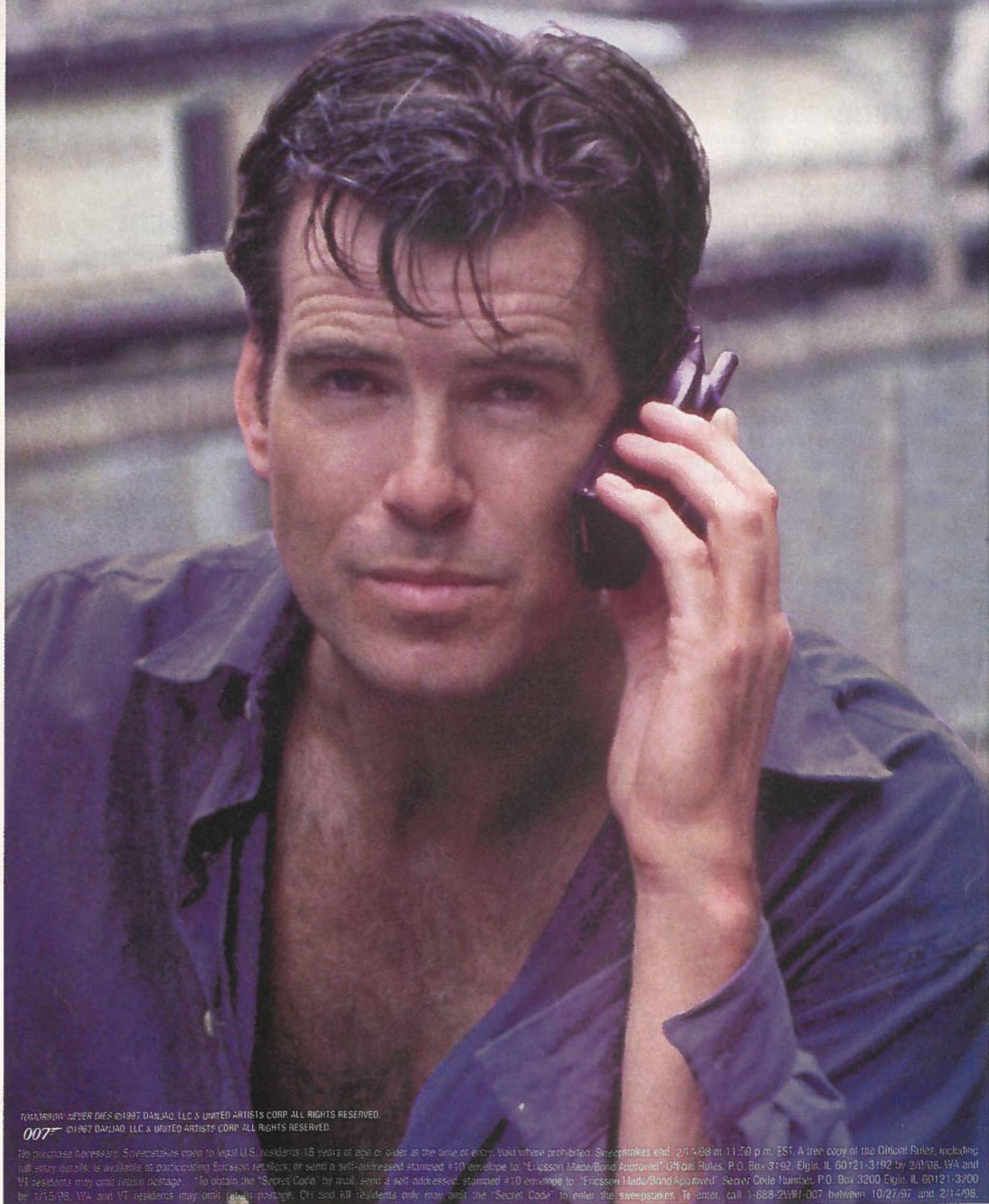
The \$14,000 Civic's performance sets a tough standard for other small cars to match. Government ratings indicate it did a good job of protecting the driver and front-seat passenger in a front-end crash test, and both the driver and rear-seat passenger in a side-impact crash. The ratings scale runs from one to five stars, with five being the best.

Five-star protection in the side collision is especially remarkable when Civic's small size is considered. Besides Volvo, only a few

continued on page 84



007 *Tomorrow Never Dies*



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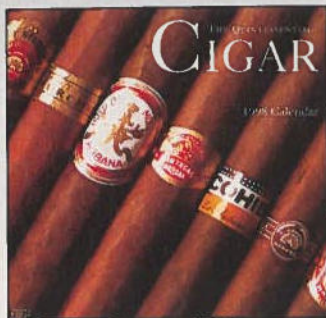
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Calendar Whirl

NOW THAT EVERY SELF-respecting supermodel and sexy fireman has one, it has become awfully hard to choose just the right calendar to get you through 12 long months at home or work. To help out, here's a roundup of some of the niftiest options for 1998:

THE QUINTESSENTIAL CIGAR

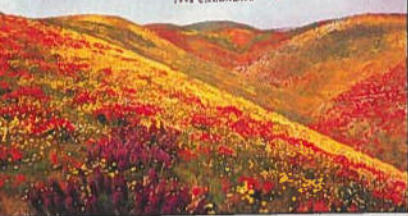
The Surgeon General may object to this sumptuously photographed salute to stogies. You can practically taste September's Havana.



LARRY BIRD JOHNSON AND THE NATIONAL WILDFLOWERS SOCIETY AND GARDEN CENTER PRESENT

American Wildflowers

1998 CALENDAR



AMERICAN WILDFLOWERS

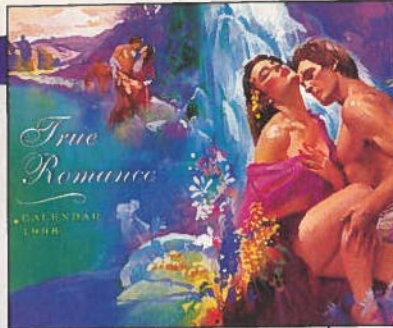
Dazzling flora, from the leafy aster to the great spurred violet—and photos so vivid they'll probably jack up your neighborhood's pollen count.

HARLEY-DAVIDSON MOTORCYCLES

Put some chrome in your home with these oversize, slick photos of some classic, butt-kickin' bikes. Hog heaven.

TRUE ROMANCE

Dewy damsels and beefy dudes ripped straight from romance novel covers. Don't any of these guys own shirts?

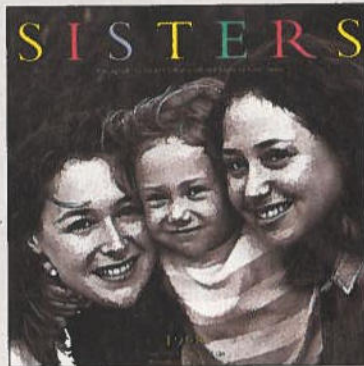


WORLD'S TOUGHEST GOLF HOLES

Computer-manipulated fantasies, like a par 4 that curls around a Yosemite waterfall. Un-fore-gettable.

THE ART OF LATIN AMERICA

Vibrantly colored monthly masterpieces from painter Frida Kahlo and others. Plus, you'll know when Ecuador celebrates Independence Day.



SISTERS

Touching photos inspired by the bestseller. Hearts *will* be warmed.

BEFORE THEY WERE STARS

A pre-*X-Files* David Duchovny, a pre-*Friends* Courteney Cox. And Brad Pitt makes eyes at you for a month. ■

Guess what they do for your mind.

They free your knees.



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I worked hard to be a better DOCTOR.

I worked hard to be a better BUSINESSWOMAN.

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CONTRARIAN

Balanced Sheets

Textile maker WestPoint Stevens had planned to go private last year at a premium price of \$22 a share, but the deal unraveled after rising interest rates prompted a major investor to pull out. The stock plunged 26 percent on the news as shareholders, who had banked on the premium, bailed. "There were not a lot of happy campers out there," says Kay Norwood, an analyst at Wachovia Securities.

The West Point, Ga., company, which manufactures products such as Martex towels and the Martha Stewart bed and bath lines, went back to the drawing board with an aggressive restructuring plan. But the company wasn't in the clear yet: Thanks to a slowing economy and a tornado that banged

the turmoil has put a wrinkle in WestPoint Stevens's share price. In the past year it has dropped by more than 50 percent from its 52-week high of \$19.50. Revenue declined more than 3 percent in 2000, while net income fell 36 percent for the year.

This is quite a turn of events for WestPoint Stevens, which got its start manufacturing canvas for covered wagons 187 years ago. The company traditionally boasted the highest profit margins in the home textile industry, thanks to extremely efficient manufacturing facilities that churn out some 308 million towels and 123 million sheets and pillowcases a year.

To engineer a turnaround, WestPoint Stevens embarked on the restructuring plan, an

company has made some real progress: In the past eight months, it has shuttered four plants, laid off some 1,500 employees and cut inventory by \$41 million. All told, it expects to save \$38 million with the restructuring plan by the end of this year.

But the real sizzle will come from new deals, which the company says will boost overall sales by 10 percent or more, to roughly \$2 billion, by the end of 2001.

WestPoint Stevens has an exclusive licensing agreement with Ralph Lauren Home for production of sheets, matching bedding accessories and towels. And next month the agreement will expand to cover production of pillows, mattress pads, feather beds, down comforters and bedding accessories. The expanded Ralph Lauren product lines could add more than \$100 million in annual sales, and that's not including potentially lucrative deals overseas.

The company also has hired new designers to tap into the linen-closet zeitgeist, and it is using market research to meet the demands of fickle consumers, especially teenagers and children, whose "funky" tastes prompted the

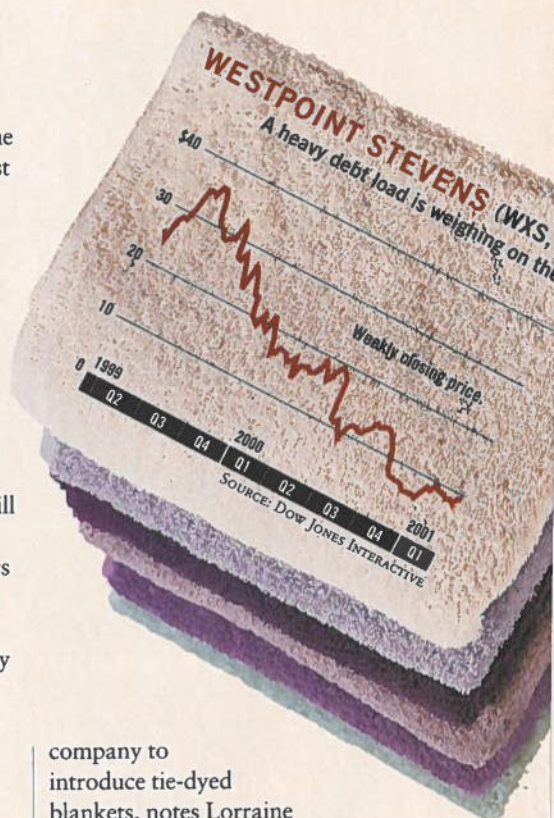
company to introduce tie-dyed blankets, notes Lorraine Miller, the company's senior vice president of investor relations.

WestPoint Stevens also is editing down its new Disney product line, eschewing previous efforts to market mainly individual movies such as 1995's *Toy Story*, and now plans to be in the stores with product on a year-round basis, focusing on core Disney characters such as Mickey Mouse and Winnie the Pooh. The company is overhauling its Disney line with coordinates to match solid color basics. "We are not going to live and die if paisleys or flowers come and go," Miller says.

Merrill Lynch textile

analyst Pamela Singleton who earned high marks in the *Wall Street Journal's* analyst survey says these initiatives should add top-line growth. "A tremendous amount of their story comes in the second half of the year, with programs they have under way," says Singleton, who rates the stock as a buy for long-term investors.

While WestPoint Stevens has spent more than \$1 billion over the past decade to modernize plants, it is now looking to outsource and import as ways of cutting costs even further. Outsourcing represents just \$115 million



COMPANY

Nation's leading manufacturer of bed and bath products.

EARNINGS

\$66.7 million on revenue of \$1.8 billion in 2000.

BOTTOM LINE

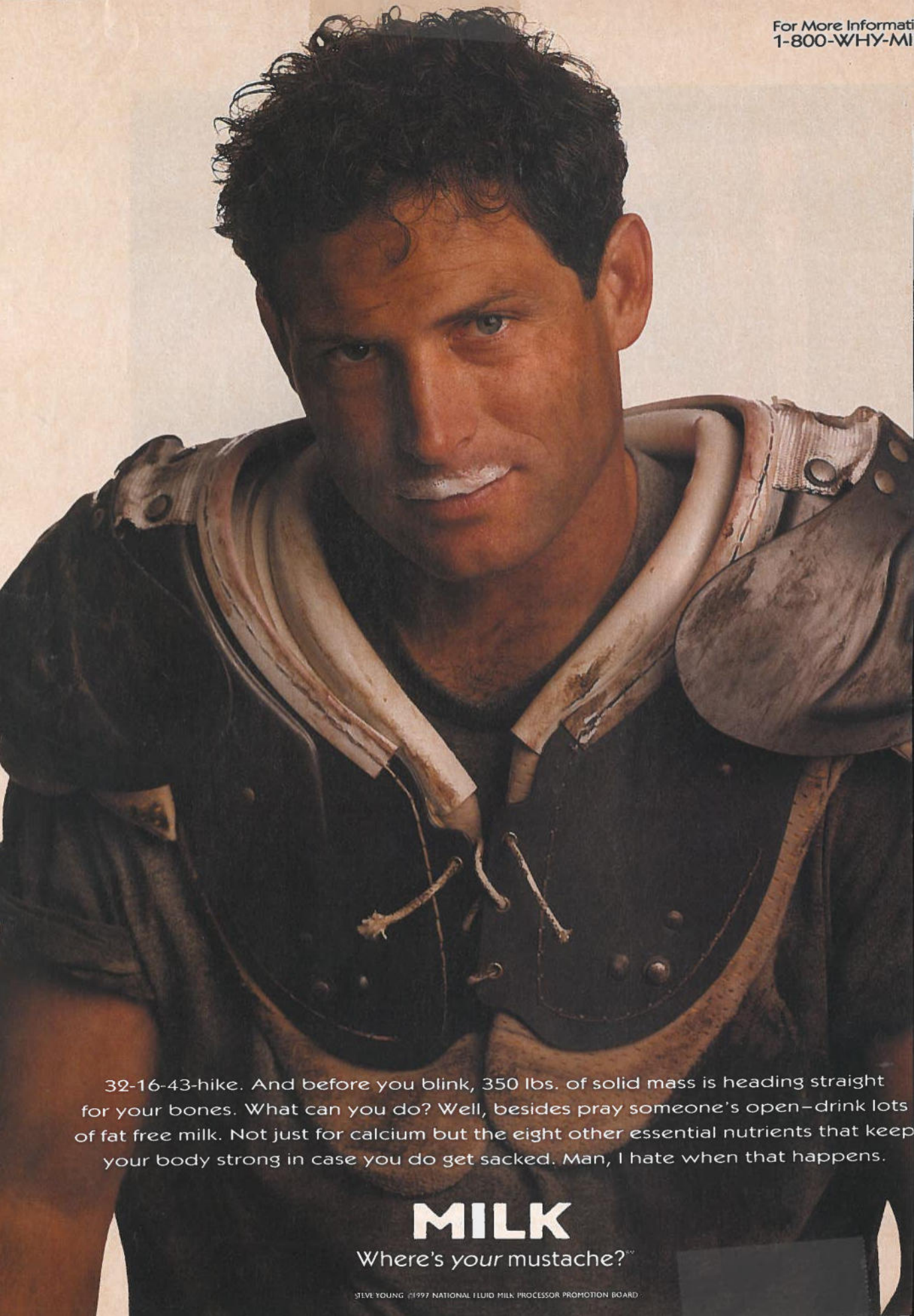
Savvy consumer-products company at a bargain price.

up a distribution center in Alabama, WestPoint Stevens announced it would miss fourth-quarter 2000 earnings by 19 cents a share, as sales fell 14 percent in the same period.

Not surprisingly, all

"Eight Point Program" that WestPoint hopes will enable it to squeeze out even more efficiency in areas such as manufacturing and purchasing, while tackling its massive \$1.6 billion debt load. The

For More Information
1-800-WHY-MILK

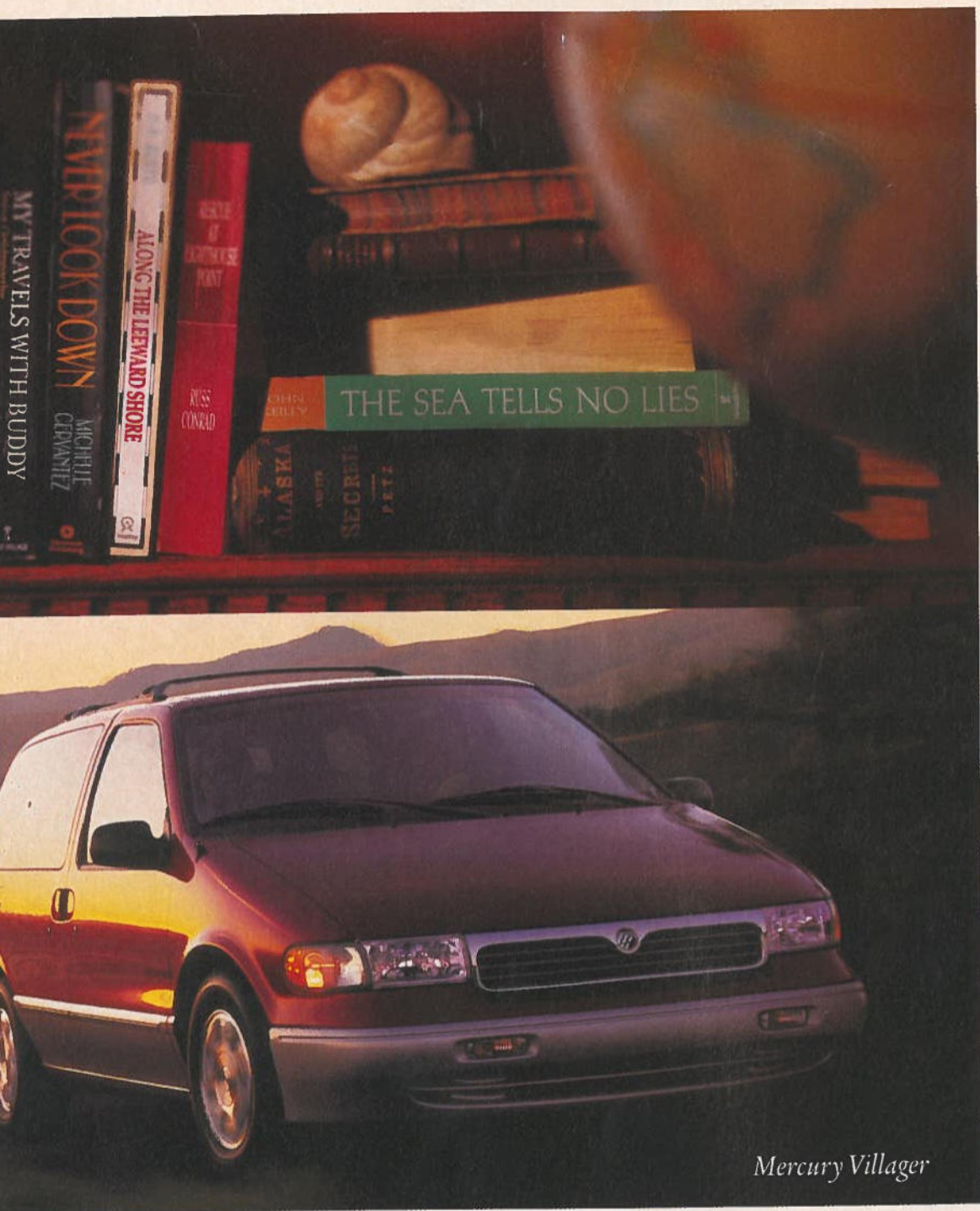


32-16-43-hike. And before you blink, 350 lbs. of solid mass is heading straight for your bones. What can you do? Well, besides pray someone's open—drink lots of fat free milk. Not just for calcium but the eight other essential nutrients that keep your body strong in case you do get sacked. Man, I hate when that happens.

MILK

Where's your mustache?™

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velop a diagnostic test for the gene melastatin. A couple of years ago, researchers at Millennium discovered that patients with melanoma who had an undisrupted presence of melastatin in their tumorous lesions also had a very low probability that their skin cancer would metastasize. Clinical trials have shown that testing melastatin levels is a far more accurate indicator of potential problems than the current method of simply measuring the tumor's thickness. Becton Dickinson expects to have a melastatin diagnostic kit on the market for laboratories by late spring. "It is proof of principle and shows that these kinds of products can be brought out much faster than pharmaceuticals," says MPMx president Kenneth Conway.

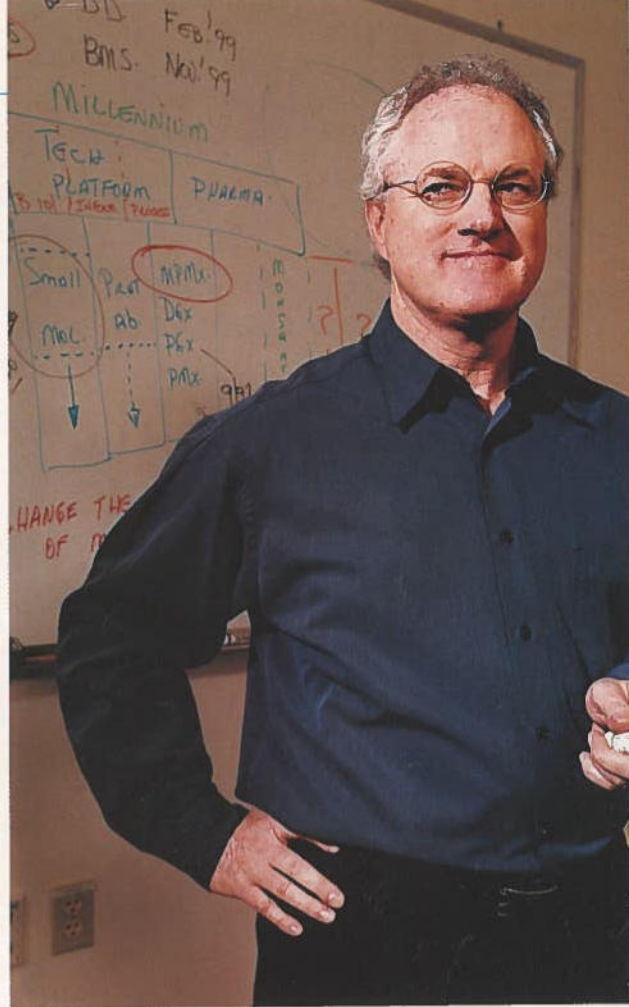
Conway is also excited about his group's oncology alliance with Bristol-Myers Squibb to find genetic markers for classifying tumors and prescribing treatment. Currently, treating cancer is largely a guessing game for oncologists, as even the most effective drugs produce some improvement only 20 to 30 percent of the time.

With the help of MPMx, however, Bristol-Myers Squibb hopes to substantially raise the odds of success in drug selection by helping to choose the drug that's most likely to work with a patient's genetic composition. "We think that we are going to redefine cancer," says Conway. "It's no longer going to be called breast cancer or prostate cancer. Instead, it will be called by its genetic type, and we'll treat it by its genetic makeup. This is a revolution as we move to personalized medicine."

The revolution can't come too quickly for Big Pharma. During the next few years, some \$50 billion in drugs are scheduled to come off patent, and as they do, cheaper generic versions will be ready to grab their market share. At the same time, the cost of bringing new drugs to market has soared. In 1985, a year that saw 28 new drugs win FDA approval, the pharmaceutical industry spent \$4 billion on research and development. By 1995, the industry's annual research-and-development expenditure had jumped to \$15.2 billion, even though again just 28 new drugs that year were approved. In 1999, the industry spent an estimated \$24 billion to similar effect.

The declining productivity is not surprising considering that thousands of drugs have been produced based on a mere 400 known molecular targets in the body. In fact, roughly half the drugs on the market today interact with just one class of protein: G-protein coupled receptors, which reside in the cell membrane and communicate information from outside the cell into the nucleus. Introducing genomics into the process changes everything. Many molecular biologists agree that anywhere from 5 to 10 percent of the 100,000 genes in the human genome will reveal proteins, enzymes, or disease pathways that are likely drug targets.

Even so, finding new targets is just part of the answer for an industry that spends in excess of \$400 million to develop a new drug. Most of that cost actually comes from having to amortize failure. "For every 25 to 50 drug targets that you put



MEDICAL BENEFIT PREDICTIVE-MEDICINE CHIEF KEN CONWAY ENJOYS "THE PSYCHIC INCOME" HE GETS FROM HELPING TO ALTER THE PRACTICE OF MEDICINE

into discovery," explains Levin, "you end up with 10 to 20 pre-clinical candidates, about five clinical molecules, and eventually one product, 10 to 15 years later. Essentially, everything you start with and work on fails. That was okay for the '70s and a big part of the '80s, but now what's happening in the industry is that you can't bring to marketplace a me-too product and get the same prices."

Levin has at least a partial solution. At Millennium, he is aiming for a 100 percent improvement in the productivity of its drug discovery over the next four years. How? By industrializing the entire process and integrating gene technology into clinic and patient management.

"We'll use the revolution in the drug platform ourselves to develop more important and higher-quality breakthrough drugs, and do it much less expensively," he explains. "Secondly, we're going to take our platform to the next level by working with major software companies, instrument companies, and Internet companies, so we can continue to use technology to drive major alliances with the pharmaceutical industry going forward."

Call it a revolution from within.

Michael Peltz is Worth's financial editor. He profiled Netscape founder Jim Clark in the November issue.

Marlboro



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ICBony

Healthy and Unhealthy Family Function

By Rev. John J. Smid



In order to evaluate the family system it is important to look at healthy and unhealthy function. The following information includes information on healthy boundaries, family image, and rules that families apply to themselves. These rules can be spoken or unspoken structures that keep the family within its own limits that can be healthy or unhealthy. This also includes nurturing practices within the family unit.

Healthy Family Function

1. Healthy Families
 - a. Each family member must be aware of his worth and importance
 - i. Boundaries:
 1. Flexible
 2. Respectful
 3. Care and nurturing are provided
 - ii. Rules:
 1. We talk
 2. We feel
 3. We accept our problems
 4. We honestly evaluate the nature of our problems
 5. We take responsibility for our own actions
 6. We ask for help
2. Healthy Nurture
 - a. Emotional Needs
 - i. Affirmations are given
 - ii. Feelings are accepted
 - iii. People are listened to
 - iv. Individuality is encouraged
 - b. Physical Needs
 - i. Safety is felt
 - ii. Basic needs are provided
 - iii. Physical self-care is modeled and taught
 - c. Sexual Health
 - i. People's bodies are respected
 - ii. Intimacy is modeled and taught

- iii. Sex education is provided
 - iv. Sexual intimacy remains within the marriage relationship
- d. Spiritual Needs:
 - i. Personal spirituality is modeled
 - ii. Spiritual discipline is taught
 - iii. Relationship to God is based on love, not fear
 - iv. Biblical and theological information and teaching is provided
- 3. Healthy Shame
 - a. Each family member takes responsibility
 - b. Correction is lovingly given when needed
 - c. Negative behaviors are not ignored
- 4. Healthy Self
 - a. Self-care:
 - b. Makes healthy choices
 - c. Nurtures self
 - d. Has intimate relationships
 - e. Asks for help
- 5. Empowerment:
 - a. Recognizes need for God and others
 - b. Affirms self while understanding the unmanageability of one's life

Unhealthy Family Function

- 1. Inconsistent messages and practice miscommunication
- 2. Keep secrets from other family members
- 3. Have inconsistent boundaries or none at all
- 4. Ignore behavior that is counter productive to the healthy family and is not confronted
- 5. Family members believe they need other people to validate their significance
- 6. Do not express feelings i.e., anger goes unexpressed becoming passive aggressive
- 7. Family members grow up thinking they are mistake by nature or a disappointment
- 8. Family members fight as if there is something threatening their very lives
- 9. Family members blame and are blamed for another's problems
- 10. Family members feel they should have their needs met without stating needs
- 11. Different rules for different family members
- 12. Experience conditional love i.e., if you do this I'll love you
- 13. Believe they are loved for performing, not being

essential part of heterosexual gender identity development is a strong focus on the same sex until gender identity is sufficiently fully formed that women begin to appear different enough to be interesting.

- A homosexual is not cured by marriage, or by having a girl-friend. He is seeking affirmation, identity, and affection from males, not females. If marriage cured homosexuality, married men would not constitute such a high percentage (anything from 30% to 70%) of practising homosexual men. (*My Genes Made Me Do It!*) The need for same-sex love will continue even if he marries a sex symbol – it will only highlight his gender insecurity.
- The homosexual is not a homosexual because he wants to imitate women or be a woman. He may develop effeminate mannerisms but only by default, because he is failing to develop his masculine identity, not because he is deliberately cultivating a female one.
- You can't always identify a homosexual from the outside. The effeminate, limp-wristed, lisping homosexual is a 10–15% minority often avoided by the rest. Most homosexuals look as masculine as – even more masculine than – many heterosexual men; their gender insecurity is inward.
- Homosexuality can no more be exorcized than legitimate love needs. The underlying needs must be met, non-erotically.

WHAT HOMOSEXUALITY IS NOT

Having defined what causes homosexuality, it is easy enough to say what homosexuality is not.

- It is not the one-time sexual encounter that happened a long time ago for a lark, or under the influence of drugs or alcohol. Nor is it even several of them. Sy Rogers says he can't count the number of heterosexual men he has counselled who were terrified they were homosexual or were going to become homosexual because they had had several "homosexual" experiences. Some men had carried their

anxieties around for up to 20 years, becoming Christians in the meantime.

- It is not sudden homosexual thoughts or imagery, nor even thoughts that you make the mistake of turning into fantasy. "There's not a Christian man alive, who has never had a homosexual idea come to his mind, as repulsed as you may have been," says Jack Hayford, senior pastor at Church on the Way, Van Nuys, California. "Because of it, and because of all the talk that homosexuality is normal you can somehow deduce from that, 'I wonder if I'm homosexual?'" *Am A*
- It is not your slender or small build, combined with your love of music, drama, the arts and humanities. It is not your sensitive nature and dislike of sports.
- It is not the orgasmic male behaviour that develops among straight men in prisons, where power, self-preservation and hostility lead to frequent homosexual rape – or in the military where women are not available. The true heterosexual reverts to heterosexual relationships once they are available.
- It is not innocent early childhood genital curiosity. "Kids playing doctor and experimenting; the effects are minimal," says John Smid, director of an ex-gay group, Love in Action.
- It is not the adolescent experience you had at boarding school.
- It is not an affectionate drawing to a person of your own sex.
- A homosexual is not the man who sells his body to males for quick money, then goes home to his girlfriend.
- He is not the man who is phobic about the opposite sex.

SO WHY DO STRAIGHT MEN HAVE HOMOSEXUAL SEX?

Masters, Johnson and Kolodny in their publication, *Human Sexuality* found homosexual fantasy was the fourth most common fantasy of straight men – after replacement of their own partners, forced sex with women and watching sexual acts.

According to the Kinsey Institute's latest survey, *Sex and Morality in the US*, published in 1989, more than one man in ten

MY FAMILY? YOUR FAMILY?

Scapegoat

PROBLEM CHILD

OUTSIDE:
HOSTILE
DEFIANT
RULE-BREAKER
IN TROUBLE

INSIDE:
REJECTION
HURT
GUILT
JEALOUSY
ANGER



Victims



CHEMICALLY DISTURBED
OUTSIDE:
HOSTILITY
MANIPULATION
AGGRESSION/SELF PITY
BLAMING
CHARMING
RIGID VALUES
INSIDE:
SHAME
GUILT
FEAR
PAIN
HURT

Family Hero

CAREGIVER & FIXER

OUTSIDE:
GOOD KID
HIGH ACHIEVER
FOLLOWS RULES
SEEKS APPROVAL
VERY RESPONSIBLE

INSIDE:
GUILT
HURT
INEQUALITY

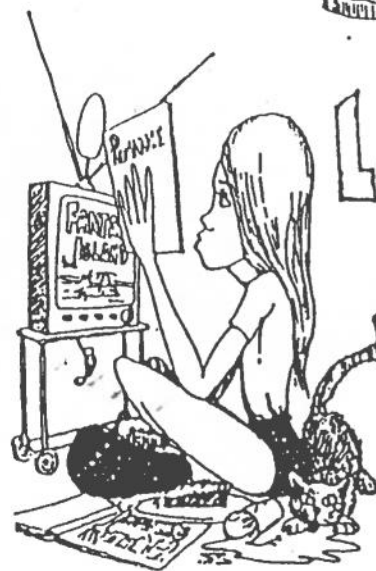


Lost Child

FORGOTTEN CHILD

OUTSIDE:
SHY, QUIET
FANTASY LIFE
"SOLITARY MEDIOCRE"
ATTACHES TO THINGS,
NOT PEOPLE

INSIDE:
REJECTION
HURT
ANXIETY



Chief Enabler

CLONES EMPATHICALLY TO VICTIM
PROTECTOR OF FAMILY

OUTSIDE:
SELF-RIGHTEOUS
SUPER-RESPONSIBLE
SARCASTIC
PASSIVE
PHYSICALLY SICK
MARTYR

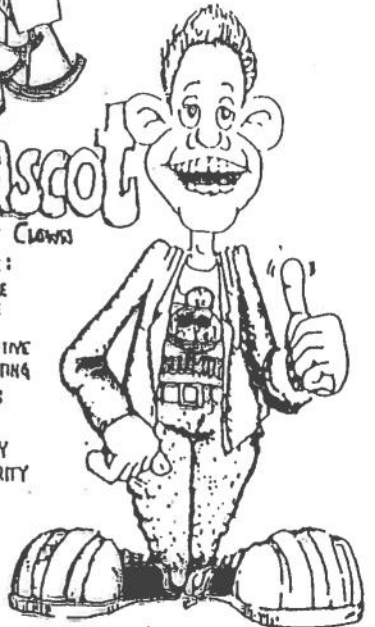
INSIDE:
ANGER
HURT
GUILT
LOW SELF-ESTEEM



Mascot

FAMILY CLOWN

OUTSIDE:
IMMATURE
FRAGILE
CUTE
HYPERACTIVE
DISTRACTING
INSIDE:
FEAR
ANXIETY
INSECURITY



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Unhealthy Family System

ADDICT

Anger
 Charm (Con)
 Compulsive
 Shame
Pain
 Guilt
 Agression
 Rigid
 Perfectionism

Trap of Self-delusion

ENABLER

Powerless
 Serious
 Self Blaming
 Fragile
 Self Pity
 Manipulation
 Guilt
Anger
 Pain
 Fear

Provides Responsibility

HERO

Super Responsible
 Success
 Special
 Independence
 Needs Approval
 Denial
 All Together
 Inadequacy
Guilt
 Hurt

Provides Self-Worth

SCAPEGOAT

Strong Peer Needs
 Withdrawn
 Addiction
 Acts Out
 Sullen
 Defiant
 Anger
Hurt
 Rejection
 Fear

Provides Focus

MASCOT

Clown
 Fragile
 Attention Seeking
 Humor
 Being Cute
 Hyper-active
 Insecurity
Fear
 Confusion

Provides Distraction

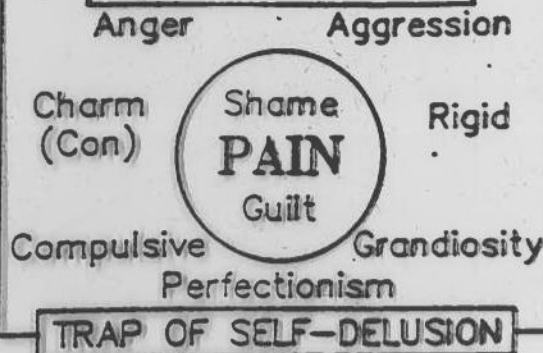
LOST CHILD

Withdrawn
 Rejection
 Super Independent
 Distant
 Quiet
 Aloof
 Overweight
 Rage
 Fear

Provides Relief

Chemically Dependent Family

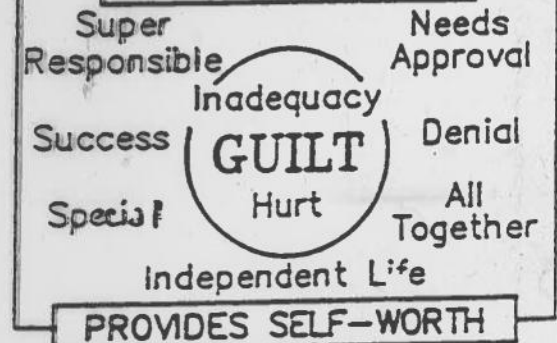
C/D PERSON



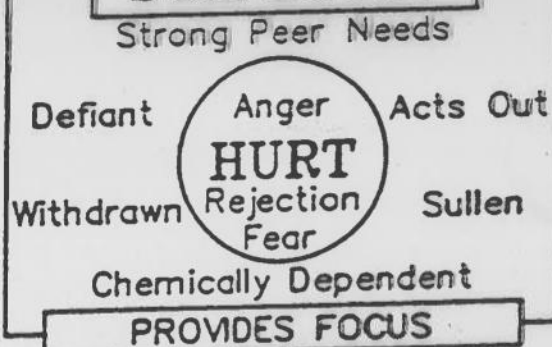
ENABLER



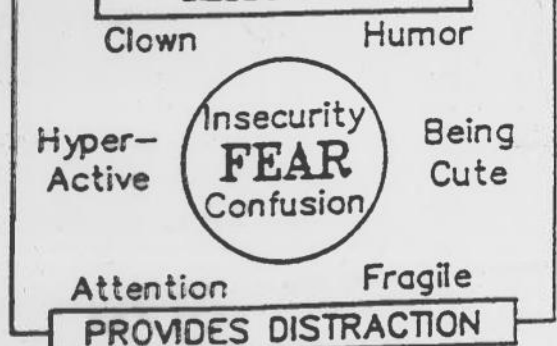
HERO



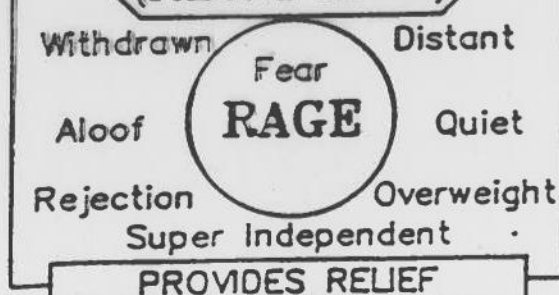
SCAPEGOAT



MASCOT

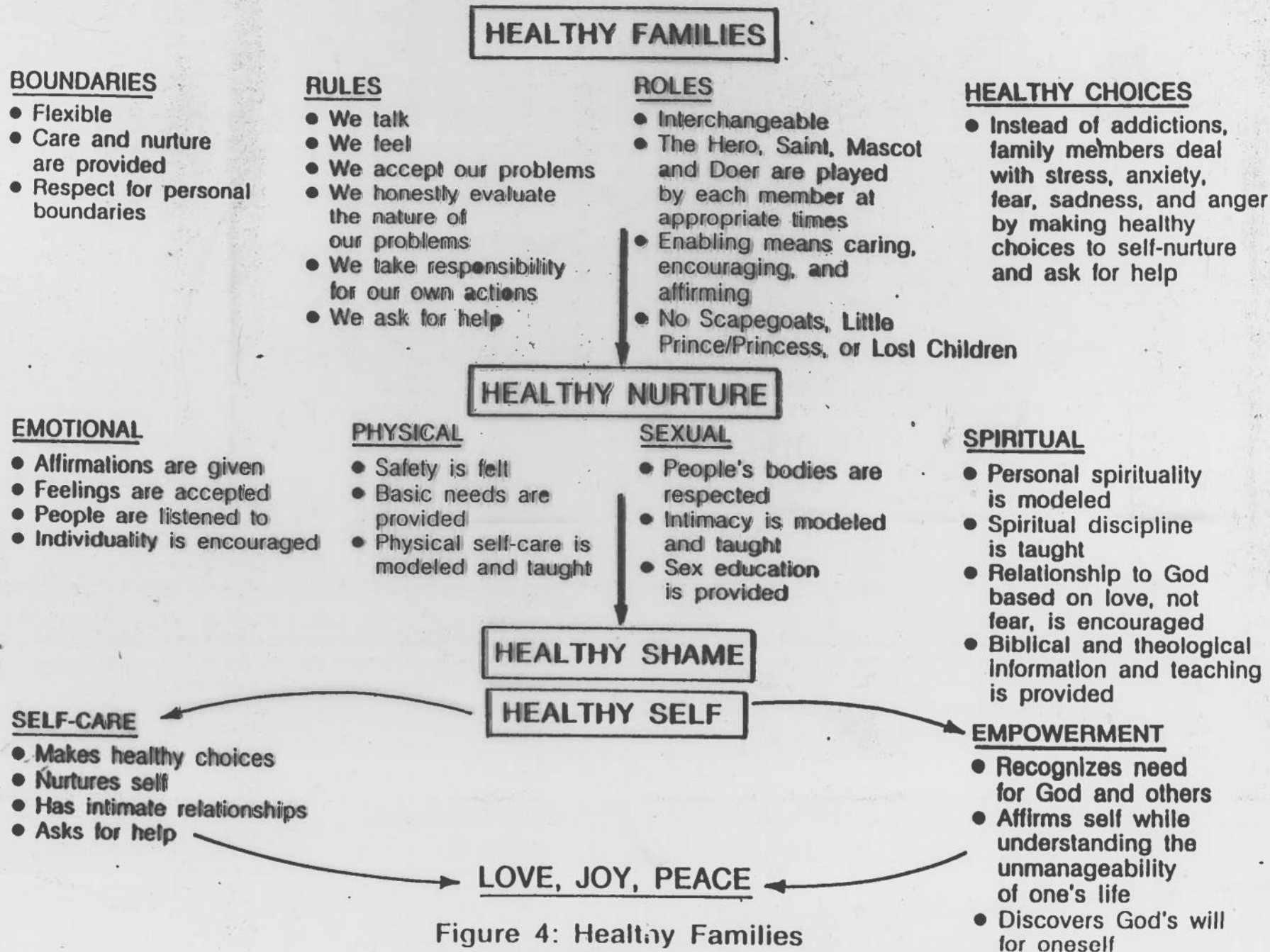


LOST CHILD (PASSIVE ADULT)



BOUNDARIES	RULES	ROLES	ADDICTIONS	
• Loose • Rigid	• Don't talk • Don't feel • Blame others • Minimize • Deny	• Hero • Scapegoat • Mascot • Lost child • Doer • Enabler • Little prince/princess • Saint	• Substance - Alcohol - Drugs - illegal - prescription over the counter - Nicotine - Caffeine - Food	• Behavioral - Sex - Work - Gambling - Spending - Shopping - Eating - Stealing - Cleaning

Figure 3: Unhealthy Families



MY FAMILY? YOUR FAMILY?

Scapegoat

PROBLEM CHILD
OUTSIDE:
 HOSTILE
 DEFIANT
 RULE-BREAKER
 IN TROUBLE
INSIDE:
 REJECTION
 HURT
 GUILT
 JEALOUSY
 ANGER



Victims



CHEMICALLY DISTURBED
OUTSIDE:
 HOSTILITY
 MANIPULATION
 AGGRESSION/SELF-PITY
 BLAMING
 CHARMING
 RIGID VALUES
INSIDE:
 SHAME
 GUILT
 FEAR
 PAIN
 HURT

Family Hero

CARETAKER of FAMILY

OUTSIDE:
 GOOD KID
 HIGH ACHIEVER
 FOLLOWS RULES
 SEEKS APPROVAL
 VERY RESPONSIBLE
INSIDE:
 GUILT
 HURT
 INADEQUACY



Lost Child

FORGOTTEN CHILD
OUTSIDE:
 SHY, QUIET
 FANTASY LIFE
 SOLITARY
 METICULOUS
 ATTACHES to THINGS,
 NOT PEOPLE
INSIDE:
 REJECTION
 HURT
 ANXIETY



Chief Enabler

COOPERATES EMOTIONALLY & BECOMES PROTECTOR of FAMILY
OUTSIDE:
 SELF-RIGHTEOUS
 SUPER-RESPONSIBLE
 SARCASTIC
 PASSIVE
 PHYSICALLY SICK
 MARTYR
INSIDE:
 ANGER
 HURT
 GUILT
 LOW SELF-ESTEEM



Mascot

FAMILY CLOWN
OUTSIDE:
 IMMATURE
 FRAGILE
 CUTE
 HYPERACTIVE
 DISTRACTING
INSIDE:
 FEAR
 ANXIETY
 INSECURITY



Central and North Hospital
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 (502) 583-1000 or 1-800-542-1000

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Dancing Around the Pink Dragon Games Families Play

By Rev. John J. Smid



When something exaggerated hits the home such as trauma, serious illness, divorce, drug abuse or alcoholism a system of protection sometimes sets itself in motion. When these difficult experiences mix with human weakness and immaturity we are often caught in a trap and we find ourselves in a system of survival. I would like to explore these protective roles we get into and see if there may be a better way of handling our reactions.

1. The Problem

- a. Families encounter difficulties of many variations
 - i. Divorce
 - ii. Drug abuse
 - iii. Alcoholism
 - iv. Rage-aholism
 - v. Serious illness
 - vi. Trauma
 - vii. Sexual addiction
 - viii. Family secrets
 - ix. Others?
- b. What are we not talking about?
 - i. What are we trying to protect against?
 - ii. What are we trying to hide from others?
 - iii. The "Pink Dragon"
 - 1. Is not benign
 - 2. It threatens the security and function (or dysfunction) of the family
 - 3. Our unhealthy system is designed to keep the secrets, secret.
 - iv. If it's a person's addictive or conflictive behavior?
 - 1. Outwardly, angry, charming, compulsive, rigid, aggressive
 - 2. Inwardly full of shame, guilt, pain, and caught in the trap of "Self Delusion"

2. The Enabler

- a. Provides *responsibility* for the family
- b. Every troubled person has people around him who enable - help him to continue his coping behavior.
- c. Parents, friends, teachers, employers will all on occasion hide his mistakes, alibi or lie for him, pinch-hit - all forms of enabling.

- d. But there is always a chief Enabler, usually the person emotionally closest to those struggling with stuck behaviors.
- e. They act out of sincere love and loyalty
- f. Try to shield others from the painful consequences of the family trauma
- g. Outwardly
 - i. Powerless
 - ii. Self Pity
 - iii. Manipulative
 - iv. In control
- h. Inwardly
 - i. Angry
 - ii. Painful
 - iii. Fearful
- i. Healthy Enabler
 - i. Confronts problems, feelings, conflicts
 - ii. Acts upon their awareness as soon as possible
 - iii. Learns to live with conflict and the possibility of conflict
 - iv. Learns to allow others to feel their own consequences without trying to shield them

3. The Scapegoat

- a. Provides *focus* for the family
- b. The Scapegoat is often the next youngest child.
- c. Calls attention to the “family focus”
- d. Has strong peer and belonging needs
 - i. The Scapegoat withdraws from the family; physically - a small child may hide under a bed, and older one will run away, and emotionally, seeking outsiders (peers) to satisfy his need to belong.
- e. The Scapegoat will release his bottled-up emotions by getting into trouble, because even a punishment is better than nothing at all.
- f. The Scapegoat will act sullen, uncooperative, rebellious and belligerent - all to hide his anger.
- g. Beneath this anger is hurt - he or she feels rejected and lonely. And guilty because although the Scapegoat may break all the rules family and society has set down, he has not totally rejected them.
- h. In his heart the Scapegoat doesn't want to be a bad kid - he is being carried along by his role that brings him the attention he so badly wants.
- i. Internally
 - i. Feels rejected, angry, fearful and most of all hurt
 - ii. Sees the family problems more clearly than other roles
 - iii. Wants desperately to see the family get better
 - iv. Loves his family and will return again and again with the hope that things will get better but finds himself in a cycle of opening up his heart and feeling the pain of the broken family unit.
- j. The Healthy Scapegoat
 - i. Admits needs and acknowledges hurt
 - ii. Invites safe people into their life to help sort out their feelings

- iii. Asks for accountability regarding their negative patterns
- iv. Works through painful situations quickly and rationally
- v. Stays and works through conflicts rather than escape in a negative manner

4. The Hero

- a. Provides *self worth* for the family
- b. The Hero is usually the oldest child in the family; or, the next oldest child.
- c. Provides the family with those moments of pride through their achievements that furnish a sense of worth for the family.
- d. Although the Hero seems to have it "all together", it is really just a facade behind which he or she feels miserable from guilt and a sense of failure.
- e. The Hero goes through life always feeling that, no matter how good he is, he must be a little better before he can take satisfaction in his achievements.
- f. The Hero plays his hero roles forever unless the CD and other family members are helped in their struggle to survive.
- g. Outwardly super-responsible, successful, special, independent, and appears to have it all together.
- h. Inwardly feels inadequate, hurt, and guilty.
- i. Healthy Hero
 - i. Learns to relax, schedules time to rest
 - ii. Allows mistakes – it's ok to get a "B".
 - iii. Refuses to be the sole source of value for the family
 - iv. Realizes that the world doesn't spin it's axis on him/her.
 - v. Learns that their talents and gifts are valuable but not their value!

5. The Mascot

- a. Provides *distraction* for the family pain.
- b. The Mascot is often the youngest child in the family.
- c. The Mascot is not told about brother's drug use, or sister's abortion or the real reasons why Mom and Dad do not sleep together anymore.
- d. The child is confused - he knows something is wrong, but everyone he trusts tells him things are just fine.
- e. The Mascot learns while still very young that showing-off can bring rewards - release of pent-up energy and positive attention from the family he loves.
- f. The Mascot's behavior achieves its purposes; he's in control of the family for as long as he can hold the floor and feels more secure - he gets attention of some kind.
- g. The Mascot may act cute or show-off or squirm and interrupt and do annoying things.
- h. In either case, the Mascot is kept immature and this limitation can affect his total development into maturity.
- i. The Mascot's main emotion is fear, but hides it well so well that no one ever knows the real person behind the clown mask.
- j. The Mascot is lonely even while being the center of attention.

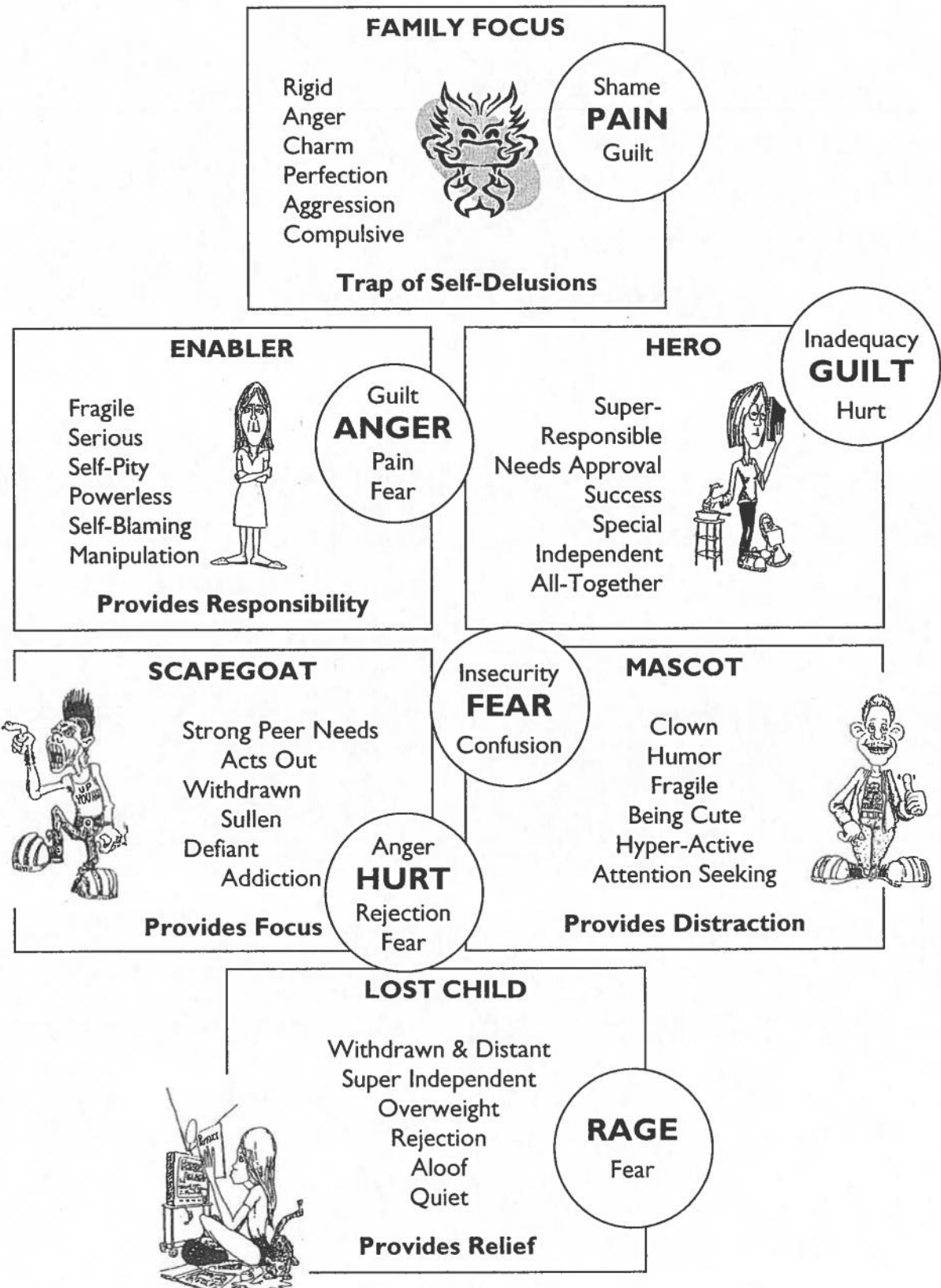
6. The Lost Child

- a. The Lost Child provides *relief* for the family.
- b. The lost child adapts to the family situation by "getting lost."
- c. He or she can't compete with the Hero and the Scapegoat, and doesn't try.
- d. He becomes a loner, looking after his own needs and staying out of the way.
- e. The family welcomes his choice for the child who makes no demands of time or emotional energy is a source of great relief.
- f. Although not intentional, the Lost Child is often neglected and doesn't receive the attention, praise, reassurance and affection so necessary in childhood.
- g. The Lost Child can't live in his private world forever.
- h. He has difficulty expressing his own feelings or accepting expressions from others.
- i. He finds it hard to make friends because he has often not experienced warm, human closeness.
- j. The Lost Child accepts his exclusion as all he deserves and feels lonely and worthless.
- k. Unless helped, the Lost Child will become the Lost Adult -- without the ability to communicate or form close relationships.
- l. Possessions may take on inordinate importance in his life - the new car, stereo, exotic vacations.
- m. They may become attached to pets as a source of affection.
- n. They will go on playing the same role, suffering his private pain in silence.
- o. The healthy Lost Child
 - i. Becomes willing to need and to step into other's lives
 - ii. Experiences intense anger and is honest about it
 - iii. Trusts others and develops social skills and friendships
 - iv. Develops a peace about discomfort and the reality of human life
 - v. Is willing to put down the computer game in exchange for relationships

Love In Action International Inc.
P.O. Box 280386 - Memphis, TN 38128
(901)751-2468
www.loveinaction.org
e-mail info@loveinaction.org



unhealthy family system





the family system

Games Families Play

When something exaggerated hits the home such as trauma, serious illness, divorce, drug abuse or alcoholism; a system of self or family protection sometimes sets itself in motion. When these difficult experiences mix with human weakness and immaturity, we are often caught in a trap. We find ourselves in a system of survival. Please remember that this is only a tool to diagnose unhealthy behaviors and to help in maintaining healthy relationships within the family or in groups.

The Enabler

Every addict has people around him who enable his behavior - help him to continue his addiction. Parents, friends, teachers, employers will all on occasion hide his mistakes, alibi or lie for him, pinch-hit - all forms of enabling. But there is always a chief Enabler, usually the person emotionally closest to the addict. In the case of an adult, this is usually the spouse. In the case of a teenager, this is usually a parent, most often the mother.

The Enabler acts out of a sincere sense of love and loyalty; also shame, to protect the family's self respect, and fear. Enabling, like chemical dependency, begins slowly. The Enabler makes excuses for the addict and smoothes over embarrassing incidents with friends. As the dependency grows, so does the enabling.

As the addict becomes less reliable, the Enabler assumes his responsibilities or gives them to another member of the family. Under the guise of protecting and caring for the child, the Enabler starts controlling his coming and goings, and makes decisions for him that he should be making for himself. The Enabler covers for, excuses and even defends the addict's actions in the face of criticism. They try to shield the child, and the family from the painful consequences of the addict's behavior. The Enabler is constantly under stress from being on the alert. The stress affects the Enabler's appearance and health with the familiar physical symptoms of stress-related situations - digestive problems, ulcers, high blood pressure, depression, etc.

Poor eating habits, too much smoking, too little exercise - even too much alcohol, tranquilizers or other drugs further undermine the Enabler's health. The Enabler's chief emotion is anger, which is kept bottled up inside. And fear - for the child, for the family, for the satisfying family life that is rapidly disappearing. The Enabler is caught in the same downward spiral as the addict - unknowingly.

The Healthy Enabler

Confront problems, feelings, conflicts, awarenesses - as soon as possible. As quickly as you see something that brings an internal conflict, it is vital to your emotional and spiritual well-being that you get directly honest with it and face whatever you need to deal with it. This will most likely go against the grain of your typical behavior because the enabler is most uncomfortable with conflict or possible conflict.



The Scapegoat

The Scapegoat is usually the next youngest child. At first he or she may try to be like the Hero, being good and doing well. But he can't compete, if only because the Hero is older and more mature and will always seem better and brighter. So the Scapegoat withdraws from the family; physically - a small child may hide under a bed, and an older one will run away, and emotionally, seeking outsiders (peers) to satisfy his need to belong.

Starving for attention, the Scapegoat will release his bottled-up emotions by getting into trouble, because even a punishment is better than nothing at all. The mischief will escalate as the child grows - from playing with other mischievous children, poor school work, running away, drug and alcohol use, shoplifting, etc.

The Scapegoat has found his niche in the opposite role as the Hero, at a great personal cost. The Scapegoat will act sullen, uncooperative, rebellious and belligerent - all to hide his anger. Anger at the addict for his alcohol or drug use, anger at the Enabler for his or her constant attention to the addict, anger at the Hero for achieving goals the Scapegoat can never hope to compete against, and anger at the world for "falling for the Hero's act".

Beneath this anger is hurt - he or she feels rejected, lonely and guilty. Although the Scapegoat may break all the rules family and society has set down, he has not totally rejected them. In his heart the Scapegoat doesn't want to be a bad kid - he is being carried along by his role that brings him the attention he so badly wants.

The Healthy Scapegoat

Admit your needs and acknowledge the real hurt inside. When feeling stressed, stop and pray before speaking. Remember, many of the most difficult relational times for you have surrounded extreme communication! Invite safe people into your life to help you sort out your feelings. Strict accountability is necessary to help you bring balance to your insights into circumstances you find yourself in. Refuse to leave any situation unless you have talked to someone and have utilized accountability in your decision making. For the Scapegoat, leaving a painful situation quickly and in a fury is the medicator and is used to keep the focus off of the real problem. Staying and sorting out those feelings becomes very difficult. Willingness to seek to understand - listen to their heart

The Hero

The Hero is usually the oldest child in the family; or, if the oldest child is the addict, the next oldest child. The Hero is helpful within the family and successful outside at school or work. He or she provides the family with those moments of pride and hope that furnish a sense of worth for the family.

Although the Hero seems to have it "all together", it is really just a facade behind which he or she feels miserable. The Hero is really trying to help the family by making up for its weaknesses, by saying to the world "this family is okay". After all, a family that has a child that does well in school, pitches on the softball team and writes for the school newspaper has to be okay, right? His achievements may help the home situation for a few days at a time, but it doesn't last.



Feeling puzzled, but not knowing what else to do, the Hero goes on being the Hero - good, considerate, successful. The Hero's actions are really eating away at him - because no matter how good or successful he is, it is never enough. He feels inadequate and guilty. And he feels anger at having to work so hard, and at having a family that needs so much from him. He may be lonely within his facade of popularity and achievement - never forming deep friendships because of the constant need to reach goals.

The Hero goes through life always feeling that no matter how good he is, he must be a little better before he can take satisfaction in his achievements. The Hero plays his hero roles forever unless the addict and other family members are helped in their struggle to survive.

The Healthy Hero

Take the opportunity to get off of your treadmill and learn to relax. Refuse to be the sole source of value in your Family System. Allow yourself to make a mistake. Take time out. For you, this will require a scheduled time to rest at the beginning. The scariest thing of all for a hero is that a mistake will be made and everything will break loose and fall apart. It's ok to get a "B" grade. When you are feeling overwhelmed - b r e a t h e. If you need to take off a semester of school, if you need to change jobs, or if you need to tell someone to let you alone for a while - do so. Remember, the world does not spin it's axis on you. It won't stop spinning if you take a nap.

The Mascot

The Mascot is often the youngest child in the family. As the "baby", he or she is protected from the reality of the family situation more than any other member. (This may also occur with an older child with a special handicap or illness, or with the only daughter in the middle of sons, for example.)

The Mascot is not told about brother's drug use, or sister's abortion or the fact that Mom and Dad do not sleep together anymore. But of course he knows something is wrong - even a small child has eyes to see worried expressions and ears to hear adult arguments. The child is confused - he knows something is wrong, but everyone he trusts tells him things are just fine. Are they really fine? Is he going crazy?

The Mascot learns while still very young that showing-off can bring rewards - release of pent-up energy and positive attention from the family he loves. The family is more than willing to forget its troubles for the moment and laugh at the clowning Mascot.

Their behavior achieves its purposes; he's in control of the family for as long as he can hold the floor and feels more secure - he gets attention of some kind. The behavior can also be expressed in annoying habits and erratic behavior, so the attention can be negative as well as positive.

They may act cute or show-off or squirm and interrupt and do annoying things. In either case, the Mascot is kept immature and this limitation can affect his total development. Many Mascots are diagnosed as hyperkinetic and placed on drugs. The Mascot's main emotion is fear, but hides it well so well that no one ever knows the real person behind the clown mask. The Mascot is lonely even while being the center of attention.



The Healthy Mascot

Make the announcement - "I am not going to be your wind-up toy anymore!" Embrace your true personality which has down times. Give yourself permission to have a low-energy day. When in a social setting where you feel quiet - accept this and make sure no one manipulates you into being their entertainment. Throw off the affect and take time for you. Admit your fears and be willing to trust others with your concerns. The greatest struggle for the Mascot will be feeling fear. Being scared may bring about a sense that everything is going to crumble.

The Lost Child

The lost child adapts to the family situation by "getting lost." He or she can't compete with the Hero and the Scapegoat, and doesn't try. He becomes a loner, looking after his own needs and staying out of the way. He finds more comfort in his own company in the midst of the family chaos.

The family welcomes his choice, for the child who makes no demands is a source of great relief. But in the family where communication is already poor, the Lost Child is the most out of touch. And because he is often out of sight, his needs are also out of mind. Although not intentional, the Lost child is often neglected and doesn't receive the attention, praise, reassurance and affection so necessary in childhood.

The Lost Child can't live in his private world forever, and when he ventures out into school and peer group, he finds he has had little experience in living. He can't express his own feelings or accept expressions from others. He can't cooperate or handle disputes when cooperation breaks down. He doesn't share or can't defend his ownership when bullied. He finds it hard to make friends because he has never experienced warm, human closeness.

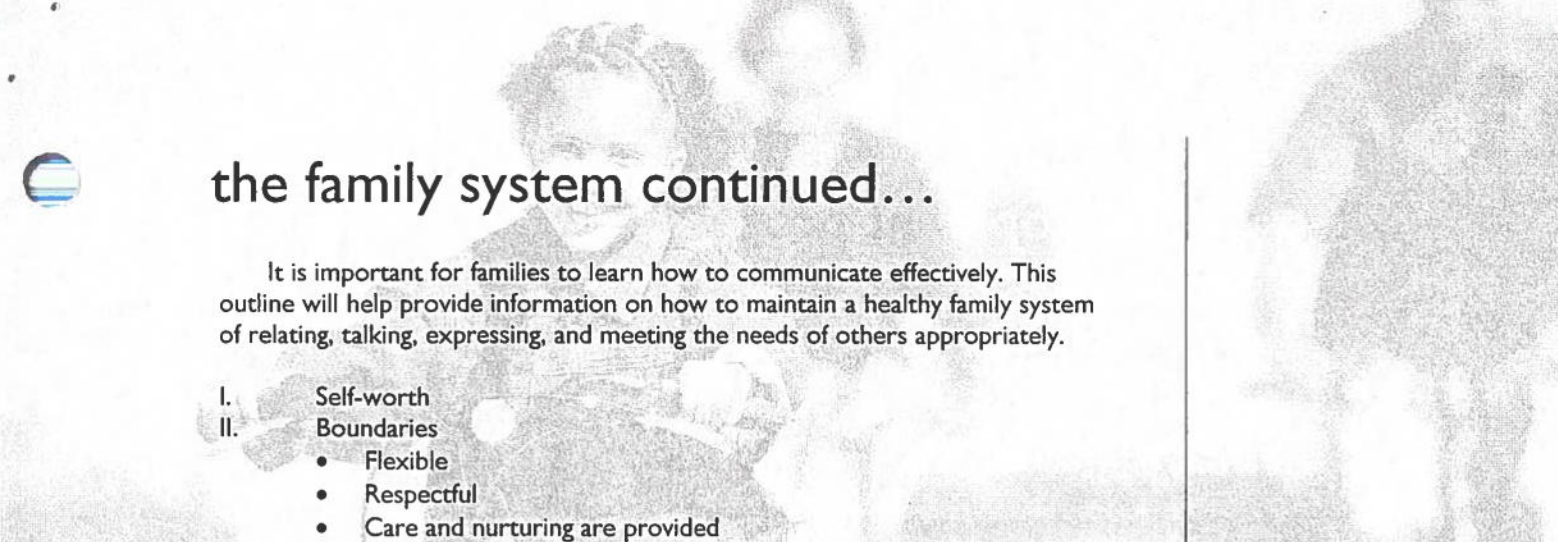
While the Scapegoat feels hurt and angry, the Lost Child accepts his exclusion as all he deserves and feels lonely and worthless. He represses these feelings, which may emerge physically in the form of accidents, bed-wetting, or over-eating.

Unless helped, the Lost Child will become the Lost Adult -- without the ability to communicate or form close relationships. Possessions may take on inordinate importance in his life - the new car, stereo, exotic vacations. And he will go on playing the same role, suffering his private pain in silence.

The Healthy Lost Child

Be willing to need. You will have to step out into other's lives. You experience intense anger. Be honest about this. You have not walked closely enough to others to stretch social skills and close friendships so you may have struggles knowing how to ask for help but you will have to trust that limb. Think of the alternative. Any needs you have will possibly go unmet unless you speak up. The anger will just continue because the needs get stuffed. The hardest thing for you is to make a wave in the group. You have learned to stay out of the way so any move toward the center of the room or group will feel very uncomfortable. You will have to enter into this feeling to get healthier.





the family system continued...

It is important for families to learn how to communicate effectively. This outline will help provide information on how to maintain a healthy family system of relating, talking, expressing, and meeting the needs of others appropriately.

- I. Self-worth
- II. Boundaries
 - Flexible
 - Respectful
 - Care and nurturing are provided
- III. Rules
 - We talk
 - We feel
 - We accept our problems
 - We honestly evaluate the nature of our problems
 - We take responsibility for our own actions
 - We ask for help
- IV. Healthy Nurture
- V. Emotions
 - Affirmations are given
 - Feelings are accepted
 - People are listened to
 - Individuality is encouraged
- VI. Physical Needs
 - Safety is felt
 - Basic needs are provided
 - Physical self-care is modeled and taught
- VII. Sexual Health
 - People's bodies are respected
 - Intimacy is modeled and taught
 - Sex education is provided
 - Sexual intimacy remains within the marriage relationship
- VIII. Spiritual Needs
 - Personal spirituality is modeled
 - Spiritual discipline is taught
 - Relationship to God is based on love and not fear
 - Biblical and theological information and teaching is provided
- XI. Healthy Shame
 - Each family member takes responsibility
 - Correction is lovingly given when needed
 - Negative behaviors are not ignored
- IX. Healthy Self
- X. Self-care
 - Makes healthy choices
 - Nurtures self
 - Has intimate relationships
 - Asks for help
- XI. Empowerment
 - Recognizes need for God and others
 - Affirms self while understanding the unmanageability of one's life

The Life Development Process

By Rev. John J. Smid



Each of us is born with the intrinsic desire to be significant, desired, wanted, valid and important. When a child comes into the world, the design of God is for those the child comes into contact with would point the way to God, not to ignore God or to become a god to the individual in replacement of the True God. As we look at the Life Development Process, the most effective thing we can do is to evaluate our own lives to look for God's plan, where it succeeded and where it was lacking or wounded. Since these desires are present in each of us, we come out of the womb searching for these needs to be met.

Psalm 139:13-14

For you created my inmost being; you knit me together in my mother's womb.

Eph. 1:4-6 For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us to be adopted as his sons through Jesus Christ in accordance with his pleasure and will – to the praise of this glorious grace, which he has freely given us in the One he loves.

Eph. 1:11-12 In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, in order that we, who were the first to hope in Christ, might be for the praise of his glory.

1. Conception to one year old: The origin of the person
 - a. The father calls the child into existence - basic genetics
 - i. Fertilization of the egg
 - ii. XX or XY is decided by the father's sperm
 - iii. If it is XY, male then the communication dictates the secondary development of the male characteristics through the androgen bath, or testosterone bath which begins this process during the first month of pregnancy.
 - iv. The brain splits
 - v. The androgynous physical nature of the fetus becomes clearly male

- vi. The female continues on in her development with the benign male tissues becoming a part of the female body.
- b. Mothers have the ability to nurture, confirm ones life concerning their permission to become a person.
 - i. The mother's body becomes the vessel for development.
 - ii. Her role is to nurture, confirm what the father said was true!
 - iii. The child develops and experiences life as the nerves, brain, and all of the faculties mature.
 - iv. The child does experience life in its mother's womb.
 - v. Experience of birth – first separation from mother experienced
 - c. Messages of security
 - i. After birth, the child begins to assess its environment considering the needs intrinsic to human life
 - ii. Am I fed?
 - iii. Is my diaper changed?
 - d. Beyond basic needs
 - i. Does anyone out there here me?
 - ii. Am I a person?
 - iii. Do I exist?
 - iv. Am I significant, wanted, valid, and important?
 - e. The performance scale.
 - i. Do you acknowledge me when I am not doing anything?
 - ii. The eldest child – performance based affirmation is easy
 - iii. Do you love me just for who I am?
 - f. This young toddler needs to have the freedom to explore his or her world with safe parameters for protection and encouragement to continue.
 - i. Is my world safe?
 - ii. Am I allowed to discover?

2. One year to two years old

- a. Language development
 - i. Understanding much before repeating
 - ii. Words and associations develop early
 - iii. Attitudes and lessons of life quickly become realized
- b. Weaning from the bottle/breast
 - i. Learning self provision
 - ii. Separation from mother – once again
- c. More freedom to explore
 - i. Walking
 - ii. Autonomy beginning
- d. The beginning of gender information

3. Three to five years old: Gender formation

- a. Gender identity
 - i. Father introduces boy to male identity
 - ii. Father speaks the blessing of femaleness to the daughter
 - iii. Mother agrees with and nurtures that which has been spoken
 - iv. Son sees it has been said!
 - v. Daughter needs on going support and safety
- b. Power of words
 - i. Just like daddy, just like mommy
 - ii. Oh, I can see in you.....
 - iii. Good feelings or bad feelings associated with words
- c. Father/son affection and awareness
 - i. How do I feel about my gender?
 - ii. Father / son bonding occurs right here
 - iii. Moment in time that is one of the most significant

4. Six to ten years old: Same sex development.

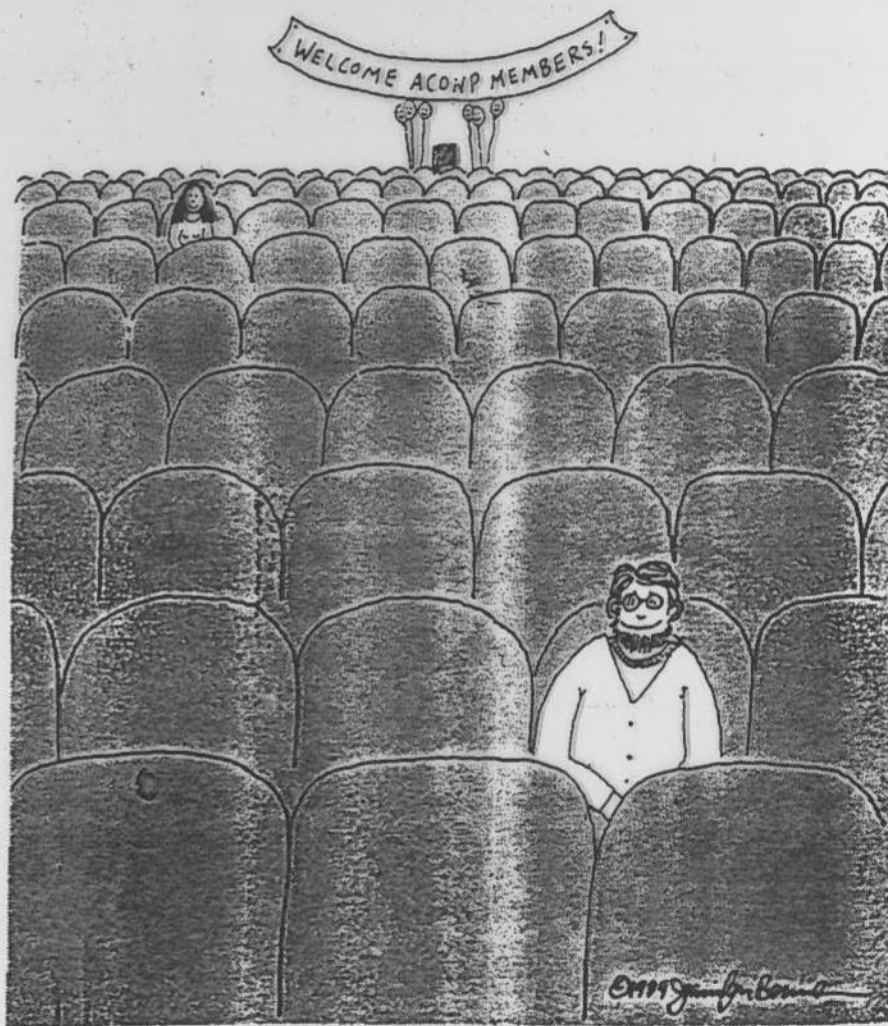
- a. Outside authority and experience
 - i. Significant experience away from parents
 - ii. New vessels to show the way through them – to God
 - b. Safe years for same-gender discovery
 - i. No hormones to mix things up
 - ii. No sex to bring confusion
 - iii. Time to discover others like yourself
 - c. Discovery and practice of same-sex bond
 - i. Further securing the healthy identity
 - ii. For the men, a safety to work from
 - iii. For the women, further development and modeling from others
 - iv. Women will watch the development of the men
 - d. Home is a refuge from the world
 - i. A safe place to go to during this tumultuous experience
 - ii. A place with boundaries
 - iii. A place to sort through the feelings that occur as a result of the exploration
 - iv. A channel to find God
 - e. Group development
 - i. Learning social skills
 - ii. Establishing boundaries
 - iii. Expressing yourself as you grow
 - iv. Discovery of other "men and women" outside mom and dad
 - v. Androgyny
5. Puberty: Sexual identity.
- a. The amazing discovery of the other
 - b. Discovery of the opposite sex as being different
 - c. When the foundations are not correct, confusion will follow
 - d. Sexual expression in this phase can begin to imprint sexual memories

- e. Second season for gender affirmation
-
- 6. Middle Adulthood: Wholesome identity.
 - a. Young men prove their virility
 - b. Young women seek favor with a potential male
 - c. The goal – to marry and produce a family
 - d. Middle Adulthood
 - e. Raising the family
 - f. The mate is in place
 - g. No longer a need to prove oneself!
 - h. The team raising the family
 - i. Level ground
 - j. Level responsibility
 - k. God has a specific plan and purpose for each stage of life
 - 7. Late adulthood
 - a. Who are we now?
 - b. Mid-life crisis
 - c. Adjusting to the empty nest
 - d. Preparation for the end of life
 - e. The exchanging of roles for “cross training”.

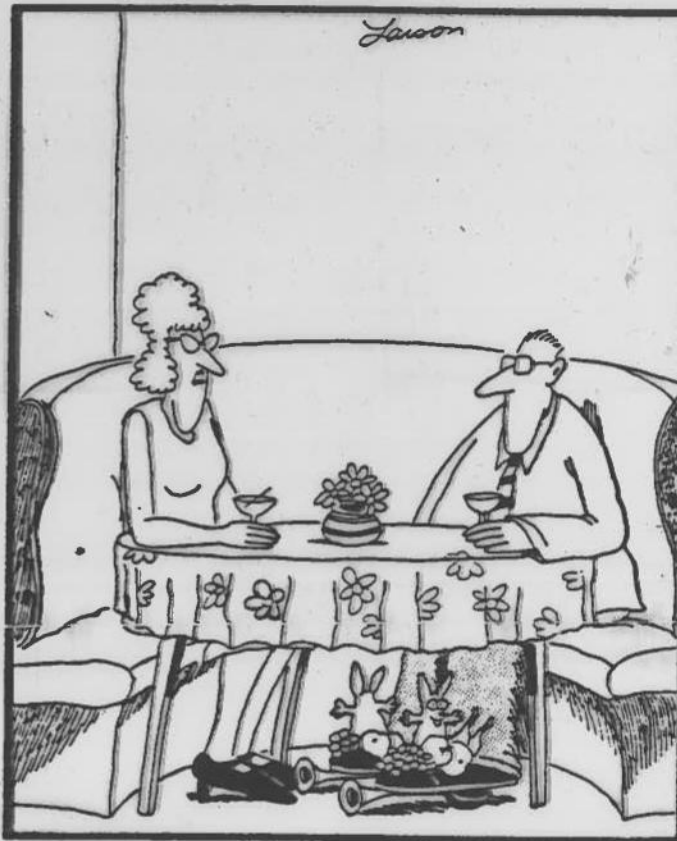


Well, goodnight Ralph. It was nice meeting
someone so sensitive, aware, and vulnerable.
Too bad you're such a wimp.

ADULT CHILDREN OF NORMAL PARENTS,
ANNUAL CONVENTION.

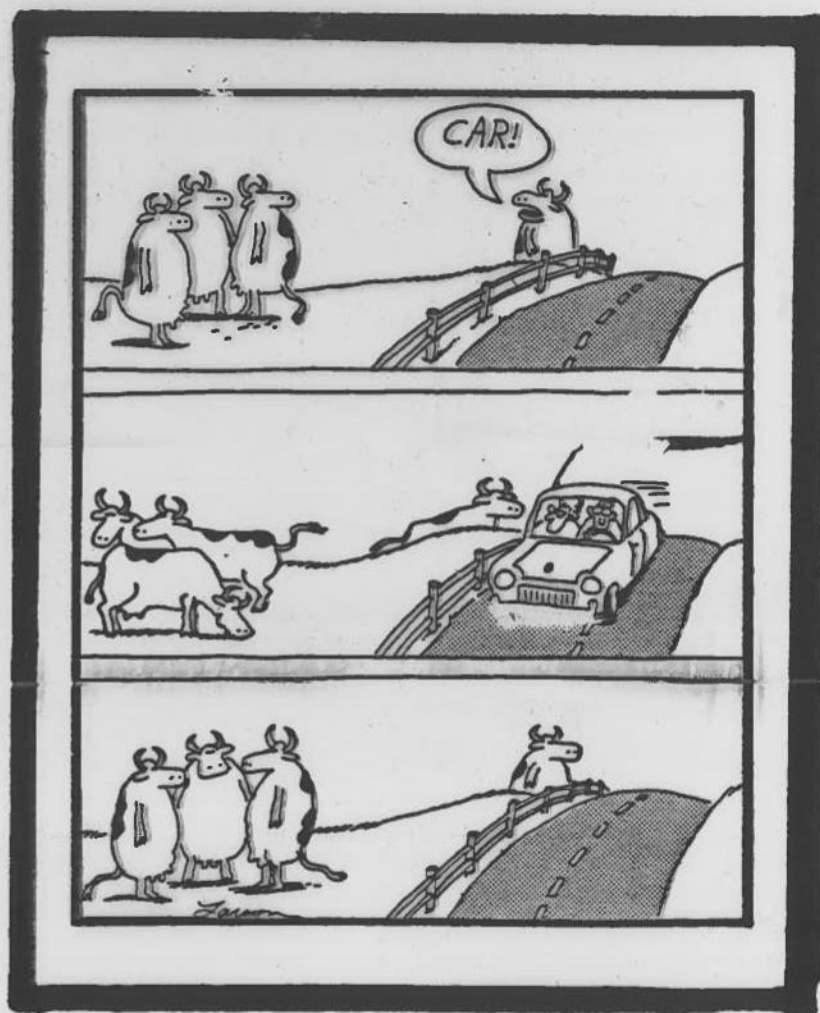


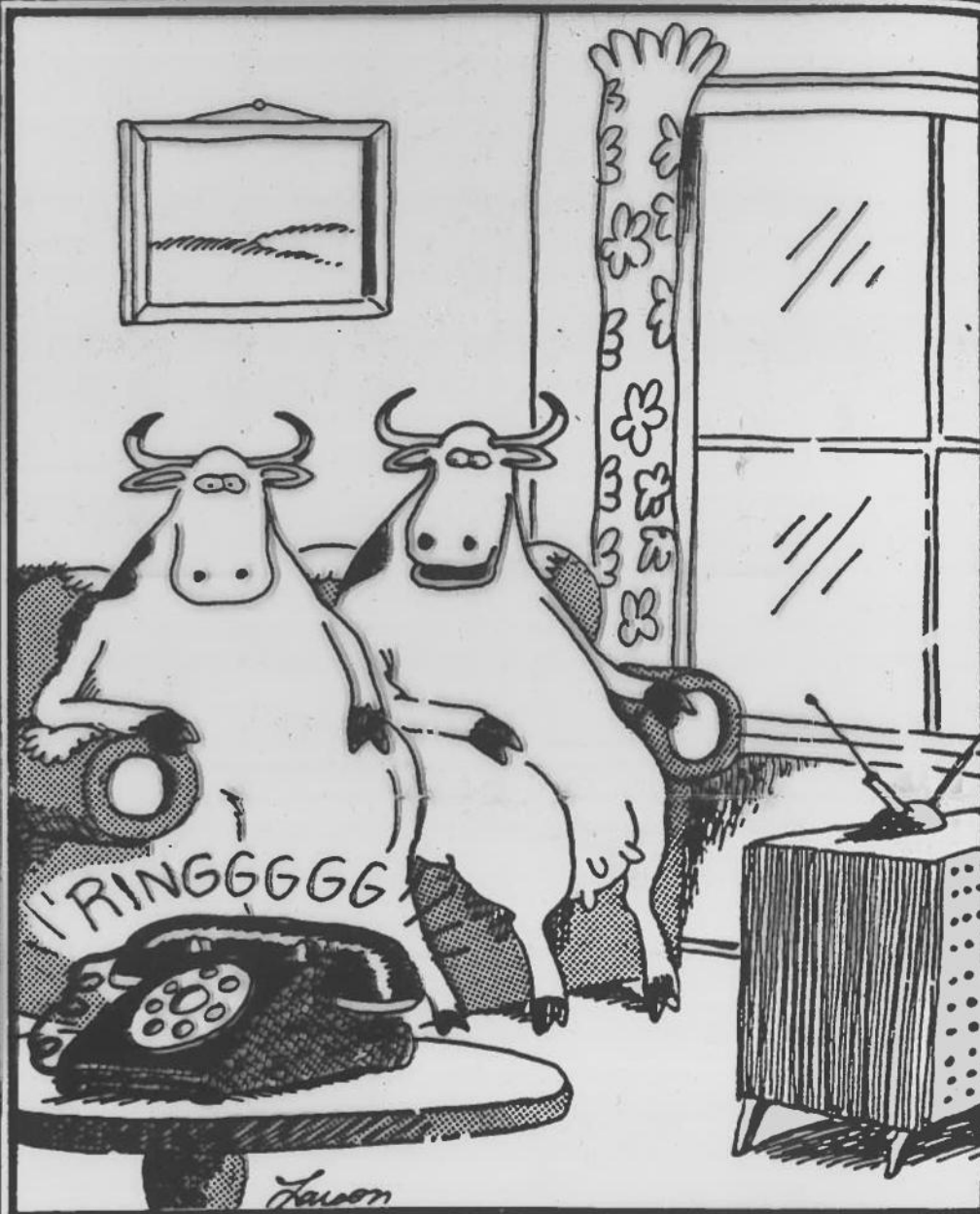
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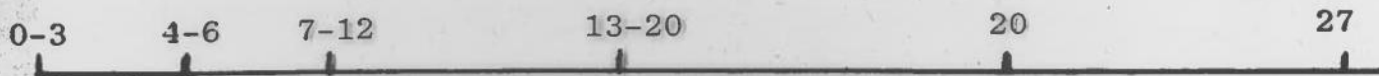
"I judge a man by the shoes he wears, Jerry."



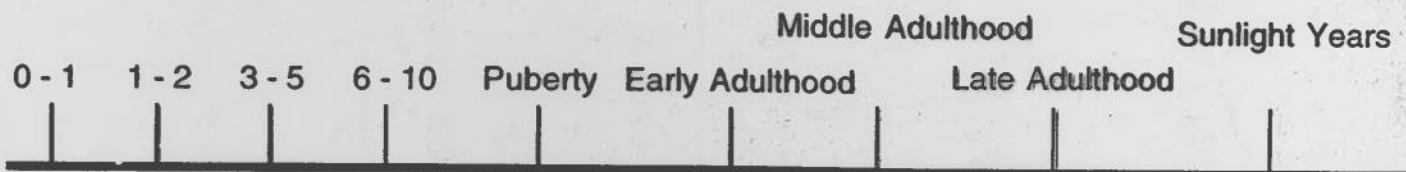




"Well, there it goes again. ... And we just sit here without opposable thumbs."



- 0-3 yrs Foundation for security
- 4-6 yrs Gender affirmation
- 7-12 yrs Healthy same sex relationships
- 13-20 yrs Sexual identity
Opposite sex relationships
- 20-up Balanced relationship life



Conception to one year old: The origin of the person

- The father's call
- A mother's nurturing
- Messages of security
- Am I a person
- The performance lesson
- Freedom to explore

One to two years old: Permission to become a person

- Language development
- Gender formation
- Beginning of gender development

Three to five years old: Gender formation

- Boys with men - girls with women
- Power of words
- Father/son affection

Six to ten years old: Same sex development

- Discovery of others
- Androgyny
- The safe years
- The safe haven
- Group development

Puberty: Sexual development

- Hormones
- Discovery of difference
- Sexual expression?

Early adulthood: Virility and submission

- Finding a mate

Middle adulthood: Building the family

- Teamwork

Late adulthood: Who are we now?

- Who are we now?

Sunlight years: Exchanging roles



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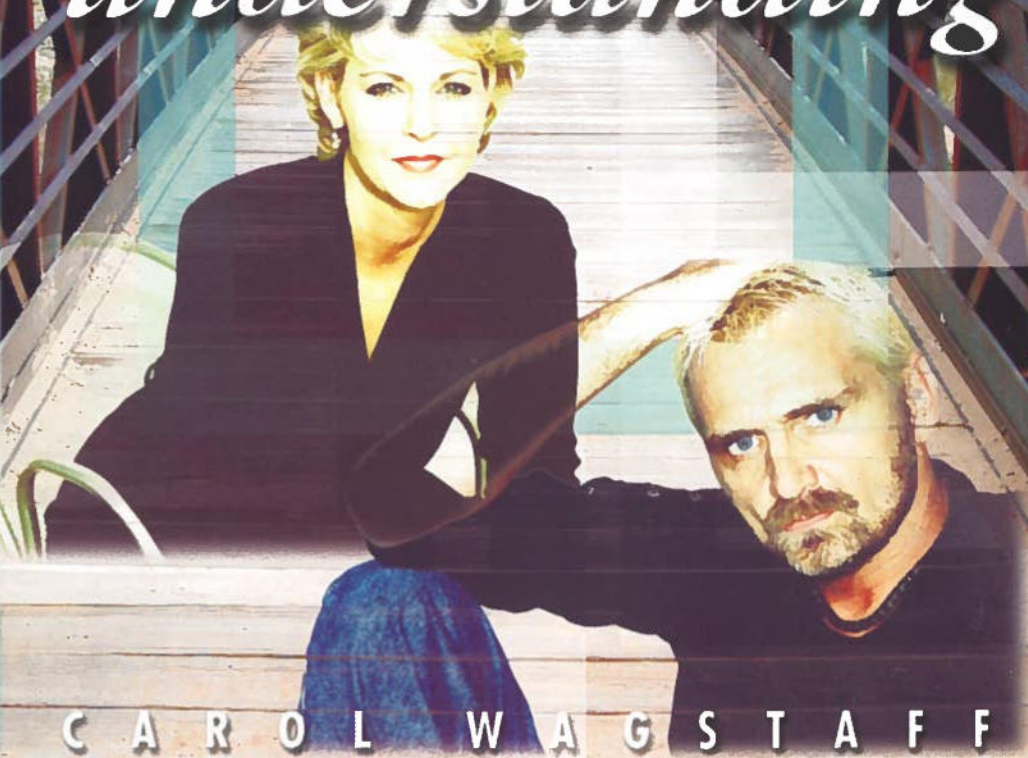
*...Bringing hope, comfort and encouragement to
families with issues of homosexuality.*

With Compliments

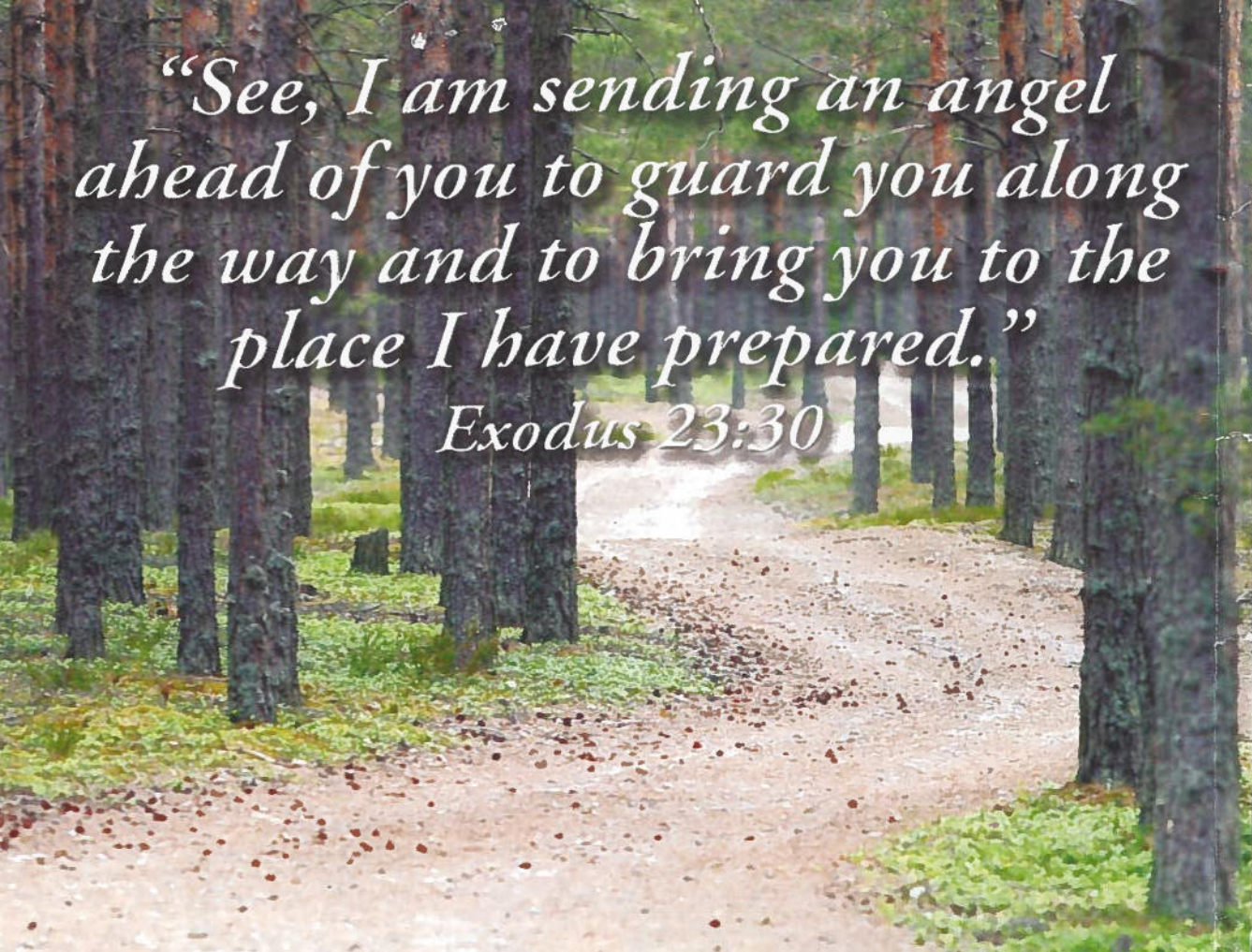
John -
With warm appreciation
for you and your ministry
God's best to you -
Carol

Homosexuality

*a path to
understanding*



C A R O L W A G S T A F F



*“See, I am sending an angel
ahead of you to guard you along
the way and to bring you to the
place I have prepared.”*
Exodus 23:30

Homosexuality is one of the most sensitive and controversial issues of our time. Finding truth is an enormous challenge, at best.

As Christian parents, families and friends of homosexual persons, homosexuality is more than just a moral argument. It has touched each of us personally. It represents people we love:

A precious son or daughter
A cherished grandchild
An adored husband or wife
A revered sibling
A beloved father or mother
A treasured friend

When the news of homosexuality is fresh and so close, understanding and coping with it is like facing untamed wilderness. Finding your way through raw emotions, confusing rhetoric and political dogma is heart wrenching and full of entanglements.

It is a painful journey—strewn with broken dreams.

We invite you to walk with us for awhile. If you listen carefully, our guide, Jesus Christ, will steer you around the illusion of easy answers, the quagmire of prejudgments, and the quicksand of cultural lies.

“He has showed you, O man, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.” Micah 6:8

Homosexuals are people first.

Homosexuals are people like you and me—people God loves. They are attractive, funny, gifted, sensitive, caring, stubborn, angry, selfish, and difficult—just like you and me.

They are found in different races and ethnic groups—just like you and me.

Their occupations, personalities, and personal attributes vary widely—just like yours and mine.

But they differ in one specific, unique sense. They believe they need someone of the same sex to meet their sexual and emotional needs.

Homosexuals respond to this belief in different ways. Sometimes they hide their same-sex attractions. Remaining silent about their desires, they may never marry, never tell anyone, and never act out their feelings. They choose to be part of a small, celibate minority.



Others go on to find a same-sex partner, and lead very private lives. They do not want to be associated with gay pride, wave banners or walk in parades. They just want to be left alone to live their lives the way they choose.

Others marry, hoping marriage will change them. Some remain married, while still having same-sex attractions.

Still others “come out of the closet” and actively live the gay “lifestyle.” They join in the political battle for gay rights, while boldly acting out their same-sex desires.

Lastly, some come to understand the truth of their condition and seek help to overcome their same-sex attractions. With time and persistence, these persons find a level of healing and go on to live happier, healthier lives. They refer to themselves as *ex-gay*.

“O, Lord, blessed is the man who trusts in you.” Psalms 46:10

What exactly is homosexuality?

Homosexuality is very difficult to define. The dictionary defines it as, “...the condition of being sexually attracted to persons of the same sex.”¹

But how often and how many same-sex attractions does it take to be homosexual? Or bisexual? If a person has a sexual encounter with someone of the same sex, is he automatically a homosexual? Do we assume a person is bisexual if he had one homosexual experience? How do we get a handle on what homosexuality *really* is?

According to a well-documented study done in 1994 of America’s sexual habits, the percentages of those having engaged in exclusive same-sex relationships were only 2.8% of males and 1.4% of females.²

An understanding of the actual practices of homosexual behavior is hampered by imprecise definitions. It is impossible to test for homosexuality. No blood test reveals it. No DNA proves it. No measurable physical symptoms are present. No psychological measurement identifies it.

Homosexuality is a self-identified condition.

Homosexual people label themselves.

Understanding the homosexual condition is self-identified, it might be defined this way: “Homosexuality is a label given oneself derived from a complex combination of influential factors, which lead the person to conclude he or she is sexually attracted to the same sex.”

What comes together in the life of homosexual persons causing them to come to this conclusion?

Human beings are born with male or female genitalia. Being male or female is not a

choice. However, from the time children are born, they are encouraged to accept certain gender roles and expectations.

Adults create a gender-specific environment for each child. For example: A mother may tie ribbons in a girl's hair, dress her in pink, and give her dolls.

Boys, on the other hand, are often dressed in blue, and given footballs and fire trucks.

This process of creating a gender-specific environment, consistent with the gender of the child, is called *social conditioning*.³

Over time, children learn from their families and society what it means to be male or female. As children personalize these opinions and feelings, they form a *gender identity*, based on their own feelings about their gender. Children come to accept as natural or comfortable what is familiar to them.

Whether we are physically male or female is predetermined. How we feel about ourselves as male or female shapes our gender identity. Gender identity is a result of environment and social conditioning. It is our gender identity that tells us we are homosexual, bisexual or heterosexual.

It is helpful to think of our gender identity, with its resulting sexual needs, on a continuous spectrum. Let us imagine that homosexuality is on one end of the scale and heterosexuality on the other. While our physical maleness or femaleness is fixed, our gender identity is not. Because gender

identity is rooted in our thoughts and belief structures, it can be fluid, putting us anywhere along the sexual spectrum.



What determines where on this continuum each of us will be?

Human beings are, by physical design, adapted to heterosexual sexual relations. It is through heterosexual reproduction that the human species avoids extinction. This drive to procreate is strong.

God created us male and female for companionship and procreative purposes. It is a natural manifestation of our animal nature to be attracted to the opposite sex for purposes of procreation.

*"So God created man in his own image, in the image of God he created him; male and female he created them.... God saw all that He had made, and it was very good."
Genesis 1:27, 31.*

However, our sexual attractions are complex and easily influenced by our mind and emotions.

Is homosexuality a choice?

Life is difficult. Some people are born with physical limitations. Others suffer life-changing events over which they have no control. Life is not fair, and growing up can be a painful process. But no matter what life brings, people choose how they will respond to what life has brought them.

*What you are is God's gift to you.
What you make of yourself is your gift to God.
Author Unknown*

Children cannot control their environment. Many people and circumstances shape the people we become as adults. Deeply hurtful experiences can make us vulnerable to unhealthy relationships or harmful choices.



Life is about making choices. Every person has a free will to make decisions—right or wrong—regarding his or her life.

Choice implies an exercise of the will. Choices are made on the basis of rational thinking. We choose to make certain decisions because we discern it is in our best interests or in the best interest of others at the time. Then we exercise our will by carrying out those decisions.

On the other hand, **feelings are not chosen. Feelings are not rational. Feelings simply exist.** A person who struggles with homosexuality has involuntary sexual or romantic attractions to persons of the same sex. Such people do not feel they can rationally choose to change those feelings. However, rather than exercising their will to control the behaviors, the feelings usually

govern the behaviors. Most homosexuals feel they have no choice but to act out their feelings.

*Homosexual feelings are not chosen;
Homosexual behavior is.*

Homosexuality is not sexual in the beginning. It is best described as a longing to be accepted and loved—to “be one of the guys or girls.” A sense of being “on the outside,” of being rejected, is common in the budding homosexual. These feelings that foster same-sex attractions are painful. Around the time of puberty, these feelings become sexualized.

The first awareness of same-sex attractions may come as a surprise. Initially those who experience this may hate how they feel. They struggle alone, secretly fantasizing and subconsciously strengthening what began as a mere thought. Eventually, the fantasy takes hold, and they act on their desires.

As they experiment with homosexual behavior, they find relief from the painful circumstances that brought them to this point, and eventually are trapped by a sexual addiction that is difficult to break. Sexual orgasm is one of the most intensely pleasurable experiences a human can have—rivaled only by the heroin-induced experience.⁴

Sexual pleasure reinforces itself.

“If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it.”

Genesis 4:7

“In very short order, unregulated sexual tendencies become habits, then compulsions, and finally something barely distinguishable from addictions.... Behaviors become increasingly strengthened through repetition. This strengthening physically alters the brain....”⁵

As the person's behavior continues to alter the brain tissue, it becomes more difficult to modify.⁶

It is important to understand that feelings are not imperatives or ultimatums. Feelings come and go, but the choice of behavior determines who the person ultimately becomes.

As humans, we are more than our feelings—more than our sexual desires. God created us in *His* image. He gave us a mind to know right from wrong and a will to act appropriately. He gave us the ability to choose and to govern our lives through right choices.

All the combined feelings a person may have in a lifetime don't have the same ethical, moral, or legal weight as a single one of his or her actions. Morals are about making right choices. Life is not about what happens to me. It's about what I choose to do with what happens to me.

We choose what we will do with our feelings. Inappropriate behavior, sexual or otherwise, is always a temptation, and opportunities to live immoral lives are abundant. We choose whether or not we will act on our temptations.

"I set before you today life and prosperity, death and destruction. For I command you today to love the Lord your God, to walk in his ways, and to keep his commands... then you will live and increase and the Lord your God will bless you..."

Deuteronomy 30:15

I thought homosexuals were born that way...

If homosexuality were inborn, it might be easier. Perhaps doctors could prescribe a drug to modify the behavior, or a pill to take it away.

However, no studies, to date, have uncovered a "homosexual gene." Attempts to prove homosexuality is inborn are numerous. However, many of the studies have used poor statistical methodology, and "...have not yet withstood the crucial test of replication by other researchers."⁷

There is simply no evidence to support the belief that homosexuals are born that way.

No concrete evidence supports the genetic theory. In fact, two very famous researchers in the field, Masters and Johnson, have this to say in their well-known book, *Human Sexuality*: "Despite the interest in possible hormone mechanisms in the origin of homosexuality, no serious scientist today suggests that a simple cause and effect relationship applies....The genetic theory of homosexuality has been generally discarded today."⁸

Another researcher, Simon LeVay, professed to have found a difference in the brains of homosexuals, leading to a theory that this difference had something to do with sexual behavior. However, LeVay himself stated, "It's important to stress what I didn't find. I did not prove that homosexuality is genetic, or find a genetic cause for being gay. I didn't show that gay men are born that way, the most common mistake people make in interpreting my work. Nor did I locate a gay center in the brain...."⁹

Americans share the same genes as 99.7% to 99.9% of the world's population.¹⁰ If



homosexuality were genetically determined, then the same proportion of homosexuals would be present in all cultures. However, homosexual behavior varies from culture to culture and is rare or nonexistent in some. "If homosexuality were significantly influenced, let alone dictated by genes, it would appear in every culture, but in twenty-nine of seventy-nine cultures surveyed by Ford and Bach..., homosexuality was rare or absent."¹¹

The Western model of homosexuality—that is the inescapable, genetically-determined condition of a person's real being—is unique to American culture.¹²

"The evidence of a genetic pattern among homosexuals doesn't mean people are born gay, any more than the genes of height, presumably common in NBA players, indicate an inborn ability to play basketball."¹³

"Ultimately, any rootedness of homosexuality in nature does not remove it one whit from the domain of moral choice. In its genetic, familial, or psychological influences, homosexual impulses and behavior are no different than the many other natural behaviors that God, in spite of their naturalness, calls sin."¹⁴

"There is abundant documentation that homosexuals can move toward a heterosexual orientation, often with therapeutic assistance, sometimes without it. Obviously, sexual orientation is fluid, not fixed, so that it is impossible to argue that it is genetically predetermined."¹⁵

"People often change their sexual behavior during their lifetimes, making it impossible to state that a particular set of behaviors defines a person as gay. A man who has sex with men today, for example, might not have done so 10 years ago."¹⁶

What causes homosexuality?

While there is no concrete evidence that homosexuality is genetic, the root causes are complex and very difficult to understand. No one theory can sufficiently explain the condition. Two Columbia University researchers—Byne and Parsons—say that homosexuality is "...a complete mosaic of biologic, psychological and social/cultural factors."¹⁷

The backgrounds of those who engage in same-sex sexual behavior vary from person to person. Each person has his or her own story, and no two stories are exactly the same. No two lives are lived in exactly the same way, even in the same family.

"For who among men knows the thoughts of man except the man's spirit within him?"
1 Corinthians 2:11

Through the years, a lot of research has been done to discover the reasons why individuals become homosexual. Several factors occur somewhat consistently.

The family constellation

Psychoanalytic and psychotherapeutic observations through the years indicate that the family environment can play a critical role in homosexual development. Relationships between parents, as well as between siblings can affect the child.

One of the consistent findings is the apparent disruption in the parent-child relationship within the first few years of life.¹⁸ No parent sets out to make his or her child homosexual. However, an emotional mismatch can occur between parents and children, causing a lack of attachment or bonding.



For example: a male child, in particular, must separate and individuate from mother and bond with father to have a healthy male sexual identity. If the father is emotionally or physically absent, distant or passive, the son may perceive the father as rejecting him. Male homosexual behavior then becomes an attempt to repair the bond with father.¹⁹



The mother bond, on the other hand, is very strong in the pre-homosexual boy. As the boy identifies more closely with the mother, he may subconsciously emulate her personality and feminine qualities. In the case of a mother who is too intimate, domineering or inappropriately affectionate, the boy may come to fear or reject women.

For the pre-lesbian girl, the mother may be physically absent, lack nurturing or be emotionally unavailable for her daughter at a critical time in her development. Or, the mother and daughter may be emotionally enmeshed, making it difficult for the

daughter to successfully bridge to the opposite sex. The father's affirmation of his daughter's femininity is also critical to her gender identity.

In the instance of the pre-lesbian child, the parent's marriage can have a profound effect. "...the daughter sees marriage through the lens of her parents...80% of same-sex attracted women...said their parents did not make marriage look desirable."²⁰

The *perception* of the child and the child's response to that perception are essential elements in the development of homosexuality. "Parental behavior...can range from being... 'bad' to being 'good,' while still being poorly matched to the needs of the child through no fault of the parent."²¹ Even a perfect environment does not create a perfect child.

Childhood trauma

Some researchers feel that homosexuality can be traced to early psychological trauma. As traumatized children develop, they may seek anxiety-reducing, self-soothing, sexual behaviors to overcome the effects of their experience.

One such trauma might be the loss of a parent through death or divorce. "Eighteen percent of homosexual men and 35% of homosexual women had lost their father by death or divorce before the age of ten." (As opposed to 9% and 4% of heterosexuals.)²²

Sexual abuse is another trauma, frequently reported in cases of homosexuality. "...studies... have found a disproportionate extent of sexual abuse in the childhoods of adult homosexuals."²³

While children are experiencing sexual abuse, they may also feel physical pleasure. On an emotional level, they may choose to believe the abuser loves them. If the first sexual experience with someone of the same sex has some pleasurable elements, it is more readily repeated.

Many homosexuals report sexual, physical or emotional abuse as occurring in their developmental years. Various studies on abuse in homosexuals range anywhere from 60% to 90% of the population.

As well as being abused themselves, lesbians may have observed abuse in females close to them. As a result, they may vow never to let that happen to them and reject their femininity as too dangerous.

Peer rejection

Other researchers feel rejection by peers is the major factor in homosexual development. Pre-homosexual children often exhibit gender non-conforming behaviors, making them more vulnerable to rejection and subsequent homosexuality.

Name-calling is very common in the personal background of many homosexuals. Hurtful

names such as *fag* or *queer* or *homo* reinforce an already poor gender identity. "Sixty-seven percent of homosexual men reported being called *sissy* or *effeminate* by others (compared with 3% of heterosexual men) and 79% of these men in childhood and early adolescence had no male friends, played mostly with girls, and rarely or never played sports."²⁴

Fear of rejection by the opposite sex

The desire to be loved, to be "special" to someone, is inherent in the human condition. If the attempt to "make it" in the heterosexual world has met with rejection, homosexual relationships provide a tempting alternative. With the blessing of popular culture, it is more acceptable to make this choice.

Cultural conditioning

"Sexuality appears to have an overwhelming cultural component, ebbing and flowing with changes in cultural values and expectations."²⁵

Social approval leads to an increase in homosexual behavior. In 1993, *Newsweek* reported that the growing presence of homosexual behavior in the media was leading to teen experimentation, to the extent that it was "becoming chic." Movies and television shows with gay characters, making homosexuality seem normal and attractive, are prevalent in today's culture.

Adolescents are especially vulnerable because their gender identity is still developing. They are easily confused and influenced by others. Strong, pro-gay individuals may even persuade or seduce young people to become involved in the lifestyle.

It is also common for adolescents to experience temporary episodes of idealization of same-sex peers. This idealization may be confused with same-sex attraction, leading to premature homosexual labeling. Gay-affirming groups, which encourage teens to experiment sexually, enhance this problem.

A deluded heart

Within every human being is the desire to control life. Often this desire takes the form of rebellion against what is right and good. When people are perceived as perfectly aligned with others' expectations in every other part of their lives, they may choose what is not right in this area to show they are in control.

Humans are born into a fallen world with a sinful nature. This incompleteness and brokenness will manifest itself in some form. For some individuals, it may be same-sex attraction.

"Since they did not know the righteousness that comes from God and sought to establish their own, they did not submit to God's righteousness." Romans 10:3

Can homosexual people really change?

When it comes to homosexuality, the word *change* is packed with powerful emotions. Yes, homosexuals really can change! Does this mean they will become heterosexual? Not necessarily. Many do, but not all.

If people stop drinking or using drugs, profound changes take place in their lives and in the lives of their family members. If people stop homosexual behavior, they too have changed.

Will their sexual desires change? Most homosexuals experience change gradually. While homosexuality is not genetic, it can be deeply rooted in the personality. Sexual issues are some of the most difficult to deal with. Yet various levels of healing are reported, depending on many factors. Each individual is unique. As with other life-



altering problems, not everyone will achieve the same level of healing.

In 1973, Dr. Robert Spitzer, a psychiatry professor at Columbia University, spearheaded the American Psychiatric Association's decision to remove homosexuality from its list of mental disorders. In May of 2002, almost 30 years later, Dr. Spitzer released the results of a research study he conducted on 200 ex-gay men and women. His study was reported by another researcher, Dr. Warren Throckmorton, in the *Journal of the American Psychological Association*. Throckmorton writes, "Spitzer concluded that the majority of the participants made substantial changes from predominantly or exclusively homosexual to predominantly heterosexual adjustment."²⁶

"Everything is possible for him who believes."

Mark 9:23

Homosexuality is quite changeable. In a compilation of psychotherapeutic data from 1930 to 1986, the composite results for *considerable* to *complete* change in homosexual clients, give an overall success rate of over 50%.²⁷ In 1984, the Masters and Johnson program similarly reported a five-year follow-up success rate of 65%.²⁸

Dr. Tiffany Bamhouse, professor of psychiatry at Southern Methodist University, states: "The frequent claim by 'gay' activists that it is impossible for homosexuals to change their orientation is categorically untrue. Such a claim accuses scores of conscientious, responsible psychiatrists and psychologists of falsifying their data."²⁹

Long before psychological counseling was available, the Bible wrote of powerful change in lives of homosexuals:

1 Corinthians 6:9-11 speaks of various sins that prevent persons from entering the kingdom of heaven. Homosexual behavior is one of them. The list, however, is followed by these words: "But this is what some of you **were**. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God."

Is homosexuality healthy?*

Research shows that homosexual behavior is not healthy. Sexual relations between persons of the same sex are problematic in several areas:

Physical health

The research is substantial regarding damage to the physical body through homosexual and lesbian involvement. Typically characterized by instability, promiscuity, abuse, and risky and unhealthy sexual practices, same-sex sexual relationships lead to serious and incurable sexually transmitted diseases (STD's) including hepatitis, HPV, syphilis, gonorrhea, and HIV/AIDS.

As HIV progresses, it becomes AIDS—a certain death sentence. While drug cocktails prolong life, AIDS itself has not been cured. "Changing cocktail combinations has helped curb resistance, but researchers say there just aren't enough drugs or combinations to stay ahead of the constantly mutating virus."³⁰

Reduced life span

Various studies indicate a significant reduction in the life span of homosexuals. One study revealed, "Life expectancy for gay and bisexual men is eight to twenty years less than for all men...nearly half of gay and bisexual men currently aged 20 years will not reach their 65th birthday."³¹

*For further information, the following sources are helpful: The Centers for Disease Control, the Journal of the American Medical Association, The National Institutes of Health and Human Services, The National Institute of Allergy and Infectious Diseases, Archives of General Psychiatry, The Medical Institute for Sexual Health, Archives of Internal Medicine, and the Journal of the Gay and Lesbian Association.



"In an obituary study released in 1994, 140 lesbians in the sample died at a median age of forty-five years. Twenty-three percent of the lesbians lived past the age of 64, as opposed to 83% of women in the general population. Overall, 20% of lesbians died a violent death—512 times the rate of white females aged 25-44. Also, 7.1% of lesbians died of AIDS."³²

Mental and emotional health

Psychiatric illnesses, including depression, bipolar disorder, panic disorder, agoraphobia and obsessive-compulsive disorder, as well as suicide attempts among gays, are well documented.³³ Addiction to alcohol and drugs also increase with homosexual practice.

Social rejection and homophobia are often blamed for emotional problems in homosexuals. However, a high incidence of mental health problems among homosexuals still exists in countries such as the Netherlands where same-sex couples are accepted and have a right to marry.³⁴

Cultural implications

Unrestrained sexual activity has phenomenal societal implications. The institution of marriage between male and female is rooted in Judeo-Christian heritage and has been a safeguard to civilizations around the world. Male sexuality in particular is polymorphous, and without the parameter of marriage, it operates unrestrained. As the acceptance of promiscuity increases, no boundary remains for *any* kind of sexual expression, including bestiality, pedophilia, or blatant polygamy. Marriage is foundational to a healthy society, and when a culture loses respect for it, moral breakdown is inevitable.



Spiritual health

The journey with God is one of learning to trust Him in every area of life. People who choose to go against God's divine intent for human sexuality are trusting in themselves instead of God. Inadvertently, attempting to rewrite the laws of God, they are actually in rebellion against His divine intent.

Because sexual promiscuity is progressive in nature, behaviors often become more and more decadent. As people increase in bondage to their behavior, self-hatred, bitterness towards God and others, cynicism, selfishness, recklessness and callousness can take over. Preoccupation with their own needs becomes a priority.

God is compassionate and gracious, slow in anger and abounding in love. He desires to lead us into a closer relationship with Him and forgive us of our acts of rebellion. But, if we do not choose to surrender to Him, it can ultimately lead to eternal death.

What is God's plan?

To answer this question, we cannot look to other people or to our own experience. *Feelings* cannot be trusted as a guide to truth. Even scientific, medical or psychological opinions must be subject to the ultimate authority of God's Word, the Bible. Jesus and the apostles placed total trust in the Word of God and subordinated the opinions and traditions of their day to Scripture. We must follow their example.

The Bible was written by 40 different authors over a 1,500 year period. The lifestyles of these authors were so incredibly varied that the results should have been confusing and contradictory.

However, they wrote under the inspiration of God with amazing consistency. "All scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness..." (2 Timothy 3:16)

The Bible has much to say about God's divine intent for human sexuality. Genesis 1:27 gives us the creation pattern, "So God created man in His own image, in the image of God He created him; male and female He created them." God created both sexes to be complementary and counterparts of each other. His intent from

the very beginning was heterosexual, monogamous marriage. The union of male and female creates life—new human beings to populate the earth. Homosexual union cannot bring forth life.

Not only did God physically compliment men and women in the best possible way, He designed them emotionally and spiritually to fit together to best reveal who He is. God is both male and female; one sex alone (male or female) gives an incomplete picture of God.

Just because we are physically capable of having sexual relations with someone of the same sex does not mean that God designed us to do so. Scripture does not shift between biology and

morality. It views body and soul together, and requires that we serve God with our bodies, as well as our souls. (Romans 12:1-2)

Homosexuality is *not* addressed *positively* anywhere in the Bible. Nothing is vague about the biblical stand on it. It is specifically addressed in the following passages from the New International Version of the Bible:

- The story of Sodom (Genesis 19) and a very similar passage in Judges 19. In these verses, wicked men demand that male visitors be brought out of the house "so that we may have sex with them." God punishes these wicked men for their "sexual immorality and perversion." (Jude 1:7)
- Leviticus 18:22: "Do not lie with a man as one lies with a woman; that is detestable."
- Leviticus 20:13 "If a man lies with a man as one lies with a woman, both of them have done what is detestable..."
- Romans 1:18-32, in which the Apostle Paul describes homosexual practice as part of the decadent society that God abandoned to their own sin. Verses 24-27: "Therefore, God gave them over in the sinful desires of their heart to sexual impurity for the degrading of their bodies with one another. They exchanged the truth of God for a lie and worshiped and served created things rather than the Creator—who is forever praised... Because of this, God gave them over to shameful lusts. Even their women exchanged natural relations for unnatural ones. In the same way the men also abandoned natural relations with women and were inflamed with lust for one another. Men committed indecent acts with other men, and received in themselves the due penalty for their perversion."
- In the Apostle Paul's letter to the Corinthian church (1 Corinthians 6:9-10), he includes homosexuals in the list of sinners who will not inherit the kingdom of God: "Do not be deceived: Neither the sexually immoral nor idolaters nor adulterers nor male prostitutes nor homosexual offenders nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God." Then he follows in verse 11 with some of the



sweetest words ever written, "**And that is what some of you were.** But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God."

The Bible never recognizes homosexuality as a genetic issue. It is part of a greater designation of sins referred to as *immoral behavior*. Our bodies are God's temple, and when we participate in sexual immorality, whether it is heterosexual or homosexual, we sin against our own bodies.

"Flee sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own, you were bought with a price. Therefore, honor God with your body." (1 Corinthians 6:18-20.)

Sexual purity is based on the biblical concept of holiness. Addressed over 100 times in the Bible, holiness is God's requirement for His people.

"Be holy because I, the Lord your God, am holy." Lev. 19:2

The word for *holy* in the original languages means *consecrated, morally clean or separate*. God requires His people be separated unto Him and morally pure—not controlled by sexual appetites. Having created human beings, God understood our animal nature. Yet He asks us to act like Himself, rather than follow our animal instincts. He also promises to help us—to make us holy as we surrender our lives to Him.

Jesus taught two options for sexual behavior: *heterosexual monogamous marriage or celibacy*. All other sexual behavior is against His divine plan. But He also had great compassion for sinners, calling them to repentance and righteous living. Through His death on the cross, He paid the price for *all sin* and gave men and women the power to overcome hard struggles. Remaining morally pure is a loving response to a gracious God for the incredible debt we owe Him.

Homosexuality is an acquired behavior. It can be unacquired.

What can we do?

Each of us is a person of influence in our circle of acquaintances. It is imperative that the truth about homosexuality be known.

As we encounter homosexuals in our everyday lives, **it is important to treat them with compassion and understanding.** Whatever brought them to this stage in life did not occur overnight and will not go away overnight. Treating homosexuals with disgust or disdain only drives them further into the homosexual culture.

Be a good listener. If someone has been willing to be open about their sexuality, it means they are looking for help.

As you have further opportunity to talk with them, help them uncover the root issues underlying the feelings. Homosexuality is symptomatic of deeper emotional hurts.

Always speak of hope. No condition is permanent with the transforming power of Jesus Christ operating in one's life. But the person must want help, and cannot be forced to accept it.

Become familiar with counselors and organizations who can help the person overcome his or her homosexuality. (See the list of support organizations at the back of this booklet.)

Remember, homosexuals are people like you and me—people God loves. How will they come to know God's love if we, as His family, do not reach out to them? If we believe God has power to change anything, we cannot abandon them to the bondage of their sinful behavior without offering truth, hope and healing through Christ.

Overcoming our own fears, prejudices and false beliefs, makes us better equipped to offer homosexuals a safe environment, where patient, unconditional love can begin to work a miracle of transformation in their lives.



End Notes

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- ⁷ Thomas E. Schmidt, *Straight & Narrow? Compassion and Clarity in the Homosexuality Debate*, InterVarsity Press, 1995, p. 137.
- ⁸ W. H. Masters, V.E. Johnson, and R. C. Kolodny, *Human Sexuality*, Little Brown and Co., 1984, 319-320.
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- ²² Thomas E. Schmidt, *Straight & Narrow? Compassion and Clarity in the Homosexuality Debate*, p. 144.
- ²³ Jeffrey Satinover, M.D., *Homosexuality and the Politics of Truth*, p. 106.
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- ²⁶ Warren Throckmorton, "Initial Empirical and Clinical Findings Concerning the Change Process for Ex-Gays," *Professional Psychology: Research and Practice*, vol. 33, no. 3 (June 2002): 242-248.
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- ³⁴ Theo Sandfort, Ron deGraaf, et al., "Same-sex Sexual Behavior and Psychiatric Disorders," *Archives of General Psychiatry*, 58 (1): 85-91 (January 2001). "Netherlands Ends Discrimination in Civil Marriage: Gays to Wed," Lambda Legal Defense and Education Fund Press Release, March 30, 2001.

Support organizations

Exodus International - an *international* coalition of Christian ministries from various denominations that support change. Contact them for a ministry in your location.
P.O. Box 540119, Orlando, FL 32854 Phone: 888.264.0877
www.exodus-international.org

Living Stones Ministries - a non-profit, Christian ministry devoted to bringing healing and hope to families whose lives have been altered by the news of homosexuality in a loved one or friend.
114 N. Glendora Ave., Ste. 124, Glendora, CA 91741 Phone: 626.963.6683
www.livingstonesministry.org

Courage - a Catholic ministry.
c/o Church of St. John the Baptist
210 West 31st Street, New York, NY 10001 Phone: 212.268.1010
www.couragerc.net

Homosexuals Anonymous Fellowship - the 12-step approach to homosexuality.
P.O. Box 7881, Reading, PA 19603 Phone: 610.921.0345
www.members.aol.com/hawebpage

Transforming Congregations - Support within the Methodist Church.
P.O. Box 580, Millsboro, DE 19966 Phone: 302.945.9650
www.transformingcong.org

One by One - Support within the Presbyterian Church (USA).
P.O. Box 648, Pittsford, NY 14534, Phone: 585.586.6180.
www.oneby1.org

Grace & Truth Ministry - Support within the Charismatic Episcopal Church.
8057 Arlington Expressway, Jacksonville, FL 32211 Phone: 904.220.7474

He Intends Victory (H.I.V.) - a Christian ministry for those affected by HIV/AIDS.
5 Wrigley, Irvine, CA 92618 Phone: 1.800.HIV.HOPE

NARTH (National Association for Research and Therapy of Homosexuality) - a secular network of professional therapists, counselors and physicians who believe in the therapeutic process as a means of resolving same-sex attraction.
16633 Ventura Blvd., St. 1340, Encino, CA 91436-1801 Phone: 818.789.4440
www.narth.com

PFOX (Parents and Friends of Gays and Ex-Gays) - a non-profit organization supporting the right of homosexuals and lesbians to choose change.
P.O. Box 561, Ft. Belvoir, VA 22060, Phone: 703.739.8220
www.pfox.org

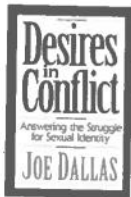
Also see **PATH** (Positive Alternatives to Homosexuality) - a non-profit coalition of organizations committed to helping people with unwanted same-sex attractions.
www.pathinfo.org

Suggested Reading Available through Living Stones Ministries at www.livingstonesministry.org



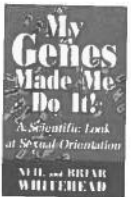
***A Strong Delusion* by Joe Dallas**

Having been involved in the pro-gay church movement, Joe Dallas gives clear and forthright rebuttals to gay theology issues. This is a truthful, yet compassionate guide to communicating with those who have embraced a pro-gay theology. He also gives some very wise do's and don'ts when debating homosexuality.



***Desires in Conflict* by Joe Dallas**

Joe Dallas writes directly to the Christian who struggles with homosexual temptations. This book serves as a great resource for the person struggling, but also for family and friends who wish to assist the person who is struggling.



***My Genes Made Me Do It!* by Neil and Briar Whitehead**

Neil and Briar Whitehead take a clear and comprehensive look at the scientific evidence and conclude that homosexuality is not genetic, intrinsic or fixed.



***An Ounce of Prevention* by Don Schmierer**

Don Schmierer writes, "Our primary purpose is to reach out loving hands toward those who are hurting..." Schmierer succeeds in writing a compassionate, educational and very hopeful book on a subject that is troubling millions of young people today.



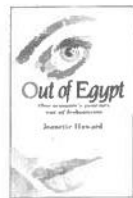
***Someone I Love is Gay* by Anita Worther and Bob Davies**

This book is filled with biblically-grounded guidance by two people, who have both personal and professional experience in the world of homosexuality. Invaluable to families who need to know how to respond to a gay loved one.



***Straight and Narrow* by Thomas Schmidt**

Thomas Schmidt gives one of the most comprehensive books on the subject of homosexuality today. Schmidt addresses the points of current debate in society and the church in an empathetic and biblical manner. While clearly answering pro-gay theological arguments with sound exegesis, the book calls for a compassionate response from the Christian community.



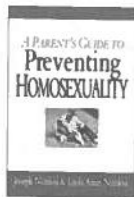
***Out of Egypt* by Jeanette Howard**

Jeanette Howard was an active lesbian for many years. This compelling, first-person account is her story of walking away from same-sex relationships. Her careful and honest teaching is relevant not only to Christians struggling with lesbianism, but also to counselors and family members seeking greater understanding.



***Love Won Out* by John and Anne Paulk**

John and Anne lived in different cities but shared the same burden—a heart-wrenching, personal struggle with homosexuality. This is their amazing, true story of how God's transforming love healed them from a life of destruction and then brought them together to marry. Through their touching testimonies, readers discover how the grace of Jesus can change any troubled heart into a new creation. The Paulks' lives are proof that no matter how far people may run from the Lord, the moment they turn around, they'll realize God's been running toward them all along.



A Parent's Guide to Preventing Homosexuality by Dr. & Mrs. Nicolosi

Dr. and Mrs. Nicolosi's book is written for parents concerned about a child experiencing "gender identity confusion." This book explains with clarity and compassion: how boys grow into masculinity; the societal pressure to blur and erase gender differences; family issues associated with gender identity disorder; and how parents can help boys develop a healthy masculine identity. The focus of the book is primarily on boys and men, but there is a chapter for women on gender confusion in girls.



Pursuing Sexual Wholeness by Andrew Comiskey

This book provides biblical and practical answers for overcoming homosexuality. It was written by the founder of Desert Stream Ministries who originated its *Living Waters Sexual Redemption in Christ* program. *Living Waters* has helped 65% of participants find freedom from homosexuality by helping them find greater power to deal with their disordered desires.



You Don't Have To Be Gay by Jeff Konrad

This popular book is written as a series of letters from the author, a former homosexual, to a friend who is struggling with whether or not to try to leave the gay life. In an informal, loving way, the author meets his friend where he is, walking with him through all the pain and struggle. An excellent book for the non-believer or skeptic open to considering change.



Coming Out Straight by Richard Cohen, M.A.

Coming Out Straight presents the basic causes of same sex attractions, a clear model for recovery and stories of individuals who made the change. While the book is meant to educate therapists, clergy and other professionals, it also assists those who struggle with their own same sex attractions.



Where Does A Mother Go To Resign? by Barbara Johnson

This is the true story of a wife and mother who learned to cope with the crippling of her husband, the deaths of two sons, and the homosexuality of a third. This book offers comfort to the many families experiencing severe and traumatic problems. Uplifting and encouraging, it is a testimony to the healing hand of God as we rest in His love.



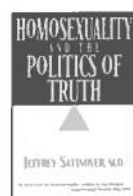
Restoring Sexual Identity by Anne Paulk

Are you or someone you know struggling with same-sex attraction? Is lesbianism an inherited predisposition? Find answers to this and other critical questions. Women, their families and friends wrestling with this issue will find practical advice for healing and change. This book is the first book in over ten years that deals with the subject of freedom from lesbianism.



Coming Out Of Homosexuality by Bob Davies and Lori Rentzel

Called the nearest thing yet to an all-purpose book on overcoming homosexuality, this book is ideal for the Christian man or woman struggling with homosexuality who is just starting out on his or her journey toward healing. Co-authored by the former executive director of Exodus International, it is also among the most complete and understandable books available for any Christian who wants to understand homosexuality and its healing.



Homosexuality And The Politics Of Truth by Jeffery Satinover

Dr. Jeffery Satinover, a psychiatrist familiar with both therapeutic and spiritual approaches to dealing with homosexuality, finds research claiming homosexuality is innate or genetic, and therefore unchangeable, seriously flawed. He provides data that shows that homosexuality is changeable, and offers a model of habit, compulsion and addiction consistent with scriptural teaching.

Living Stones Ministries is a non-profit, Christ-centered, non-denominational ministry dedicated to helping families with issues of homosexuality—families whose lives have been altered by the news of homosexuality from a loved one or friend. We are here to bring healing, to give hope, to be a redemptive resource in a community filled with hurt and shame. Contact us on the web at www.livingstonesministry.org or by phone toll free: 1.877.963.6683.

Carol Wagstaff founded Living Stones Ministries in October of 1996, after serving for ten years on the pastoral team of First Church of the Nazarene, Pasadena, California. Since that time, she has served as Executive Director of Living Stones Ministries. Her personal history of homosexuality in the family is the redemptive backdrop of this ministry.

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Manufactured in the United States of America

The Pit

A homosexual fell into a pit and couldn't get himself out. A pharisaic Christian came along and said, "You deserve the pit." An apostate liberal came along and said, "Your pit is God's beautiful gift to you." A gay activist came along and said, "Fight for the right to stay in your pit." A researcher came along and said, "Discrimination against pits is illegal." Respectable people came along and said, "We don't associate with pit dwellers." His mother came along and said, "It's your father's fault you're in the pit." The father came along and said, "It's your mother's fault you're in the pit." His wife came along and said, "It's my fault you're in the pit." But Jesus, seeing the man, loved him, and reaching into the pit, put His arms around the man and pulled him out.

Author Unknown



LIVING STONES

MINISTRIES

114 N. Glendora Ave., Suite 124
Glendora, CA 91741

626.963.6683

www.livingstonesministry.org

PURITY

PURITY

LOVE IN ACTION



Masturbation – We can talk about it.

by Rev. John J. Smid

Masturbation is often one of the most confusing and uncertain topics to discuss. I would like to shed some light on this subject from my own life experience that I think may help to discover freedom from compulsion.

1. My introduction to sexuality.
 - a. Taught by a friend
 - b. Tested out what I was taught
 - c. Very private experience.
2. A new way of covering pain, loneliness, boredom
 - a. I received no information, or boundaries
 - b. Sex never talked about
 - c. How could this be wrong? It isn't sex.
3. The addiction begins
 - a. Time after time building into an addictive habit
 - b. Didn't involve others because it was my own private world
 - c. Maybe some childhood slang discussions but nothing with any substance
 - d. Hidden from the light of honesty
4. Pornography! More erotic fuel
 - a. Fetishes, partialisms, pornography
 - b. Ways to make it more interesting
 - c. First experience lost in the dust to search for more
5. But, I never wanted to be immoral
 - a. I had morality I thought
 - b. Sex was only sex when it was with another person
 - c. For some reason I understood that boundary
 - d. This didn't cross over that boundary

6. Adultery, mutual masturbation, permissive sexuality
 - a. My sexuality went on to
 - i. Adultery
 - ii. Mutual masturbation with men
 - iii. Other forms of sexual exploration
 - iv. Once the boundary was lifted there was no stopping me – no right or wrong any more
 - v. Mutual masturbation is not sex!!!
7. Is there something wrong with masturbation? Everyone does it. Isn't it better than acting out with others?
 - a. My world of homosexual sex allowed everything
 - b. There were no taboos
 - c. Literally, everyone did it
 - d. It didn't seem unsafe – rather just something to do to feel the rush of orgasm
8. Using the "M" word.
 - a. My recovery began when I called it what it was for the first time
 - b. This brought about a type of accountability
 - c. I knew it wasn't wrong but I had never been anywhere that acknowledged that
9. I am never going to do this again!
 - a. First step was to stop
 - b. I succeeded for a season
 - a. Pride entered in\
 - b. Surely I am one of the few that has conquered this
 - c. I also felt free and good that I had found this kind of freedom
10. The test – I failed.
 - a. I went away for a few days
 - b. Not knowing how to enjoy time alone – I was challenged
 - c. In the middle of my aloneness I was tempted
 - d. I lost my track of freedom
 - e. Now what?
11. Now I have some real work to do – the cycle, honesty
 - a. God as my accountability
 - b. Honesty about what I was doing for the first time
 - c. God forgive me
 - d. I can't talk to you about this God – I have so many times before
 - e. Ok God, I'm sorry
 - f. A learning cycle that was producing awareness of my own sexuality

12. What is sexual purity anyway and how do I get there?
 - a. What is sexuality Purity?
 - b. Matt. 5: 27-28 "You have heard that it was said, 'Do not commit adultery. But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.
 - c. Are there any absolutes?
 - d. Purity begins in the truth of my motives and my hidden life
 - e. Drawing my own lines
 - f. Cable between the poles one foot high??? Warning! Dangerous Cliffs
13. Personal evaluation and establishing boundaries
 - a. Turning down the flame
 - b. Triggers
 - c. Obedience?
 - d. John 14:15-20 "If you love me, you will obey what I command. And I will ask the Father, and he will give you another Counselor to be with you forever—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. I will not leave you as orphans; I will come to you. Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. On that day you will realize that I am in my Father, and you are in me, and I am in you.
14. Marriage – a real honesty check.
 - a. Sex is a bonding agent in marriage that is designed to keep the relationship intimate
 - b. Sex outside of marriage through lustful masturbation can drain off the bonding energy
 - c. "If I can get this need met elsewhere then I don't need my spouse."
15. Purity has it benefits!
 - a. Clarity of mind
 - b. Clarity of relationship
 - c. Personal confidence
 - d. Multiple spiritual, emotional and physical benefits.
16. A sexual schoolmaster
 - a. Masturbation can become a learning tool to build discernment and knowledge about our sexuality
 - b. God's forgiveness
 - c. God's patience
 - d. God's standards
 - e. God's strength in us
 - f. Value of relationships

17. The power of sex – its real purpose
18. Regardless of the popular view that sex is a personal toy
19. God intended sex to be an element that draws us into intimacy with the opposite sex and for pro-creation

20. The growth of a young man into health – learning sexual restraint
 - a. Learning effective boundaries and God's heart about our sexuality
 - b. Developing self restraint can be effective in training us for faithfulness in marriage
 - c. It is a time to learn when a mistake is far less consequential

21. Sex and marriage – not always what you may think
 - a. Two people coming together with different lives
 - b. Seasons in marriage
 - c. Health issues
 - d. Emotional ups and downs
 - e. Sex is not the idol of marriage, the relationship is the most significant part of the commitment.

22. Helpful Tips
 - a. Call it what it is and stop hiding under pet names
 - b. Bring it out into God's light
 - c. Ask for forgiveness – no matter how many times it takes
 - d. Develop helpful personal boundaries to remain safe

Sexual and Relational Purity

By Rev. John J. Smid



It is my objective to open up the subject of sexual and relational purity from a godly viewpoint. I hope to bring truth to the listener and possibly challenge a worldly perspective so often received from our culture. I am willing to discuss the narrow viewpoint and to risk the discomfort of standing against a world who would rather not talk about it.

1. The Fountain of Youth - Idol or God's Plan?

- a. Cure' of Ars write in praise of the chaste young man: *"Of all God's creatures, none is more lovable and attractive than a young man devoted to his religion, especially when by the help of the divine grace he has preserved his innocence and purity of heart."*
- b. We are irresistibly drawn towards a pure person.
- c. We have an instinctive respect and high regard for those whose bodies are the undefiled temples of the Holy Spirit.
- d. Sometimes our attraction to youth is a draw to purity.

2. Where Do Most of Us Get Our Ideas From?

- a. At conception the lessons begin.
- b. What have we learned from those around us?
- c. "Radar detectors" teach us that it is ok to sin, unless you get caught!
- d. The lessons of abortion, birth control, condoms, "safe sex" all teach that sex is ok as long as you don't get caught with disease or pregnancy.
- e. Lust is ok, just don't act upon it.
 - i. Whether in marriage or out - how do you see lust promoted as acceptable?
- f. Divorce is just a fact of life - it happens to most of us!
 - i. Sometimes mommy and daddy don't get along and now we are going through a change in our family.
- g. A large percentage of church couples are on their second marriages - this must be the norm.

3. The Biblical Model

- a. The sexual passion is designed for the purpose of creating new life and enjoying the union of Holy Matrimony.
- b. God designed man in His image. He designed woman to be man's perfect helpmate. Man is to find his love and sexual fulfillment in his wife.
- c. God intended that man would be allowed to **participate in God's creative power** through pro-creation.
 - i. What a privilege! An opportunity placed in our lives!
- d. This is all designed to take place in the context of Holy Matrimony. However, when not married fulfillment must be sought through other means in Christ.
- e. **So, what do we do with strong sexual desires** and we can't act upon it within God's provision? God had a plan in that too.

- f. A young man or woman who learns to control their passion early in life will also achieve self control in marriage.
- g. **Chastity provides the best form of training** for a satisfied and committed marriage without succumbing to the temptation to stray.
- h. **I Cor. 6:18 says that there are two types of sin**, outside the body and against the body.
- i. "Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body."
- j. Billy Graham says: "Sexual sin brings about a drive to look for new means of sexual excitement - and brings about guilt, remorse, inner conflicts. It places people in the grips of insecurity and if not checked will bring about psycho neurosis and the contemplation of suicide."

4. **God is very specific about sexual behavior.**

- a. When nothing else will drag us astray, the enemy knows that sex could work as a seducer.
- b. Will you place logs in the middle of your living room and light them on fire? Certainly not.
 - i. But in its proper place, the fire box, a fire can be quite warming and enjoyable.
- c. **I Cor. 6:13** says that we are not "meant for" sexual immorality. Not intended or built for immorality.
- d. Sex outside of marriage is symbolically like a fish out of water. It will kill us. Everyone gets hurt.
- e. **I Thess. 4:3** says: It is God's will that you should be sanctified. That you should avoid sexual immorality. That each of you should learn to control your own body and live a holy and honorable life.

5. **The Blessed Union - Why Should We Wait?**

- a. Marriage and parenthood bring with them great burdens and struggles.
- b. Some very demanding sacrifices are necessary for a good marriage and family to exist.
- c. God implanted a strong drive for the opposite sex for this very reason.
- d. We, at the thought of sacrifice and burden, would be deterred from marriage if it were not so. God's way of establishing the family and preparing for Himself a kingdom is empowered through our strong sexual drives towards the opposite sex.
- e. Homosexuality, for example, is a terrific deception from the enemy. The sexual needs get met without necessity of commitment or self sacrifice!
- f. So, why should one live in self control?

6. **The Body is the Temple of the Holy Spirit**

- a. The soul as well as the body were **created by God**
- b. The body of a Christian must be kept holy. **God commanded it!**
- c. Sexual desire is a fact of life. Erotic excitement is something that we will experience. But this does not mean that we are entitled to act upon it through behaviors, thoughts and lusts. This will only stir up erotic excitement in our lives which can only be satisfied through ungodly means.
- d. When engaging in sexual behavior outside of marriage we open ourselves up for the enemy to attempt to separate our relationship. So, it is best to do the least amount of stirring and when these desires come about - do the least amount of thinking about them and they will pass.
- e. To do anything to the contrary would be **engaging in a willful act of sin and rebellion against God's will** for our lives.

7. Education Is Vital

- a. Without knowledge - people will hurt themselves without understanding it and we who know otherwise are responsible.
- b. As leaders and pastors of others it is our responsibility to educate our people.
- c. The curiosity of a young man or woman is a fact of our growing up years. It is imperative that the questions be resolved through godly sources. Parents, trustworthy persons, spiritual leaders etc.
- d. After we know the truth each one of us is accountable for our own disobedience.
- e. God looks on the heart of the man. If he is willful in pursuing sexual sin there is likely to be a greater consequence. However the consequence of sexual sin is great in any ones life and will go with them throughout their life.
- f. The next generation of young people could have a legitimate anger towards the leaders of this age. We are telling them it's ok to have sex, to engage in sexual play.
- g. If we are not telling them otherwise then by our omission we are at fault.

8. Make up your own minds.

- a. God says in 1 Cor. 10:23, "Everything is permissible -- but not everything is beneficial. Everything is permissible -- but not everything is constructive. Nobody should seek his own good, but the good of others."
- b. Deut. 30:19-20 "This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live and that you may love the Lord your God, .listen to his voice, and hold fast to him. For the Lord is your life and he will give you many years in the land he swore to give to your fathers, Abraham, Isaac and Jacob."

1 Corinthians 6:1-20

If any of you has a dispute with another, dare he take it before the ungodly for judgment instead of before the saints? Do you not know that the saints will judge the world? And if you are to judge the world, are you not competent to judge trivial cases? Do you not know that we will judge angels? How much more the things of this life! Therefore, if you have disputes about such matters, appoint as judges even men of little account in the church! I say this to shame you. Is it possible that there is nobody among you wise enough to judge a dispute between believers? But instead, one brother goes to law against another—and this in front of unbelievers!

The very fact that you have lawsuits among you means you have been completely defeated already. Why not rather be wronged? Why not rather be cheated? Instead, you yourselves cheat and do wrong, and you do this to your brothers.

Do you not know that the wicked will not inherit the kingdom of God? Do not be deceived: Neither the sexually immoral nor idolaters nor adulterers nor male prostitutes nor homosexual offenders nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God. And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

"Everything is permissible for me"—but not everything is beneficial. "Everything is permissible for me"—but I will not be mastered by anything. "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. By his power God raised the Lord from the dead, and he will raise us also. Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never! Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, "The two will become one flesh." But he who unites himself with the Lord is one with him in spirit.

Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

1 Cor 10:8

8We should not commit sexual immorality, as some of them did—and in one day twenty-three thousand of them died.

Gal. 5:19

19The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery;

Eph. 5:3

3But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people.

Co. 3:5

5Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.

1 Thess. 4:3

3It is God's will that you should be sanctified: that you should avoid sexual immorality;

Jude 1:7

7In a similar way, Sodom and Gomorrah and the surrounding towns gave themselves up to sexual immorality and perversion. They serve as an example of those who suffer the punishment of eternal fire.

Rev. 2:14

14Nevertheless, I have a few things against you: You have people there who hold to the teaching of Balaam, who taught Balak to entice the Israelites to sin by eating food sacrificed to idols and by committing sexual immorality.

Rev. 2:20

20Nevertheless, I have this against you: You tolerate that woman Jezebel, who calls herself a prophetess. By her teaching she misleads my servants into sexual immorality and the eating of food sacrificed to idols.

Rev. 9:21

21Nor did they repent of their murders, their magic arts, their sexual immorality or their thefts.

Acts 15:20

20Instead we should write to them, telling them to abstain from food polluted by idols, from sexual immorality, from the meat of strangled animals and from blood.

Acts 15:29

29You are to abstain from food sacrificed to idols, from blood, from the meat of strangled animals and from sexual immorality. You will do well to avoid these things. Farewell.

Acts 21:25

25As for the Gentile believers, we have written to them our decision that they should abstain from food sacrificed to idols, from blood, from the meat of strangled animals and from sexual immorality."

Rom. 13:13

13Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy.

1It is actually reported that there is sexual immorality among you, and of a kind that does not occur even among pagans: A man has his father's wife

1 Cor. 5:1

1It is actually reported that there is sexual immorality among you, and of a kind that does not occur even among pagans: A man has his father's wife.



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RELATIONSHIP

RELATIONSHIPS

Building Healthy Relationships

By Rev. John J. Smid



Relationship seems to be the root problem of all of the problems in our world. If we are going to be a part of the solution of the breakdown of our world, we must choose to be a relater.

I. The problem often is that we don't know how to build good relationships!

A. *Scripture clearly states that we have two basic commandments.*

B. *Matt. 22:36-40 "Teacher, which is the greatest commandment in the Law?" 37 Jesus replied: " 'Love the Lord your God with all your heart and with all your soul and with all your mind.' [a] 38 This is the first and greatest commandment. 39 And the second is like it: 'Love your neighbor as yourself.' [b] 40 All the Law and the Prophets hang on these two commandments.*

1. Sin is sin because it breaks relationship either between us and God, or between us and someone else.

2. This shows God's heart for us; that we learn how to love Him and how to love one another.

C. *John chapter 15 verse 15 – 16 says: "No longer do I call you slaves, for the slave does not know what his master is doing; but I have called you friends, for all things that I have heard from My Father I have made known to you. You did not choose Me, but I chose you, and appointed you, that you should go and bear fruit, and that your fruit should remain, that whatever you ask of the Father in My name, He may give to you. This I command you, that you love one another."*

1. I firmly believe that when I am introduced to someone I will know them forever.

2. I may get to know someone then experience something that could bring this relationship into disrepair or distance but this doesn't change the reality that I know them.

3. If you are introduced to someone new you have no earthly idea of where that relationship will go.

4. If it is someone of the opposite sex and you are single, you could be married to them someday.

5. You could end up being an employee of them, or you could become quite intimate in friendship.

6. Do you have forethought about how you will relate to others before you even meet them? Relationship ethics are needed.

II. Honesty

A. In this passage I see three basic elements in healthy relationships.

B. Jesus has called us to first of all, be honest.

C. One rule, honesty

1. Without honesty, all relationships have the potential of damage.

2. When we meet someone, if we are not walking in the spirit of honesty then we are building a faulty foundation for the relationship. We are building the relationship in fraud!

3. Jesus said that he told us everything that His Father told Him.

4. I have seen relationships go to ruin over dishonesty and lies.

a) Marriages go to separation and divorce over deception and lying to one another.

b) Song of Solomon exhorts us to deal with “the little foxes that destroy the vineyard”.

c) I believe this means to be honest with our intended or current marriage mate and to allow God to heal the wounds if not before, then during the marriage.

5. Being honest about our past is imperative if we are going to make a healthy marriage.

D. Chose our Relationships

1. We meet people that we may not choose to be around.

2. I know fully well that given my broken life, Jesus might not really appreciate all of the sin in my life and relates to me in spite of my fallenness but he chose me anyway.

3. So, what does it mean to choose our relationships?

4. When I shake the hand of a person I have just met I have the opportunity to make a choice right there.

E. How will I choose to relate to this person?

1. How will I respond to what I am learning about this person?
2. What internal and external boundaries will I put into place as I meet this individual?
3. Do you have a set of personal relationship ethics that you operate by?
 - a) I will not spend alone time with anyone until I know them well enough to trust them.
 - b) I will not ride in the car with someone that I have just met.
 - c) I will not give out my personal information until I feel safe enough to do so.

F. Relationships can be much more successful if we build them on well thought out frameworks.

1. At Love In Action we have staff/client boundaries that we follow.
 - a) We will not exchange gifts between staff members and clients.
 - b) We will not invite a client to our homes.
 - c) We have these “ethics” so that we all know where we stand and there is less temptation to confuse the purpose of the relationship.
 - d) They keep us safe and provide a respectful groundwork to build on.

G. So, do you choose your relationships or do they just happen?

1. When you have met someone new have you experienced confusion and distrust that you have to back paddle away from?
2. Choosing our relationships also allows you to make healthy decisions
3. Not everyone we meet is appropriate for us to spend time with.
4. There are those who can stumble us into temptation.
5. There are those who can be harmful for us.

H. We could find ourselves in a great big mess!

III. Relationships that Bear Fruit

A. He chose us so that we would bear fruit for the kingdom of God.

1. When we choose people in relationship it is always for kingdom purposes.

2. Sinful relationships that we get ourselves into often come from a lack of honesty, a lack of healthy boundaries, and a lack of personal choices and end up damaging us in relationship with God's kingdom.
 3. There are relationships that are designed just for fun!
 4. But there are also relationships that have a serious impact for the kingdom.
- B. When you meet someone new do you ask God for His plan for this meeting? Have you considered seeking Him for the purpose He might have in mind?
- C. Be mindful of the way sexual sin, co-dependency, chemical dependency and other addictive sins, damages relationship.
1. When I realized that I was in the habit of attaching myself to people in emotional dependence, repentance brought me to make a decision.
 2. I will no longer bring someone into my sin.
- D. Sexually, it would behoove us to make the decision that we will no longer bring another person into our sin practice.
1. If we begin to see others as people, loved by God, then maybe we will be strong enough to not involve them in our addictions, our sinful relationship practices, or our relational dysfunctions.
- E. How will God's kingdom be benefited by this meeting of someone new?
1. Will you grow as a result of this new person in your life?
 2. Will they grow?
 3. Will this relationship develop into a team of support, encouragement, or support of others?
 4. Will this new relationship become a marriage that will bear and raise godly children who will serve the kingdom of God?
- F. So, how will you handle that new person you are going to meet tomorrow? Before you do, I urge you to consider:
1. Honesty, begins with integrity
 2. Relationship ethics – make healthy godly choices about those you meet
 3. Seek first the kingdom of God in all relationships – allow Him to bear fruit in them.

Relationship Pitfalls

By Rev. John J. Smid



We can allow sin to enter into our relationships which cause serious wounding that can last a lifetime. It is very important to evaluate our relationship practice often so that we can have the best possible relationships.

John 15: 12-17

My command is this; Love each other as I have loved you. Greater love has no one than this that he lay down his life for his friends. You are friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. You did not choose me, but I chose you and appointed you to go and bear fruit – fruit that will last. Then the Father will give you whatever you ask in my name. This is my command: Love each other.

I. Relationships are built on a model of relationship based on the above Scripture.

- A. Honest
- B. Chosen
- C. Fruit Bearing for the Kingdom

II. Pitfalls:

- A. Enmeshment
 - 1. No boundaries
 - 2. Enabling negative behavior
 - 3. Denial
- B. Detachment
 - 1. Lack of honest communication
 - 2. Emotionally distant
 - 3. Excuses for busyness
- C. Critical spirit
 - 1. Scolding

2. Teachy/preachy
3. Judgmental attitude
4. Nothing is good, all is bad
5. Focus on negative behavior being all encompassing

D. Abandonment

1. Running away from the problem
2. Forgetfulness
3. Breaking commitments
4. Exclusion from activities without explanation

E. Surrogate spouse

1. Discussions that should be had with spouse
2. Leaning on for emotional or physical support
3. Assuming relational ties that are not there
4. Exclusion of spouse from relationship
5. Seeking advice for marriage issues
6. Seeking advice for sibling issues

F. Low expectations

1. Don't rock the boat in challenging goals and growth
2. Allowing them to remain as status quo
3. Oh well, we all fail
4. Ignoring their desires or goals

G. It's over now, why do we need to talk about it any more?

1. Wrap it up and put it in a box
2. Denial
3. Minimizing consequences and realities
4. Ignoring the person's experience
5. Set up for future problems

H. Lack of developing and maintaining boundaries

1. Misses teaching self care and personal stewardship
2. Ongoing wounds and brokenness
3. No protection from future violation or harm
4. Leaves family / home vulnerable
5. Enabling to addict or problem

I. Defensiveness in communication

1. Breaks healthy communication
2. Is dishonest
3. Builds relational walls
4. Promotes avoidance or relationship

J. Self pity

1. Enabling
2. Lack of accountability
3. Allows for on going over sensitivity
4. Fear of making matters worse
5. Blame shifting

K. Marshaling

1. Wounds personal spirit
2. Especially harmful for women
3. Promotes immaturity
4. Does not listen to or consider another's' situation

L. Holding others in a box/identity

1. Disallows growth
2. Promotes a project mentality
3. Labels are hard to change

M. Glamorizing behavior

1. Minimizes sin

2. Can promote sarcasm

3. Enables

N. Wearing them out with their issues

1. Insanity cycle

2. Shifts blame

3. Promotes an in-a-box mentality

4. Prevents your personal growth

III. Relationship Success

A. Allowing healthy separation for growth and maturity

1. Promotes boundaries

2. Allows rest from issues

3. Makes room for blessing

B. Willingness to seek to understand – listen to their heart

1. Lives in respect of an individual

2. Provides a rest from conflict

3. Opens the door to restoration

C. Willingness to expose yourself

1. Relate to prisoner as though you are a prisoner yourself (Hebrews)

2. Produces healthy intimacy

D. Reach with them - for their potential

1. It takes the body to see the Lord

2. Supports growth and healing

3. Works to provide the blessing Speak a true and real vision

4. Reminds of God's purpose for each of us

5. Helps to see a person, rather than an issue or project

E. Rest with each other

1. Teaches the Sabbath rest that we are called to enjoy

F. Protect their growth with you

1. Uphold boundaries that have been set
2. Maintain high expectations
3. When they can't, maybe you can

G. Check in on the relationship

1. Remain open to maintenance
2. Live with integrity and honesty
3. Honors the person
4. Periodic cleaning out is vital to maintain ongoing health

H. Be willing to speak uncomfortable things

1. At the risk of – be honest
2. We all need challenges

I. Willingness to change and to ask for a new vision for you and for them

1. As we grow, we develop more of our true selves
2. Self actualization as we develop
3. Healing becomes a mutual goal

Emotional Dependency / Defensive Detachment

By Rev. John J. Smid



The pendulum seems to swing from relational dependence to relational detachment in our lives. Finding the balance may be a lifetime work but before we can work on anything we need to develop an awareness of our weaknesses and move towards that healthy balance.

1. Are you really good for each other?

- a. Are you in any way holding someone back from their own independence?
- b. Is that person closer to fulfilling God's plan because of your supportive friendship?
- c. Is your relationship based on meeting your own needs?
- d. Are you choosing to relate to someone because of what you are getting from them?
- e. "Oh, but we have great times of prayer and our conversations are mostly centered on the Lord".
- f. Don't ever use prayer and godly conversation to rationalize an inappropriate friendship.
- g. Another danger signal is the tendency to ignore established friendships when a new and exciting "friend" comes into your life
- h. Healthy friendships cannot maintain a constant intense level of excitement.
- i. Are you surrounded by so many superficial friends and acquaintances that when you actually are in a point of deep need you have no one you can count on and trust deeply.

2. Building a Healthy Friendship

- a. Acquaintance
 - i. Occasional contact
 - ii. Each one is a divine appointment
 - iii. Freedom to ask general questions of public knowledge.
- b. Casual Friendship
 - i. Based on common interests, activities and concerns.
 - ii. Freedom to ask specific questions: Opinions, ideas, wishes and, goals.
- c. Close Friendship
 - i. Based on mutual life goals
 - ii. Freedom to suggest mutual projects toward reaching those goals
- d. Intimate Friendship
 - i. Based on commitment to the development of each other's character.
 - ii. Freedom to correct one another.

e. Types of Friends

- | | |
|---------------------------|-----------------------|
| i. Cross-cultural | The comforter |
| ii. Cross-generational | The ambivalent friend |
| iii. Activity/Hobby based | Peer |
| iv. Emotionally close | Mentor |
| v. The challenger | |

3. Defensive Detachment

- a. Mechanisms to create distance or closeness between yourself and others are often used to cut off emotionally or manipulate feelings of togetherness. Defensive Detachment may manifest itself in some unrecognizable ways.
- b. "I wish you would recognize that I am hurt and you are the one who hurt me."

4. Characteristics of a Dependent Relationship:

- a. Frequent jealousy, possessiveness, desire for exclusivity, viewing other people as a threat to the relationship.
- b. Prefer to spend time alone with the friend, experiencing frustration. when this does not happen.
- c. Becoming irrationally angry or depressed when this friend withdraws slightly.
- d. Losing interest in other friends or developing other friends outside of this one.
- e. Romantic or sexual feelings leading to fantasy about this person.
- f. Preoccupation with this person's appearance, personality, problems and interests.
- g. Wearing the others person's clothes, cologne, fashion influence.
- h. Unwillingness to make short or long range plans that do not include the other person.
- i. Inability to admit the other's faults when brought to your attention.
- j. Becomes defensive when the relationship is brought in question by others.
- k. Refers frequently to the other in conversation. Feels free to speak for the other person. Referring to the friendship as "we" or "ours" or "us" possibly referring to the two of you as a couple, or unit.
- l. Exhibits intimacy and familiarity with this friend that causes others to feel uncomfortable or embarrassed in their presence.

5. Breaking the Patterns

- a. Improper relationship practices are difficult to break, but not impossible. God has spoken very heavily on the subject of idolatry.
- b. Be willing to give up your sin.
- c. Recognize that dependent or detached relating is sin.
- d. Deal with the root problems, the hurts.
- e. Listen to the Holy Spirit's correction.
- f. Break the bonds that have formed, if deeper sin has entered the picture.

SCRIPTURES ON EMOTIONAL DEPENDENCY

*Eph. 4:17-24 So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. **Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.** You, however, did not come to know Christ that way. Surely you heard of him and were taught in him in accordance with the truth that is in Jesus. You were taught, with regard to your former way of life, to put off **your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.***

In the previous passage the word "covet" or "desire" is used in the context of sensuality.

*Gal. 5:24-26 Those who belong to Christ Jesus have **crucified the sinful nature with its passions and desires.** Since we live by the Spirit, let us keep in step with the Spirit. **Let us not become conceited, provoking and envying each other.***

The passions and desires referred to above are affections and lusts, inordinate affections. The Greek term for these includes an added word "pathema" which denotes suffering, as in the suffering produced by yielding to the flesh.

*Col. 3:5-10 Put to death, therefore, whatever belongs to your earthly nature: **sexual immorality, impurity, lust, evil desires and greed, which is idolatry.** Because of these, the wrath of God is coming. You used to walk in these ways, in the life you once lived. But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator.*

1Ths. 4:3 -8 It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God; and that in this matter no one should wrong his brother or take advantage of him. The Lord will punish men for all such sins, as we have already told you and warned you. For God did not call us to be impure, but to live a holy life. Therefore, he who rejects this instruction does not reject man but God, who gives you his Holy Spirit.

Non-Sexual Relationships that Prevent Progress

By Rev. John J. Smid



Are you looking for further resolve in your homosexual struggles but find you still feel trapped. The ex-gay plateau can be a season of your healing life that causes you to feel like giving up. Sometimes there are relationship definitions and behaviors that still involve homosexual elements but it is hard to see them. I challenge you to come to this class to seek the Lord for His insights that could help you to reach the next level of growth.

1. Overview of "homoerotic relating"
 - a. Relationships that do not have any overt sexual behavior included in them
 - b. Bad relationships do not have to be physically or emotionally dependent
 - c. Relationships that promote homosexual thoughts either in the relationship or outside the relationship
 - d. The "Harem Syndrome" - allegiance to a group leader or particular person.
2. How have you experienced this personally?
 - a. "I am different from other men so I will find someone like me"
 - b. My story of an emotional dependency with a leader in ministry
3. Elements to look at
 - a. Violation of another person's personal integrity
 - b. Physical - erotic touching, touching to fulfill a need without their permission of the other
 - c. Emotional - inappropriate attachment, inappropriate emotional bonding
 - d. "Placing your affections upon that which is not yours"
 - e. A man is never intended to "take care of" another man or "depend on" another man
 - f. This behavior is very difficult to call, it is not always clear but the effects can be just as deep.
 - g. The "Harem Syndrome" is especially difficult.
 - h. A particular attachment that "younger" (in growth) people have on another (older, or leader)
 - i. The "harem" will often have similar characteristics in common
 - j. The leader will often exhibit social quirks such as limited friends outside the group and a dependence upon the group for their social needs
 - k. The leader will often use gifts, treats, exaggerated use of compliments - to build allegiance or dependence
 - l. The ability of a person to search out the newest and most "desirable" person in a group
 - m. They always have the ability to make space in their schedule for this "new friend". They will often use excessive compliments to draw in the new kids on the block
 - n. The new kids usually need a friend and nurturer in their life
 - o. This person has often has several "new" friends in the year

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- p. They cannot figure out what is wrong with the affirmation they are giving this person
- q. Sleeping together in one bed "But we do not find this a problem"
- 4. Examples you can relate to
 - a. Man in our group
 - b. Man that came up to me at Exodus
 - c. "Specially selected" groups on the fun day at Exodus
 - d. I am worth more because:
 - i. You will relate to me
 - ii. You accept my looks
 - iii. You have authority because of your own life / experience / looks
- 5. Why is this a problem?
 - a. Stunts growth
 - b. Keeps a person feeling stuck in a failure mentality - even if they don't know it
 - c. Gives an inaccurate perspective on healthy heterosexual relating
 - d. Anything not done in "faith" will prohibit victory and security
 - e. Violation of another person's integrity equals a type of molestation or victimization
 - f. When there is an allegiance towards a leader then without the leader the person can drown
- 6. How to walk free into appropriate ways of relating
 - a. Open and honest discussion with the person
 - b. Discernment!!!!
 - c. Get down to the root issues and motives
 - d. Honesty and humility
 - e. Receiving counsel regardless of how it hurts
 - f. Break through the defenses that may come up - you may not want to let go!
- 7. How can this help you in your life?
 - a. Stimulates growth in your life - beyond the ex-gay plateau
 - b. Helps to hold you accountable for appropriate relationships
 - c. Many of these factors relate as well to opposite sex relating
- 8. Where do I go from here?
 - a. Continue learning appropriate methods of relating
 - b. Look honestly at your life and relationships
 - c. Strengthen your convictions in order to confront this issue in your daily walk

Emotional Dependency

By Lori Rentzel



Emotional dependency occurs when the ongoing presence and nurturing of another is believed to be necessary for personal security. This nurturing might come in many different forms, such as attentiveness, listening, admiration, counsel, affirmation and time spent together. Emotionally dependent relationships lead to bondage greater than most people can imagine. Whether or not physical involvement exists, sin takes place when a friendship becomes a dependent relationship.

1. Normal (healthy) Interdependency
 - a. A healthy relationship is free and generous.
 - b. Both friends are eager to include others in their activities.
 - c. They are happy when one friend hits it off with another person.
 - d. In a good friendship, we desire to see the other reach his/her full potential, developing new interests and skills.
 - e. In healthy relationships we are affected by the things our friends say and do, but our reactions are balanced.
 - f. Balance is the key
2. Unhealthy Dependent relationship
 - a. Is ingrown, creating mutual stagnation and limiting personal growth
 - b. A casual remark from the friend can send us into the heights of ecstasy or the pits of grief.
 - c. When the friend moves away, the other is gripped with anguish, panic and desperation.
3. Unhealthy (emotional) Dependency is probably taking place when either party
 - a. Experiences frequent jealousy, possessiveness and a desire for exclusive relating, viewing other people as a threat to the relationship.
 - b. Prefers to spend time alone with this friend and becomes frustrated when this doesn't happen.
 - c. Becomes irrationally angry or depressed when the other withdraws slightly
 - d. Loses interest in other friendships
 - e. Experiences romantic or sexual feelings leading to fantasy about this person
 - f. Displays physical affection beyond that which is appropriate for a friendship
 - g. Refers frequently to the other in conversation
4. Factors contributing to dependency
 - a. Common personality patterns tend to gravitate towards each other
 - i. Individual who appears to have it together and needy person
 - ii. Counselor/counselee
 - iii. In-control person with one needing direction
 - iv. Teacher/student relationship
 - v. Dependencies can form in either opposite-sex or same-sex friendships
 - b. Life situations (ex: dysfunctional families where alcoholism or abuse occurred)

- c. Unhealed hurts from the past
- 5. When are we most vulnerable?
 - a. When feeling insecure, ready to grasp whatever security is available
 - b. During life crises like relationship break-ups, death of loved one, loss of job
 - c. Transitional periods like adjusting to new job, moving to a new home, getting engaged or being newly married, starting college or becoming a
 - d. Christian.
 - e. During peak pressure periods like finals week at school, deadlines at work, personal or family illnesses, holidays.
 - f. When away from familiar routines like vacation, at a camp or conference, military service or on the mission field
 - g. During times of boredom and depression
- 6. How to avoid trouble
 - a. Recognize need for special support during times of stress
 - b. Plan ahead for our needs to be met in healthy ways
 - c. Share burdens with a prayer group
 - d. Spend more time with family members
 - e. Let friends know we need their support
 - f. Cultivate relationship with Jesus through prayer and study
- 7. Why are we prone to Dependency?
 - a. One or both people are looking to a person to meet their basic needs for love and security rather than to Christ.
 - b. There may be an element of covetousness when causes us to desire to possess someone whom God has not given us.
 - c. Idolatry - something or someone, other than God, is at the center of our lives.
 - d. We may be in a state of rebellion, refusing to surrender areas of our lives to God.
 - e. We may lack trust in God and fail to believe He will meet our needs if we do things His way.
 - f. Hurts from the past might leave us with feelings of rejection, and a deep unmet need for love.
 - g. Harboring bitterness or resentment toward those who have hurt us, we leave ourselves vulnerable to wrong relationships.
- 8. Manipulation (the glue that holds emotionally dependent relationships together)
 - a. Manipulation - attempting to control people or circumstances through deceptive or indirect means; operating in a slow or easily apparent manner, more dangerous than seems evident.
 - b. Forms of manipulation can include:
 - i. Giving gifts/cards regularly for no special occasion.
 - ii. Combining finances and personal possessions and/or moving in together.
 - iii. Wearing each other's clothing and copying each other's style of dress.
 - iv. Imitating the other person's body language, etc
 - v. Using poetry, music, or other romanticisms to provoke an emotional response
 - vi. Staring, giving meaningful or seductive looks, and refusing to make eye contact as a means of punishment.
 - vii. Flattery and praise: saying, "you are the only one who understands me" or "I don't know what I would do without you."

- viii. Conversational triggers: flirting, teasing, using special nicknames, and using secret language that only the two of you understand.
 - ix. Failing to be honest: repressing negative feelings or differing opinions
 - x. Needing "help": creating or exaggerating problems to gain attention and sympathy
 - xi. Making the other feel guilty over unmet expectations
 - xii. Threats of suicide and backsliding (all suicide threats need to be treated seriously.)
 - xiii. Pouting, brooding, cold silences: when asked "what's wrong" and emotionally dependent person might reply by sighing and saying, "Nothing."
 - xiv. Undermining relationships: convincing the other that his or her friends do not care; becoming friends with the partner's friends in order to control the situation.
 - xv. Provoking insecurity: withholding approval, picking on friend's weak points, and threatening to end the relationship.
 - xvi. Time: keeping the other's time occupied so as not to allow for separate activities.
 - c. Many of these are not sinful in themselves.
 - d. Honest praise and encouragement, giving of special gifts, and hugging and touching are important elements in healthy friendships.
 - e. We need the Holy Spirit's illumination as we examine our own hearts.
 - f. Only when these behaviors are used for selfish ends - to bind and control another and to arouse responses leading to sin - do they become manipulative.
9. Why are dependencies hard to break? There is a battle between the flesh and the spirit in every area of our lives - relationships are no exception.
- a. Gratification - gives the sense that we belong and can count on this relationship. Egos are boosted when someone admires or is attracted to us.
 - b. We can't see them as sinful. We may not be able to see how dependent relationships separate us from God. The culture we live in has taken the truth
 - c. "God is love" and turned it around to mean "Love is god."
 - d. Root problems (unhealed hurts and unfilled needs) are not dealt with. Dealing only with the surface symptom leaves the door open to future stumbling. If spiritual aspects are not dealt with thoroughly, the pattern will continue.
 - e. Those who willingly enter dependent relationships become candidates for spiritual deception. When we ignore the Holy Spirit's correction, we make ourselves vulnerable to satanic oppression.
 - f. We don't want to give up the relationship. We may say we want to get out, but what we really want is to be relieved from the responsibility of doing anything about the problem. We want to be free from the pressures of our consciences but not give up the thing that causing the problem.
10. The path out of dependency (exploring the pathway out of dependency)
- a. There is no formula (or quick fix) that leads to a transformed life. There are no ten easy steps. Change will come as we submit to God and cooperate with that work.

- i. Begin by making a commitment to honesty. Deception is broken when we are honest with ourselves. Then be honest before God.
- ii. The next challenge is being honest with another person.
- iii. Begin gradually separating yourself from your partner.
- iv. We must also allow God to work. The Lord will not overlook our prayers.
- v. Prepare for grief and depression. Letting go of a dependent relationship can be as painful as going through a divorce. If we allow ourselves to hurt for a season, our healing will come faster.
- vi. Cultivate other friendships, even if it is difficult or scary. The Lord will lead us into friendships. He knows just the relationships we need to draw out our special qualities and chip off our rough edges.
- vii. Discover God's vision for relationships.
- viii. Begin resolving the deeper issues. Bring the situation before God in prayer: "Lord, You alone know what makes me so vulnerable to dependent relationships. Show me where this need comes from and lead me out of it."
- ix. Prepare for the long haul. Sometimes victory eludes us because we prepare for the battle rather than a war. We need to gear up for long term warfare.
- x. We need to know ourselves: our vulnerabilities, the types of personalities we are likely to be drawn to, and the times when we need to be especially careful.
- xi. We need to know our adversary - the lies Satan is likely to tempt us with and how to reject them, even when they sound good to us! More than anything, we need to know our lord.
- b. A close relationship with Jesus Christ is our best safeguard against emotional dependency.

11. Emotional dependency is one of the most curable ailments known to humanity. The benefits are:

- a. Peace with God.
- b. Peace with ourselves.
- c. Freedom to minister to others

Ministry to Family and Friends

by John Smid

Ps. 127:1 *Unless the LORD builds the house, its builders labor in vain. Unless the LORD watches over the city, the watchmen stand guard in vain.* Reaching out to those struggling with their homosexual issues takes a firm foundation. Over the years I have seen many people hurt and broken relationships because the foundation was not properly laid. I hope this class will inspire you and give you some practical guidelines so that your vision will come to a reality!

I. Hearing the news!

- A. How did you hear?
- B. Did you suspect?
- C. Do others know?

II. Responses:

Betrayal
Anger
Rejection
Panic
Guilt
Bewilderment

III. The importance of responding correctly:

A love test
Remaining calm in a not so calm situation
Communicate acceptance
See the person as you have always seen him even though the news seems to change life.
It's ok to show grief, distress -- but show it for them.

IV. Helping yourself:

Learn as much as you can.
Find resources for your side of the issue
Experience your own life
Work through the grief process
 Shock, denial, disbelief
 Emotional release
 Depression and isolation
 Physical symptoms of distress

Panic
Sense of guilt
Anger and resentment
Resist returning to normal
Hope comes through
Struggle to affirm reality

V. When to confront:

The problem existed long before you heard about it, seek God's timing.
Set aside a time when you have time to have time to process correctly
Do not react to a particular situation or exposure
Have you prayed first?

VI. Offering hope:

Do you have hope for them?
Do you have hope for yourself?
Christ is the only hope!

VII. Be realistic:

What if they never change?
Are you willing to walk through some very tough times?
God may not use you to deliver the saving message.
It could take years.
AIDS is a reality.
Denial can be heard from miles away. They won't change if they are in denial.
You will not change if you are in denial.

VIII. Don't lose hope:

Who is the strongest?
Being outside the issue specifically, you may be the one who can breathe life into them.

IX. Specific situations

Father:

Expanding the issue
Accepting responsibility
How does a father react?
Are you willing to look at your own masculinity?

Mother:

Accepting responsibility
Shifting blame
A mother's rebellion against her husband
What transition must a mother/son relationship go through?

Wife:

Seeing your husband as a wounded person.
It takes two to tango!
Seeking strength outside your own life.
Should a wife stay married, separate, or divorce?
Attitudes, manipulation, emotional divorce.
How can you help yourself?

Husband:

Her history, do you know what it is?
What part did you play? Taking responsibility
This may have nothing to do with you.

X. Relinquishment, when to let go:

What does this mean?
How does relinquishment differ from abandonment?
What are some aspects of relinquishment?
Facing our limitations
Acknowledging God's ownership.
Letting go of our expectations
Giving someone the freedom God gives us.
Giving up efforts to control circumstances.

XI. Be prepared, God may use you:

God will most certainly want to use you. It is not a question.
It may not be your child that you save.
What about all those parents that don't know?

Feedback

Feedback is the process of providing information through which a person can discover the impact of his actions and words, upon other individuals or groups. (help in becoming more honest).

Since each person's behavior is his response to the other person's actions and words as he interprets them in the light of his background, experience, attitudes, need satisfaction, values, etc., it is possible that he often misunderstands and misinterprets our intentions toward him. There is no true way we can truly know what feelings we have aroused in this person unless he tells us. We may guess, but his feelings are his own, deep inside of him, beyond our command. We can not change how he feels unless he tells us. This helps us to communicate more closely with him what we had intended. Without feedback this distortion between our intentions and his response can grow even greater.

Feedback comes in different ways: Unplanned or planned.

Unplanned feedback may emerge in a number of ways:

1. Conscious - nodding assent
2. Unconscious - nodding asleep
3. Spontaneous - "thanks a lot"
4. Solicited - "yes, I did that"
5. Verbal - "no"
6. Nonverbal - leaving the room
7. Informal - hand-clapping

Planned feedback may be:

1. By reflection
2. By self-analysis
3. By coaching
4. By other persons

Getting help from feedback:

- **Reinforces-**
Feedback may confirm behavior by encouraging its repetition. "You helped me when you clarified what you were saying."
- **Corrects-**
Feedback may help bring behavior in line with intention. "It would have helped me more if you had stood up to talk."
- **Identifies-**
Feedback may help identify persons and their relationships. "Joe, I thought we were enemies, but we're not, are we?"

Criteria for helpful feedback:

- **Descriptive-**
It is descriptive rather than evaluative, leaving the individual free to use it or to use it as he sees fit. It also reduces the need for the other person to react defensively.
- **Specific-**
It is specific rather than general. To be told that one is "dominating" will probably not be as useful as to be told that "just now when we were deciding the issue you did not listen to what the others said and I felt forced to accept your argument or be attacked by you."
- **Appropriate-**
It takes into account the needs of both the receiver and the giver of feedback. Feedback can be destructive when it serves only our own needs and fails to consider the needs of the other person.
- **Usable-**
It is directed toward behavior which the receiver can do something about. Frustration is only increased when a person is reminded of something over which he has no control. (i.e. height, stature, face, length of nose, etc.).
- **Requested-**
It is solicited, rather than imposed. Feedback is most useful when the receiver himself has formulated the kind of question which those observing him can answer.
- **Timely-**
It is well-timed. In general, feedback is most useful at the earliest opportunity after the behavior (depending, of course on the person's readiness to hear it, or support available from others, etc.).
- **Clear-**
It is checked to insure clear communication. One way of doing this is to have the receiver try to rephrase the feedback he has received to see if it corresponds to what the sender had in mind.
- **Accurate-**
When feedback is given in a group, both the giver and receiver have opportunity to check with others in the group the accuracy of the feedback. Is this one person's impression or an impression shared by others?

How to get feedback:

1. Ask for it
2. Accept it
3. Ask for clarification
4. Respond to what you've heard.

Feedback can best be given:

1. In an atmosphere of trust where there is a trusting, warm relationship.
2. With concern for the other person as an individual.
3. In small bits.
4. By being sensitive to its reception.
5. When it is timely and appropriate.
6. An experience rather than supposition or interpretation.
7. When motivated by acceptance of affectionate, helping impulses.
8. When it is specific and derives from the group experience.
9. When it is kept within the group.
10. When it is requested and wanted.

Feedback can best be received:

1. When one is open and ready to receive it, and when it is requested.
2. When one is ready to change.
3. From a person who is respected by the receiver
4. When one is least defensive.
5. When it is verified by others in the group.
6. When one feels trusting of the group.
7. When it doesn't violate one's personal integrity.
8. When one is free to reject it if he wishes.
9. When it is directed toward behavior one is able to change.
10. When it is truly meant to be helpful and not punitive.
11. When it describes what the person is doing rather than placing value upon it.

How to become more able to give and receive feedback:

1. Have deeper personal relationships.
2. Have more satisfying personal relationships.
3. Learn of one's impact on others.
4. Increase the validity of one's communication.
5. Align self-image with reality.
6. Become more open to new experiences.
7. Become more unique or differentiated as an individual.

The Feedback Processes:

1. Leveling (Honesty) - Letting another person or persons know how I feel about myself. "I feel tired" or "I feel happy."
2. Confrontation - Letting another person or persons know how I feel about them. Pete: "I'm trying to be helpful by explaining it." Joe: "When you . . . I feel cut off."
3. Encounter - A relationship of dialogue between persons in which both are leveling and confronting.

Pete: "I feel afraid when people don't listen, Joe."
Joe: "I really feel inferior when I get cut off, Pete."

The Feedback Model:

Helpful feedback requires that a person be both aware of his feelings, and reveal ownership of these feelings. A model for giving feedback is:

When you (state behavior) I FEEL

-OR-

I feel / about / because

This provides data to the other person or group without arousing his defenses and leaves him free to deal with it as he chooses.

Responsibility

When I feel responsible *for* others:

I fix:

protect
rescue
control
carry their feelings
don't listen

I feel:

tired
anxious
fearful
liable

I am concerned with:

the solution
answers
circumstances
details
being right
performance

I expect the person to live up to my expectations.

I am a manipulator

When I feel responsible *to* others:

I show empathy:

encourage
share
confront
level with
am sensitive
listen

I feel:

relaxed
free
aware
healthy self-esteem

I am concerned with:

relating to the person
feelings
the person

I believe that if I just share myself, the other person has enough to make it.

I am helper-guide.

I expect the person to be responsible for himself and his actions.

I can trust and let go.

What Does **Staying Open** Look Like?

OPEN

1. Being honest
2. Expressing feelings
3. Hiding nothing
4. Using accountability
5. Receiving feedback
6. Not holding back
7. Not hiding behind images
8. Willingness to share yourself
9. Remaining vulnerable
10. Going beyond the surface
11. Loving yourself
12. Forgiving others
13. Admitting faults

What keeps us from openness?

1. Passivity
2. Fear
3. Self-pity
4. Blame shifting
5. Bad habits
6. Laziness
7. Avoiding pain
8. Lack of surrender

What Does **Keeping Safe** Look Like?

CLOSED

1. Not being honest
2. Repressing feelings, detached
3. Isolation; shame and guilt
4. Independent; prideful
5. Unwilling to receive feedback; defensive
6. No risk taking; staying comfortable
7. Holding up images; facade; masks
8. Not giving of yourself; introspection
9. Performing; not showing weakness
10. Keeping others out and distant
11. Being unkind to yourself' self-hatred
12. Judging others' being arrogant
13. Unwilling to examine self

Before Confronting One Another

Things to consider:

1. Why are you confronting the situation? What is your motivation?
2. The true character of the person
3. Your relationship with them
4. Your weaknesses
5. Their current circumstances or situation
6. God's grace with you
7. God's grace with them

Ask yourself?

1. Has this person sinned against you in their error?
2. Has this person sinned against the group / program / family?
3. Has this person sinned against themselves?
4. What feelings to you expect to be confronted in YOU as a result of this action?

Consider the outcome.

1. What do you expect to happen as a result of this confrontation?
2. This confrontation may bring about a separation from the individual or it may draw your relationship closer.
3. Do your best to leave your personal expectations outside the door.

The ultimate confrontation comes from the truth of Christ.

1. Remember, the ultimate confrontation is that of witnessing for Christ.
2. Remember it is Christ that should be seen through this.

3. Anywhere a true believer in Jesus Christ walks, there will be conflict and confrontation.
4. Personal experience in confronting relational circumstances can help us to grow in strength and confidence when we confront this world and a need for a Savior.

Some scriptures to think about.

I Peter 3:8 - Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble.

Eph. 4:3 - Make every effort to keep the unity of the Spirit through the bond of peace.

Prov. 3:30 - Do not accuse a man for no reason -- when he has done you no harm.

Prov. 25:8 - do not bring hastily to court, for what will you do in the end if your neighbor puts you to shame?

Phil. 2:3 - Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.

II Tim. 2:24 - And the Lord's servant must not quarrel; instead, he must be kind to everyone, able to teach, not resentful.

Moms and Dads – God’s vehicle to reveal himself to us



Parents model for us an image of leadership, nurturing, and identity that is designed to lead us to God and allow Him to fill in the missing elements. They are imperfect and therefore can never, no matter how they try, be God. We will always have to look to him for our identity, completeness and for our needs.

The Marred Image of the Father - by The Portland Fellowship

1. Relationship with our parent’s will impact who we are and the choices we make in life. This experience shapes the core of our identity. We will talk about the role of a father and the tainted image we tend to project onto God as a result.
2. Only God is the true representation of a perfect father.
 - a. Our earthly father calls forth our life
 - i. Initiates the creation of our physical life
 - ii. The sperm impregnates the egg
 - b. Confirms our life after birth
 - i. The father’s presence and spoken voice at our birth
 - c. Calls forth our gender identity
 - i. Speaks his blessing of our gender at the appropriate time
 - d. Calls forth and confirms our sexual identity
 - i. Models appropriate roles
 - ii. Leads in sexual education and information
 - e. Speaks forth our autonomy
 - i. Blesses our separation to our own autonomous life
3. The Role of a Father
 - a. Protection
 - b. Provides physical and emotional protection
 - c. Provides for the family’s support with food and shelter
 - d. Discipline
 - e. Corrects and teaches in the ways that are right
 - f. Mentoring
 - g. Models future relating and patterns in life
 - h. Encouragement
 - i. Provides support and encourages us as we grow
4. Parents represent the nature and character of God.
5. Fathers become a reference point for authority.
6. Fathers are a picture of God to us.
7. Earthly father’s flaws = underlying perspective of God.
8. Romans 1:20
 - a. For since the creation of the world God’s invisible qualities – his eternal power and divine nature have been clearly seen, being understood from what has been made, so the men are without excuse.
9. Broken Types of Fathering

- a. Performance-Oriented Father
- b. Passive Father
- c. Punitive Father
- d. Permissive Father

10. Performance-Oriented Father

11. Gives love as a reward for performance in areas of

- a. Chores
- b. Education
- c. Sports
- d. Success of his child is a reflection of himself.
- e. Common in our culture.
- f. Perception of God the Father: One who demands religious performance
- g. Result:
 - i. A Christian who believes he is truly loved only when he is performing well.
 - ii. His experience of love is usually sparse and fleeting.
 - iii. He believes that God punishes him when he fails to perform well because of:
 - 1. Sickness
 - 2. Laid off from work
 - 3. Personal problems

12. Passive Father

- a. Most often absent from home.
- b. Not really present when he was home.
- c. Non-demonstrative.
- d. Examples are fathers who:
 - i. Traveled constantly
 - ii. Works a lot
 - iii. Drinks too much alcohol
 - iv. Divorced
 - v. Absent
 - vi. Died at an early age
 - vii. Emotionally stoic
- e. Perception of God the Father: He is distant, non-caring, uninvolved and non-demonstrative.
- f. Result:
 - i. Difficulty getting in touch with God the Father's love.
 - ii. Women will conclude that they must have done something wrong to cause God the Father not to love them.

13. Punitive Father

- a. Gave pain instead of love
- b. Usually came through some degree of abuse
 - i. Emotional
 - ii. Physical
 - iii. Sexual
- c. Perception of God the Father: He is stern, harsh, unforgiving and unloving.
- d. Result:

- i. Fear and anger often block God the Father's love in the lives of Christians with such a perception.

14. Permissive Father

- a. Gave an excess of pleasurable things to his children instead of giving of himself in love.
- b. Extravagant gifts
- c. Permitted sensual indulgences
- d. Lack of proper discipline
- e. Perception of God the Father: He is seen as benevolent, but the genuineness of His love is questioned.
- f. Result:
 - i. Lack of discipline and boundaries causes the Christian to practice self-denial to achieve goals.
 - ii. Leaves Christian with an inability to follow through with their commitments.

15. Knowing the True Father

- a. To be able to embrace God as our Father will require laying down our broken images of imperfect parents.
- b. We were created to crave a relationship with our earthly father, whether we experienced it or not.
- c. We can have that relationship with our Heavenly Father, through Jesus Christ
 - i. Jesus reveals to us what God is like
 - ii. Perfect in His passion towards us
 - iii. Unwavering in His commitment to our well-being
 - iv. Able to touch our deepest needs.

16. Re-parenting

- a. God wants to re-parent us.
 - i. As we learn to trust Him, a new image of Him as a strong, loving Father fills the void left by our earthly father.
- b. God as Father
 - i. Deut. 1:30 – The LORD your God carried you, as a father carries his son....
 - ii. Isaiah 64:8 – Yet, O LORD, you are our Father. We are the clay, you are the potter; we are all the work of your hand.
 - iii. Isaiah 9:6 –Everlasting Father....
 - iv. John 14:23 – If anyone loves me, he will obey my teaching. My Father will love him, and we will come to him and make our home with him.
 - v. Deut. 31:6 – The LORD your God goes with you; he will never leave you nor forsake you.
 - vi. Heb. 12:10 – ...God disciplines us for our good, that we may share in His holiness.
 - vii. Psalm 56:8 – Record my lament; list my tears on your scroll.

17. We don't have to become "stuck" because of how we were treated at home.

18. God can help you to realize this and be set free from this.

The Mom Factor

By Dr. Henry Cloud and Dr. John Townsend

1. The phantom mom – a mysterious absence
 - a. Relational problems
 - i. Shallowness
 - ii. Aloofness
 - iii. Mistrust, hostility and aggression
 - iv. Overvaluation of relationship
 - v. Negative relationships
 - vi. Better an abusive relationship than none at all
 - b. Functional Problems
 - i. Avoiding risk
 - ii. Devastated by failure
 - iii. Unable to take criticism and solve problems
 - iv. Suffering from guilt
 - v. Feeling estranged from your talents
 - vi. Insecurity
 - vii. Normal conflicts become win / loose confrontations
 - c. Emotional Problems
 - i. Depression
 - ii. Feelings of emptiness
 - iii. Addictions
 - iv. Thinking problems
 - v. Hopelessness and meaninglessness
2. The China Doll mom – she'll break
 - a. Becomes quickly overwhelmed when intense emotions come up
 - b. Struggles dealing with the child and the emotions at the same time
 - c. How did your mom handle your emotions?
 - d. Results
 - i. Caretaking
 - ii. Aggressiveness
 - iii. Withdrawal
 - e. Functional Problems
 - i. Career snags
 - ii. Live problem solving
 - iii. Rigid thinking styles
 - f. Emotional Problems
 - i. Depression
 - ii. Anxiety problems
 - iii. Behavioral Problems
3. The Controlling Mom – Your life is planned
 - a. Relational Problems
 - i. Inability to say no
 - ii. Control using anger, guilt, manipulation, withdrawal of love
 - iii. Fear of intimacy and commitment
 - iv. Codependency (not allowing the ones you love to be responsible for their own problems, feelings, attitudes, behaviors and choices)
 - b. Functional Problems

- i. Disorganization (desires, goals, time and efforts)
 - ii. Not knowing what you want to do
 - iii. Delay of gratification
 - iv. Irresponsibility
 - c. Emotional Problems
 - i. Depression
 - ii. Feelings of powerlessness and hopelessness
 - iii. Addictions and impulse problems
 - iv. Isolation
 - v. Anxiety and panic
 - vi. Blaming others
- 4. The Trophy Mom – vicariously living through the child’s accomplishments
 - a. Relational Signs
 - i. Performing for others
 - ii. Narcissism
 - iii. Human Mirror – grandiose self
 - b. Functional Signs
 - i. Perfectionism
 - ii. Hiding failure
 - c. Emotional Signs
 - i. Depression
 - ii. Anxiety, shame and guilt
 - iii. Compulsions and addictions
- 5. The Still-the-boss mom – I’ll always be your mother
 - a. Relational Signs
 - i. Persistently feeling inferior to others
 - ii. Adopting a superior role and aspiring to lead and control others
 - iii. Rebellious style
 - b. Functional Signs
 - i. Afraid of disapproval and attempting to be parental
 - ii. Concerned about setting just the right goals lacking follow through
 - iii. Fearing success
 - c. Emotional Signs
 - i. Anxiety
 - ii. Depression
 - iii. Obsessive-compulsive disorder
 - iv. Substance abuse
 - v. Sexual addiction
 - vi. Impulsive behavior
- 6. The American Press mom – You represent our family you know!
 - a. Relational Signs
 - i. Mother me, please – How dare you mother me!
 - ii. Abandoning the partner
 - iii. Avoidance of adult connections
 - iv. Idealizing
 - v. Caretaking
 - b. Functional Signs
 - i. Disorganization

- ii. Developmental problems in identity and talent
 - iii. Irresponsibility
- c. Emotional Signs
 - i. Depression
 - ii. Powerlessness
 - iii. Sense of helplessness
 - iv. Addictions with mother bailing you out of the consequences
 - v. Anxiety and panic
 - vi. Being a blamer

7. For women only:

- a. Has mom been clingy?
- b. Do you feel energized by your relationship or drained?
- c. Does she represent personal autonomy?
- d. Has she gone through abusive relationships?
- e. Are you caught up in a cycle of attachment and detachment?
- f. Does she model a woman you admire or reject?
- g. Mother issues disguised as father issues (denial of dad's imperfection)

8. For men:

- a. Have you loved her
 - i. Healthy nurture?
 - ii. Healthy autonomy?
 - iii. Healthy boundaries?
- b. Have you left her?
 - i. The battle that helps you both grow
 - ii. Do you feel her permission?
 - iii. Finding your own world to be beneficial
- c. Can you / have you returned to her (and other healthy role models)
- d. Healthy bond of separation
- e. Support without being sucked back in
- f. Joy of mom without the feelings of enmeshment

9. Is this the pattern you have experienced?

10. The Solution

- a. Reconciliation between yourself and mom / dad
 - i. Forgiveness
 - ii. Be honest with reality of your life
 - iii. Get unmet needs met with others around you
 - iv. Move into mutual relationship as is healthy
 - v. Set limits
- b. Reconciliation within yourself
 - i. Accept realities and grieve the losses
 - ii. Give up your own desires and wishes
- c. Reconciliation with your safe relationships
 - i. Stay connected to healthy support
 - ii. Keep short accounts
 - iii. Value others
 - iv. Let them love you
 - v. Love them

- vi. Remain open
- d. Reconciliation to responsibility
- e. Stop denying your issues
- f. Stop blaming others
- g. Begin the journey of repair
 - i. Chose LIFE love, relationship, not DEATH, darkness
 - ii. Chose truth, not deception
- h. Reconciliation with God
 - i. Connect or reconnect with God, the Reconciler
 - ii. Ask God for forgiveness
 - iii. Search the scriptures for His truth about you and others
 - iv. Remain open to Him as your Source



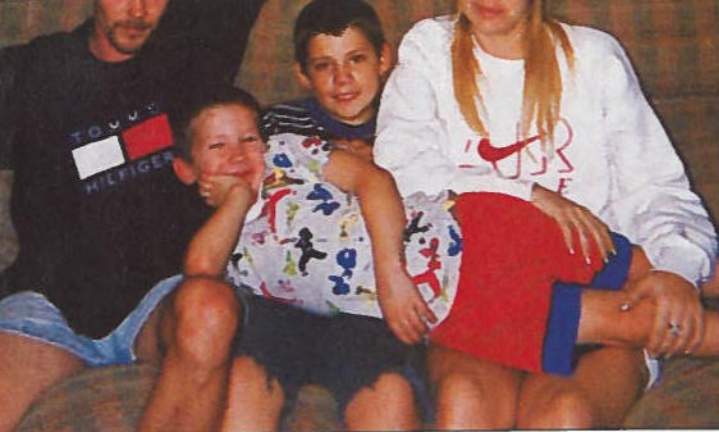
Remedies For An Economic Hangover

The slowdown is giving corporate America a headache. These four companies are getting relief by turning to management basics.

YOU'VE BEEN TO A STARBUCKS LATELY (AND 15 MILLION OF YOU WENT LAST WEEK), you may be surprised that just two years ago Chairman Howard Schultz declared that the coffee merchant was going to be an Internet powerhouse. He planned to "convert physical store traffic onto the Web" and perhaps selling All-Clad pots and pans online. Everything that used to be done by delivering an icy cold Frappuccino would be done via

in the first quarter of 2001, managers everywhere were exhorted to cut costs, pull back on projects, reduce head count. It makes sense to trim costs, but the smart way saves money without slicing into the heart of a business. Companies that slash budgets or staff by 20% across the board could be making a big mistake. "The first thing you do in a recession is figure out what you want to be when you come out," says Bob





band (with Sean, lying down, and their son Ryan, 9). "He's everything but blood."

COURTESY THE CRAWFORD FAMILY

➤ Sean (with Cihlar) served as ring bearer at his father's wedding to MiSchelle Taylor in June 1996.



came more news: She had been married all along. "I almost dropped the phone," he recalls. "I said, 'You're *what*?' "

As it turned out, Crawford was separated from Shane Crawford, now 29, the plumber she had married nearly three years earlier, but they had never divorced. Nevertheless, Cihlar was in touch with Crawford during her pregnancy. They discussed names for their child and shopped for baby clothes, but never talked about a future together. When it came time for Crawford to deliver, Cihlar was at the hospital, eagerly greeting Sean minutes after his birth. "Oh, he was adorable," says Cihlar. "The first thing I wanted to do was grab him and hold him."

Over the next 2½ years, Cihlar's relationship with Crawford—still married to Shane—remained friendly, and



ALL THE REST ARE
JUST SPORT UTILITY
VEHICLES.



Dear Pastor,

May I please take a few minutes of your time to share with you a situation that has caused me a great deal of stress the last couple months. I feel I have been wronged by a member of your church. Although I have given this person plenty of time and opportunity to respond to me in an attempt to bring the situation out into the light and resolve it, he refuses even to communicate. Therefore, for my own peace of mind and to dispel some of the rumors that may have surfaced, I feel I have no choice but to bring this matter to your attention and share with you my side of the story. I must get this out into the light where I believe only then can I receive healing.

As you are probably aware by now, Joe and I had sex this past July. Afterwards, we requested one another's forgiveness. Almost two months later, however, I'm wondering how sincere Joe is about making amends. I have repeatedly apologized to him for my part in the matter, I have offered suggestions how we might prevent this situation from repeating itself, and I have given him two different letters in which I pleaded with him to communicate and even requested that we meet with a third party to bring light to the situation and work through it. But he refuses even to talk to me. And last Sunday at church he ignored me like the plague, barely uttering a "good morning" to me and subsequently, he refused to even acknowledge a letter I later gave him requesting again that he deal with this. This is all very disconcerting to me. For reasons which I will later elaborate, if anyone has a right to feel betrayed and angry, it is me. But up until now, I have done nothing but apologize and raise the white flag. Mind you, I don't expect us necessarily to become best of buddies again, but surely he should at least attempt to resolve this matter with me if only to stifle the bitterness that is resulting from his simply sweeping things under the rug. In an effort to bring this matter to the light then, would you allow me the chance to share with you in greater detail my side of this rather complex story.

Last Easter, I visited your church for the first time in about a year. It was a time in my life when I was looking to renew my fellowship with the Lord and was exploring various churches. Although somewhat back-slidden, I was not attending your church to "put the make" on some poor unsuspecting brother. I was sincerely interested in renewing my commitment. After church, who should approach me but Joe Henry. Let me emphasize, he approached me. Immediately, Pastor, the warning bells went off. Mind you, I'm sure Joe's motives were good ones, but realizing that both our backgrounds had been in the gay lifestyle, I was suspicious of his forward manner. My suspicions were again fueled when the very next day he called me at work. Sure enough, when we finally did meet up he told me that he was indeed attracted to me and that back in his earlier years when we first met he had wanted to "fool around" but didn't because I lived in another town at the time. He told me now though that sex was no longer an option for him and even though he still found me attractive he no longer fantasized about me. And in spite of a growing attraction which I felt toward Joe, as he continued to direct me to the love of Christ, I grew to respect and even cherish our chastity.

On the one hand, I grew in the love of the Lord. I was particularly drawn to that love which I saw through Joe's non-judgmental, forgiving attitude. Joe asked me if we could be "brothers" and told me that regardless of my struggles, he'd be there to support me. He knew first-hand, he said, about being backslidden and

caught up in sin so he identified with what I was going through and wanted me to know he'd always be there for me.

Yet all this time there was a pervasive undercurrent of desire and emotional attachment that simply couldn't be denied. I warned Joe of my attractions for him, and said that I thought I was becoming emotionally dependent on him as well. He said I simply needed to stop fantasizing of him and I would overcome this. I tried and towards the end I believe the fantasies did begin to fade. Yet his phone calls and visits to my studio persisted. And to my amazement, Joe actually thought that massage was not a problem for two guys emerging from the gay lifestyle so, inevitably, we gave each other back-rubs from time to time. I was surprised at this, that a man of Joe's apparent high standing in the Lord would make such an error in judgement. I never expressed this to him, however, because I confess, I let the flesh get the upper-hand. Yet I did try to keep my distance at times because I suspected that sooner or later this frequent visits to my studio would only lead to trouble. This, too, surprised me about Joe. For someone who claimed that sex was no longer an option, he sure spent an awful lot of time alone with me in my one-room studio. On one particular occasion, though, I'd had just about enough. If it weren't for that nagging attraction that kept drawing me towards him, I believe I could have been more assertive. I have been a fool more than once in this relationship. And what gets me, Joe was well aware of my attraction for him. I warned him on several occasions. Yet he wasted no breath in requesting money to help him out with rent and other projects. On one occasion he even called me at work asking for an advance. Finally, after hearing my fill of his sad stories, I gave in. by the time it was over I was out some \$400 not including the padded tips that he gladly accepted whenever I had a meal at his restaurant.

But it's not so much the money, Pastor. Although from all appearances I'd say he took advantage of the fact that I was emotionally attached to him. But what's worse is that Joe actually pushed me away without any explanation. He had been my brother, my supporter, even my counselor, and all of a sudden I was the villain whom he simply tossed out to the wolves like some used up toy. And in so doing, it wasn't just my money that he got, he took a part of my soul with him too, leaving only just and bitterness in its wake.

But as I have been pointing out, I am not the sole villain here. As the man I looked to for counsel and support, Joe played a significant role in our fall as well. And on that fateful night, he was just as much to blame. I went to his restaurant to have dinner. Although he was very much aware of my drinking problem, he poured me at least three glasses of wine. I asked him if he'd like to stop by after work. And although the hour was late, 11:30, he did just that. I could tell he also had been drinking. (I think he even made a reference to that act and anyway, I know he is allowed to drink all the wine he wants to at work.) After accepting a back-rub from me, he made himself comfortable in my bed and told me to get him up early the next morning. Well that was the clincher. My attractions got the best of me then, and any thoughts I might have had to do God's will were snuffed out fast. I was surprised though, by the fact that the man who I so looked up to had again exercised such poor judgement. Knowing full well of my strong physical and emotional attachments towards him, he actually intended to spend the night alone with me in bed? But then, maybe he had secret desires he wished to fulfill as well. Who's to say. I won't speak for him. To his credit, he did make a couple of weak verbal protests to avoid going all the way, yet he still made no attempt to climb out of bed and go home where

he belonged. Instead one thing lead to another and...I'll spare you the "gory details."

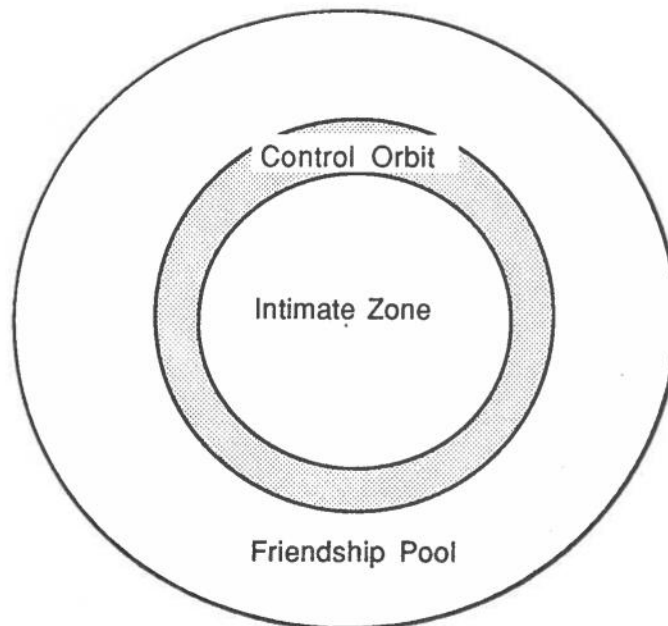
Have I finally made it clear at last that Joe played at least as much a role in our inevitable fall as I did. And if anything, perhaps the greatest responsibility rests on his shoulders. How could he turn around and leave me feeling like the bad guy. Perhaps it's his pride. I don't know. But he has left me with nothing but bitterness and pain. If only he would have handled this like an adult, come forward and worked this through that first week like I asked him to. The bitterness would never have sprouted and all this would have been behind us by now. But alas it wasn't to be. Now it may be too late. As cold as Joe is towards me these days, I guess it's time for me to let go and look elsewhere for my healing. I had been laying off alcohol for almost four weeks until last Sunday. That's when Joe muttered a greeting to me so cold I had to retreat and move to the other side of the church. And afterwards, I was so devastated that contrary to my own convictions I went out and got drunk. Praise God, I didn't remain in that state for long. Guess I'm not about to let Joe ruin my life just yet anyway. But I'm still plagued by Joe's cold grasp. I must confess, since Joe cut me out of his life, my heart has been freezing up and although I have made no effort to pursue the lifestyle, I have drifted away from the light and love of Jesus that, to his credit, Joe at one time inspired me. Why doesn't Joe forgive me especially considering his responsibility as my former counselor. Joe's actions only express rejection, not love and forgiveness. I guess actions speak louder than words, don't they.

Sincerely,
John

FIRESIDE CHAT

JUST WHAT IS AN INTIMATE RELATIONSHIP AND WHY IS IT SO IMPORTANT?

1. We are all seeking intimacy.
2. God desires intimacy.
3. "But, we can communicate such deep things. I can tell them anything." Is this really intimacy?
4. Intimacy is sacrificial giving. What does this mean in relationships?
5. Types of friends and the intimacy factor.



6. Intimate Zone
 - A. The fulfilling closeness of friendship, accountability and trust.
 1. Comforting friend
 2. Confronting friend
 3. Ambivalent friend sends you to God
 - B. Usually two to four friends fill this place

7. Friendship Pool
 - A. Acquaintances
 - B. Fun friends, workmates, fellow church mates etc.
 - C. Place to look for new intimate friends

8. Control Orbit
 - A. Fearful, protective zone we keep people in, when we are insecure
 - B. We keep people in zone by rejecting them and withholding the blessing and while controlling and manipulating them.
(possessing them)
 - B. Either we will break through the fears and let them into our world
 - C. Or we will lose them

6. How do we get through this mess?

7. The process out.

THE LETTER OF CONFESSION!

November 6, 1991

Dear Michael,

I wanted to write you just to let you know some things. I would rather talk person to person but maybe this will suffice. Your call today prompted me to communicate these things.

I am sorry for the times recently that I have been unable to respond warmly to you. I have been sorting many things out lately and you are a part of that sorting. In that inventory I have learned some very important lessons, (you might call them). I still struggled with blaming you somewhat for the separation of our relationship. I have had some sort of self gratification by holding you to be at least part to blame for the separation hoping that you would come to a "place of repentance for your part in this". In this mind set I could not see my responsibility to its fullest and therefore not allowing God to show me the root issues that He wanted me to know about.

The root issues are that Michael, the closeness that we shared since 1987 was very dear to me. I prayed for a friend and God gave me that in response. You encouraged me, stayed with me, took time out of your schedule for me at important times. You stood by me through my wedding (which I will always cherish) and in general, displayed friendship in many valuable ways. (Your interest in my life and friendship to me created a problem for me. This meant that if that changed or you left me, I could stand to lose "again" someone that was very important to me. In my behavior patterns of self protection and self sustenance I held you at bay so that you could not come too close.)

(The Lord gave me a picture of what my closest relationships looked like. It was a double circle. One inside the other representing an orbital like diagram. My closest relationships resided inside that small orbit when they should have been allowed inside the circle. I kept them inside that orbit by control, manipulation, and criticism. The manipulation gives a false sense of love, the control produces guilt of moving forward in independence, and the criticism causes a sense of rejection. Basically, it becomes sabotage to the relationship.)

Michael, I see more clearly now than before that my expectations of you

were unobtainable. I have been waiting all year for you to call, to show an interest in spending time with me, to continue to be my friend. If I were in your shoes, I would have felt much fear and lack of desire to be a friend in that situation. Who would want to be placed in the restricted and rejecting orbital position that I placed them in. I am sorry for placing you in that orbit. I have felt a great sense of loss since you chose to leave that orbit. I don't blame you one bit for that. I am sorry for the control and criticism that I place in our relationship. (Defensive detachment is as much a sin and barrier to relationships as any other form like inappropriate sexual behavior and Emotional Dependency.) My sin has hurt you, please forgive me.

Michael, I need to clear up this residue since two of my guys and maybe three will be living with you. I want them to be free to go on to their future and that involves you. I love them and want to continue my relationship with them next year and after. Having the unresolved issues in our relationship could restrict this.

When I was at the HIV support group I could not share all that I wanted to. I was feeling such a heaviness that night. I wanted to share about how I felt when you said that you were positive. That had a dramatic effect on me. I can relate to those that are friends and relatives when they find out but I responded poorly. I think that was part of my shut down. I did not want to lose you to death. I was also aware that evening, that in the state of our relationship at this time if you would get sick now, I would be miserable knowing the closeness we once had and that it was damaged and needed repair. Would it be too late? Today is the day of our salvation! Tomorrow may be too late. I shared that night the importance of relationship resolution at all cost. I was hoping that you would hear that message, but I needed to hear it myself.

I don't like writing this in letter form but maybe at this time it is best. I want you to know you mean a lot to me. I too have hurt from my sin against you. I want to repair that if God will allow. If not, I want all the sin between us to be taken care of. I am not through the woods with my behavior patterns, only aware of them and repentant of them. I will need to walk them out now. I have much restitution to take care of with many, and hopefully will not make the same mistakes in the future.

(The message in the card was deliberate and true. I had to walk through

the pride and fear in order to write that card. I even put dashes so I could discipline myself to write the truth. It has been my pattern in the past to withhold the blessing. I can't do that any more.) The last statement you spoke to me when we were together in the spring has been indelibly printed on my brain. You said, "I really am a nice person". I heard your frustration in that statement. Michael, you really are nice. You are gracious in all occasions regardless of how you feel. I have never known you to be malicious to anyone outwardly and almost always are positive and affirming or you say nothing. (A little more honesty and openness could help).

(Another thing that I learned recently is just how our relationship got off to a bad start. The flow is: comparison, admiration, envy, wrong relating. I compared myself to you, found that I greatly admired the qualities you possessed. At that point, my own insecurities kicked in and I began to envy you. This envy took hold and became a possessive control and began to break down the positive. I no longer could see those qualities as admirable but they became a threat to me. If I lost you, I lost those qualities I wanted so much for my self. It all sounds so sick but not too unfamiliar to you I am sure. We all struggle with many of the same) issues.

(Basically, Michael, I want God's best for you and your life. I am trying to learn to communicate this and not try to protect myself. I have learned that true intimacy comes when we are selfless and giving to the point of possibly being hurt. Jesus gave us the model of intimacy. I want to follow that to its fullest. I am learning, and trying. I only need the faith to walk through the fear.)