

infuse

SUMMER 2005

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When my children were little, I would play “peek-a-boo” with them. At sometime in one’s life, I am pretty certain everyone has played this game. My children would giggle and gleefully play this game over and over. The charade of hiding ones face was played with much pleasure. It gave me delight to see my children have a good time and enjoy such a simple game.

Do we sometimes play games with God? There is no doubt God wants everyone to enjoy life, but He does not want us to hide or walk away from responsibility. When playing the “peek-a-boo” game with God, it may not seem like a game at all. But putting one’s own desires first and giving excuses for neglecting one’s God-given talents can be a destructive game.

Everyone has heard the phrase “you can run, but you cannot hide.” What are you running from? Why aren’t you using your God-given talents? Each of us, both men and women, have been given gifts, and God expects us to use these gifts for His glory.

Today’s society has emphasized political correctness. Men have been oppressed and placed in a passive role. Men, wake up and be men. The world is in desperate need of men who are strong, sure and intolerant of injustice. Do not run from your responsibilities and God-given talents. The one who runs from doing what is right is the one who does not want to be held accountable.

I pray the following articles inspire and encourage. Please do not only read the articles just for men, take the time to read what is said to women. You may be surprised by what you learn.

Noni
Noni McVey
Editor in Chief

Want to
contribute to the
next issue of
Infuse?
See page 02 on
the Gals side.

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A Hunger to SERVE

By Lloyd W. Cary

A little two or three year old boy we knew many years ago, upon returning home from Sabbath Services with his parents, proceeded to tie an electrical lead cord around his neck as though it were a microphone cord and began stamping his foot and in a tiny, piping voice, cried out, "God! God! God!" He was imitating the minister who gave the sermon that day.

It seems that, from childhood, we often want to be noticed, heard, or to *be* somebody. "Children often cry gleefully, "Look at me, Mom!" We still want to be noticed by "the big folks." Looking around the congregation, it seems the minister is the hub of all knowledge and activity. It is only natural that we would like to emulate our pastor.

"If I could only give sermons or sermonettes," it is sometimes reasoned, "I could help people and live up to my fullest potential." Or, "My peers would look up to me and realize how spiritual I am!" In short, it is reasoned, sometimes unconsciously, "If only I could give sermons, I could *be* somebody."

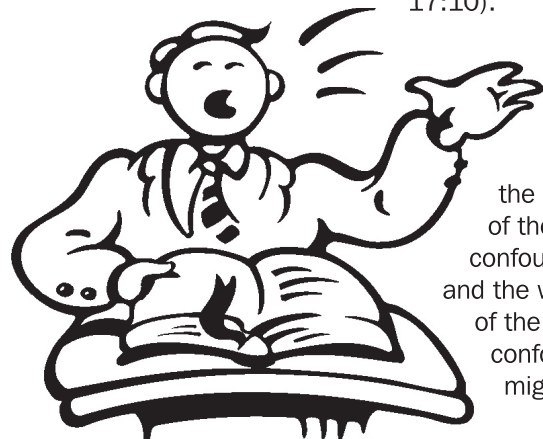
Is this true...

Can a man best serve in the church by giving sermons or sermonettes?

Let's view the matter from God's perspective.

WHO DOES GOD USE?

God is known for taking the small and making it great—for taking the ordinary and making it extraordinary. Throughout the Scriptures, God uses the small, the weak, and the inexperienced to do great things. Talents and abilities are not the prerequisites to being used by God. God's requirements are a "contrite and broken heart" (Psalm 51:17). "I the Lord search the heart and examine the mind" (Jeremiah 17:10).



In I Corinthians 1:27 we see that God uses the foolish things of the world to confound the wise, and the weak things of the world to confound the mighty. Isaiah 66:2

tells us, "... to *this* man will I look, even to him that is poor and of a contrite spirit, and trembleth at My Word." The point is made that God is more interested in a man's *heart* and *attitude* than in the talents and abilities He gives him. You see, "the humility factor" is very important to God

THE ICING ON THE CAKE

The rewards of being a true minister of God are many. Without question, there is no higher calling. However, being a spokesman for God is often a mixed bag of extreme contrasts. Despite potential blessings of leading people to Christ, the job of shepherding God's flock can be one of the most difficult, agonizing tasks there is. A minister faces the challenges of being misunderstood, coping with criticism, negativity, disappointment, betrayal, and emotional conflict. He must resist manipulation by others, dealing with satanic attack, all the while being above reproach and working out his own salvation with fear and trembling. In other words, the ministry of Jesus Christ is not for the inexperienced or for sissies! A *high* degree of maturity is required. Giving sermons and sermonettes are only the more "visible" duties of a minister—the "icing on the cake," so to speak.

It takes many years of growing, maturing, earnest, heartfelt prayer, intense Bible study and experience in many avenues of life before a man is ordained into the ministry. It is a great responsibility to teach others. The *Church of God International* has recently implemented the Ministerial Apprentice Program (M.A.P) to test, train and educate those who may be called into the ministry (see page 04).

HOW CAN I BEST SERVE?

Prepare yourself to be used of God. Not all are called to speak (read 1 Corinthians 12:27-31). If God is calling and working with you, there is a natural "hunger" and eagerness in your heart to get involved in the work of God, to help, to serve, and to do. This is good. And like the little boy mentioned earlier, it is only natural to want to imitate your minister in speaking out.

It may be well to begin by giving yourself a "spiritual checkup." Just as we may go to a doctor for a physical examination, so we need to go to God for a *spiritual* examination. Just as a physician may detect a disease in its early stages, so a spiritual examination may reveal symptoms of spiritual disease such as vanity, jealousy, lust or greed. If we fail to heed the warning signs, a spiritual disease (sin)

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M.A.P.? What M.A.P.? What Is That?

By Bill Watson

It's been said any society, organization or team is destined for mediocrity and/or decline at best; and at worst ultimate doom without investing time, money, and effort in their leadership and youth. I am happy to say this magazine and the Infuse program, in combination with "M.A.P." are contributing to secure the long-term future of The Church of God, International.

Now you may be wondering just what is this M.A.P. "thing" all about. And furthermore, why is it considered along side of our flagship Infuse? That's a good question! I'd like to explain some of that to you in this article.

For starters, M.A.P. is an acronym for the Church of God, International's Ministerial Apprentice Program. And that is exactly what it is: a Ministerial Apprentice Program. Like in most "skilled" professions, be it the construction trades, teaching, health care, engineering, science, aerospace, electronics, or a highly specialized vocation, apprenticeship is usually an important part of the educational process. It is especially valuable to those involved in vocations working with people because of the influence and affect you potentially have on a person's life.

As you can imagine, working in the Ministry is no small task. It is a highly skilled and demanding profession requiring the "apical" of professionalism. A church organization has a **social duty** to provide its supporters with the best men, most suited for service in the Ministry of Jesus Christ. Apprenticeship is an ideal method of assessing and preparing those selected. And besides, it is the exact way Jesus Christ worked with the 12 men He called to be His initial disciples. And in addition, was the pattern Paul and the other Apostles followed in establishing new congregations when the Church began.

So the Ministerial Council established a training program designed to develop our ministerial leadership after this model and decided to call it M.A.P. Since the

ministry is considered a primary "leadership ingredient" in our Church organization, they determined to start with this. The curriculum is arranged with the goal in mind of developing men, who veteran ministers recognize, and then personally take on the task to sponsor, as potential candidates, for the ministry.

In Titus 1:5 Paul tells this young minister, "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." Paul tells us two things in this portion of scripture. First, he fully intends Titus to look out among those he was serving, and if he recognized any as being qualified, he should ordain them. Then secondly, as pointed out by Paul, ordain them as he did to him (Titus).

So following the Biblical example of these "patterns" of the early Apostles and Christ Himself, the Church of God, International acknowledged this to be the best way to assure that our "ministerial leadership" would be able to live beyond the lifetimes of the present ministry. And this is why the Ministerial Apprentice Program is also an important "pillar" in this dual approach of solidifying and growing our Church and its mission of "announcing," "and teaching them [the unconverted] to obey everything I have commanded you" about the Gospel of Jesus, The Christ (Matthew 28:20).

This is an important work; that of helping the "people of the world" to better understand God and the truth of what He really expects from us as worshippers and doers of "His way." As young people, your future is filled with a variety and an abundance of opportunities, and time will tell as to whether or not these opportunities will in fact include a calling for some of you young men into the ministry of Jesus Christ. But if it does, this "M.A.P." will help you to arrive on location, on time and fully dressed for the occasion with the Armor of God in place (Ephesians 6:13-18). **i**

Semper Fidelis: *Always Faithful*

By Cpl. Barnett, T.Q.



When it comes to “motivation,” as Marines might call it, we are encouraged to draw it from wherever we can find it: family, “Suzy” waiting at home, or God. I have been strengthened as a Christian man and as a Marine through challenging years and have remained, as the Marine Corps motto states, “Always Faithful” in every way possible. Going from the high stress environment under a drill instructor’s scrutiny to lonely squad bays through training schools and deployments, and then on to the tent I am living in today, the Lord is my foundation and source of guidance. I rely on Him daily for direction and thank Him for His many blessings. In the life of a Marine it is extremely challenging for a Christian to remain faithful, but I attribute my success to the guidance of the principles of the Bible, prayer from family and self, and guidance from the Spirit.

As a Christian, I have to draw the line between the teachings of my Marine leaders and mentors and those of the Bible. When I was in boot camp, my Senior Drill Instructor, the father figure of the platoon, gave a speech before we went on a training evolution called The Crucible. Up until this point, I had taken almost everything the drill instructors

had taught me to heart. They were the perfect example of what I wanted to be: a Marine. The senior went on to say, “Your fellow Marines will always be there for you. When you are in a fighting hole and rounds are coming down range, your buddy is right next to you to watch your back. God will not be with you! There is no place for God in combat!” This was one of the lowest points in my training. The senior, “The only one who cares about you,” as the other drill instructors would put it, had led me astray. Something was lost and gained in that moment; I lost respect for the platoon “father figure” and I realized that my reliance upon the Lord, not my Marine leaders, would carry me through without compromise.

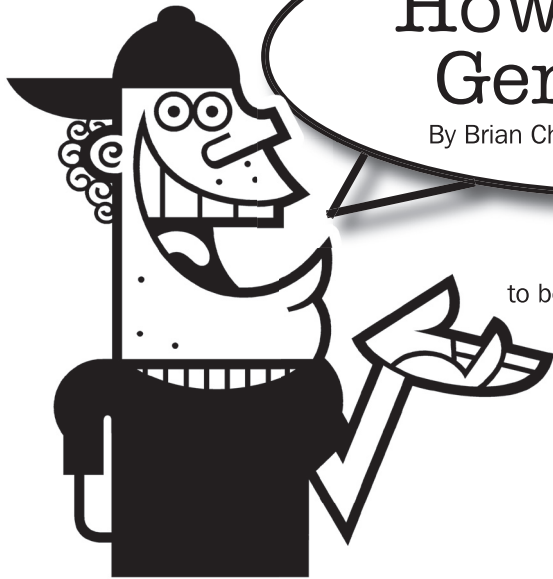
One of my greatest moments in Boot Camp, besides graduation day, was when I was faced with an obstacle called “The Stairway to Heaven.” I had a slight fear of heights and this obstacle had twisted my stomach every time I saw it. I was at the end of the line and I began reciting the scripture that had been a source of motivation for me; “I can do all things through Christ who strengthens me” (Philippians 4:13). Once I got closer, I began to say it out loud, pumping myself up. By the time I got to the obstacle, I was ready to take

it. I began climbing and I heard the drill instructors yelling. This only motivated me more and I began climbing faster, paying no attention to my fears. Once the adrenaline wore off, I realized the Senior DI was telling me to get off the obstacle; it was time to move on to the next one. I climbed down, still pumped up and motivated, realizing how God had carried me through the trial. Not only did I conquer my fear of “The Stairway to Heaven,” I did it without even completing the obstacle. It showed me that I can’t only “Do all things through Christ,” but also “He works in mysterious ways.”

Although I am not able to observe the Sabbath as a day of rest and abstain from work, I take Friday night off of my workout routine. If I do have a Sabbath off, I spend it studying a Home Bible Study Course or listening to a CGI sermon on CD. I have enjoyed The Days of Unleavened Bread in Kuwait and am able to study my Bible daily. I remain faithful in any way possible and the Lord has blessed me for it. My prayer is integral in my day, as well as much of my family and friends. The challenges I face shape my character as a Christian, a Marine, and as a man. I encourage Christian men and women to rely on the Lord and the teachings of the Bible for guidance in life. Faithfulness through hard times will strengthen one’s character and relationship with the Creator. **i**

By Peter Yu





How To Be A Gentleman

By Brian Christensen & Daniel McLean

If you want to be loved, you have to be lovable. Gentleness is love in action. Being considerate, meeting the needs of others, allowing for another person to talk and being willing to learn and grow are essential traits for both men and women. James 3:17,18 tells us that the wisdom from God is pure, peaceable, gentle, willing to yield, full of mercy and good

fruits, without partiality and without hypocrisy. James goes on to say, "the fruit of righteousness is sown in peace and by those who make peace." Being a gentleman is also being genuine and paying attention to detail.

A man can be a gentleman by doing things for other people such as helping church members move, or painting their house. Helping a co-worker with a task is another good way to help someone. Sometimes people just need to talk. One of the best ways to be a gentleman is to have a shoulder for someone to cry on. We all have problems in life that we need to talk about with someone else. It's important to be there for a friend or family member when something is bothering them.

A lot of the time people will confide small things with you. Quite often, these are just the surface thoughts of a much bigger issue. Being a gentleman is being there to listen to anyone when they have these problems. It could be a church member, a family member, friend, or co-worker. No matter who it is, it's important to listen to them. You don't really even have to have a solution to their problem. It's a healing process just to vent, and part of being a Christian and a gentleman is to listen.

A gentleman is not overly concerned with himself. We all have our own problems and issues to deal with, but part of the mission that Christ left with us is to love one another. That's a

When you hear the word "gentleman" it brings to mind several characteristics and qualities that would distinguish it from the word "man." Man is a more general classification of gender, where as gentleman, separates itself as a specific type of man.

There's the traditional gentleman. We've all heard that a gentleman opens a door for a lady. He also pulls out her chair when she sits down for a nice meal. A gentleman is polite. He never belches in front of a lady, and on the occasion that one slips past, always excuses himself. A gentleman always says thank you and please, and is attentive to all conversations. These are all the things that your grandmother taught you to do.

These are the courtesies that we dust off on prom, or when we take that special someone out for an elegant evening. But, being a gentleman is more than just opening the door for a young lady when you take her out on a date. Being a gentleman is a way of life. A gentleman exhibits exceptional qualities and character within himself and in his interaction with others. These traits closely resemble the character of our Master, Jesus Christ. Jesus is the perfect man and gentleman!

We all fall short of this perfect model, but He's always there to show us the path. It's up to all of us to walk it.

THINGS REAL MEN DO

Study the Bible

APOLOGIZE

Encourage friends

Flee immoral situations

Obey the Golden Rule

LISTEN TO OTHERS

Have concern for others

Set goals

WORK HARD

Serve others

GIVE GENEROUSLY

Trust God

Forgive others

RESPECT OTHERS

Avoid gossip

Help the church

KEEP PROMISES

Think positively

Good deeds

Save money

Stay healthy

PRAY

Stay close to God

CONFESS THEIR SINS

Run from sexual temptation

Choose friends wisely

STUDY, OBEY AND

TEACH GOD'S WORD

Keep their promises

Speak the truth

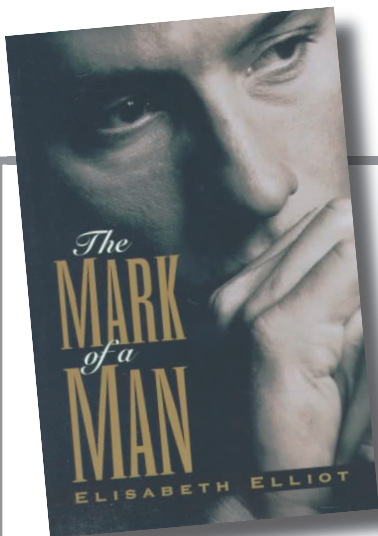
FEAR GOD

Seek God

Love selflessly

ARE PATIENT

Live selflessly



The Mark of a Man by Elisabeth Elliot

A Book Review By Tyler Barnett

It is curious that a book titled, "The Mark of a Man" is written by a woman, but Elisabeth Elliot shows her ability to define male masculinity with a Biblical perspective rather than

her own. Elliot blames feminism

for blurring the distinctions so much that Biblical definitions, roles, and responsibilities are subservient to gender equality. The anecdotes to her nephew Pete, although cheesy and out dated at times, are effective in showing the reader real world examples along with scriptures to prove her points. Elliot takes many opportunities to directly attack supporters of ideologies that contradict Biblical masculinity, so the book tends to get personal and argumentative.

The beginning of the book lays out the equalities of Men and Women: Men and Women have both been created, they were created as two complimentary elements in God's image and they are equal in moral responsibility. The following chapters explain and support the distinctions that set men apart. She expands upon scriptures that exemplify the roles of men as initiators, servants, sacrificial lovers and leaders. Elliot inspires the reader to revive chivalry and outlines the characteristics that will allow him to fulfill his roles as a Christ-like husband, father and man.

One cannot discuss the roles of a Man without mentioning the roles of a Woman. Elliot includes a checklist for what a man should look for in a woman and how men can help women fulfill their complimentary feminine roles. One umbrella concept I have taken from "The Mark of a Man" is: Be a Man. Christ embodies this concept, the Bible teaches it, and Men are called to fulfill it. **i**

••••• continued from page 03

• may set in just like a physical disease and eventually
• cripple or destroy us spiritually:

• Search me, O God, and know my heart;
• test me and know my anxious thoughts.
• See if there is any offensive way in me,
• And lead me in the way everlasting
• (Psalm 139:23-24).

• Do all you can to attend each and every Sabbath
• service. Be friendly. Get involved. Set a good example in
• word and deed. Chat with those you do not know well,
• both young and old, instead of the ones you normally
• hang around with. Perhaps you can help distribute or pick
• up hymnals. Get involved with the sound system. Ask how
• you can help.

• Set you heart on helping the preacher to preach by
• preparing yourself to listen attentively. Give appropriate
• audience feedback. Take notes and review them later.
• And most of all, pray for the preacher, for those around
• you, and for yourself. Share what you know with others.
• Pay careful attention to the Scriptures and apply them to
• yourself. Devise a prayer notebook or spiritual journal of
• God's activity in your life as well as your response to Him.
• Cultivate the attitude of availability—the state of always
• being ready for use. Then, expect God to honor your
• faithful obedience to Him.

• If you do these things you will be serving (ministering)
• as never before. **i**

•••••

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• difficult thing to do sometimes. When someone cuts us off,
• our first thought is probably not, "Well, he's just having a
• bad day and has other problems." We usually respond with
• a long train of explicatives and a not so Christian gesture.
• When you have a reaction like that, stop to think about how
• many times you might have done that to someone else.

• James 3:1-16 shows us that no one, except Jesus, is
• perfect. We all stumble and must watch ourselves carefully
• to control the whole body. Even the smallest of things
• can affect everyone. James uses examples of a horse's
• bit and the rudder of a ship. These items are very small
• in comparison to the larger, powerful objects they affect
• and control. He then explains how our tongue is a small
• member that can boast great things and defile the whole
• body. Our tongue can be like a small match that can burn
• down a vast forest. It can set a course for disaster and
• be fueled by Satan. We simply cannot bless our God and
• curse men out of the same mouth! "Who is wise and
• understanding among you? Let him show by good conduct
• that his works are done in the meekness of wisdom"
• (James 3:13).

• Being a gentleman is more than holding a door open,
• or giving flowers to someone. These actions are good,
• however, the actions of a gentleman go much further and
• deeper. To be a true gentleman, we must start by studying
• and understanding the life and character of our Lord and
• Savior, Jesus Christ. When we allow God's wisdom to mold
• and shape our character, we then become more like Christ
• and exhibit true love in our daily life and relationships.
• Being a gentleman is more than just talk. It is love in
• action. **i**

A Daughter's Take on *How to be a Christian Father*

By Jasmin Scarlett

It seems like more and more our society is discounting the importance of the role fathers play in their children's lives. Whether it is the promotion of single parenting or the feminist movement, fathers have lost their status as the foundation of the family. This shift has had tremendous ramifications for today's youth. Countless studies show that when the Father is absent from the home, children are more likely to live in poverty, have lower self-esteem and perform worse in school. With divorce rates at an all-time high, many fathers have been ushered out of the home. It is no wonder our youth are experiencing a moral crisis today.

As a daughter, I know how important my father is in my life. My dad is the glue that holds my family together. He is the pillar of strength and wisdom, the example of unconditional love and zeal for the ways of the Lord. Too often though, even in Christian homes, fathers neglect to be the leaders God requires of them.

The following is a list of ten guidelines that will help our fathers to better understand what we as children need from them.

TURN OFF THE TELEVISION AND TUNE INTO YOUR FAMILY

Spend quality time with us and get to know our lives intimately. When you have a close personal relationship with us, we will honour your guidance because we cannot bear to disappoint you. Also, for at least one meal per day, let's eat together as a family. This is the

perfect time to catch up on what is going on in each other's lives, and can set the framework for further one-on-one time.

DISCIPLINE WITH LOVE; NEVER IN ANGER

"My son, do not despise the Lord's discipline and do not resent his rebuke, because the LORD disciplines those he loves, as a father the son he delights in" (Proverbs 3:11-12).

Discipline can be as difficult to implement as it is to receive, but we need guidance and correction. Work with us to establish boundaries and appropriate punishments for crossing the line. Consistency is essential in this process; we should know in advance the consequences for breaking the rules. Discipline us with consistency, wisdom, and love.

See Hebrews 12:5-11, "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."

LEAD BY EXAMPLE

We observe your behavior every day. Before you can require godly behavior from us, you must set the example first. If we observe your zeal for serving the Lord, we will pick up on this attitude (2 Peter 1: 5-9).

TEACH THE WAYS OF THE LORD

God holds parents accountable to teach their children His ways. Fathers, as heads of the family, it is your responsibility to ensure



that your family is God-centred. We need to learn to apply godly principles in our lives from an early age, not just in church-related matters, but also to every aspect of our lives.

“Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates” (Deuteronomy 6:4-9).

If you teach us the ways of God, when we are older we will remember, and keep on the right path (Proverbs 22:6).

HONOUR YOUR CHILDREN'S MOTHER

It is through your relationship with your wife that we children first learn about relationships between men and women. When your son sees the love and respect you show to his mother, he will learn to treat women the same way when he is older. And your daughters will hold high standards in romantic relationships because we will not settle for anyone who does not treat us as well as our father treated our mother.

Do not fight in front of us. Even teenage children will personalize parental disputes that may have nothing to do with us. Show your wife love and respect and we will emulate this behavior.

SHOW AFFECTION

Hugs and “I love you” are not just for your wife; we need to feel in our hearts that Daddy loves us, so do not

be afraid to show your daughters and sons plenty of affection. “Filled with love and compassion, he ran to his son, embraced him, and kissed him (Luke 15:17-24).

BE PATIENT AND FORGIVING

Despite your love and guidance, we will make mistakes, and when we do, we need to know that you will be patient and forgiving (Luke 15:17-24).

The mark of a loving parent is the willingness to forgive.

LISTEN WHEN YOUR CHILDREN SPEAK TO YOU

Aim to understand, before trying to be understood. Fathers are traditionally the disciplinarians in the family and as such typically seek to lay down the law before listening to us to gain an understanding of why we are acting up. Especially with teenagers, if you want to be understood, you must seek to understand first! Once we believe that you care about our concerns, we will respect your wishes.

BRING YOUR CHURCH FAMILY INTO YOUR HOME

Before running out to buy the latest book on parenting, go to the elders and other parents of your church for advice. Not only will they appreciate that you are entrusting them with your troubles, chances are they've been there before and can guide you through the situation.

ABOVE ALL, LOVE YOUR CHILDREN

Where there is love, all else falls into place.

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres” (1 Corinthians 13:4-7).

Fathers, above all we just want to know without any doubt that you love us. Tell us that you love us, and show us love through your godly character. i



Web Exclusive: For articles on how to be a Christian husband, visit Infuse online at infuse.cgi.org

INTEGRITY

By Mike James

What is it and why should a Christian have it?

Integrity can mean any of the following: uprightness, virtue, honesty, soundness, uninjured state and completeness. As we take a closer look at the meaning of these words we will find many of them mentioned in the Bible.

The first synonym of integrity we will address is uprightness. Psalm 25:8 tells us God is good and upright. Proverbs 16:17 mentions the upright depart from evil.

Virtue can be defined as strength or manliness, moral excellence and chaste. Someone with virtue is not going to waver when they make a tough decision. Jesus Christ is the ultimate example of someone with virtue. His life epitomized virtue.

First Timothy 2:2 teaches we should lead a life of godliness and honesty. Philipians 4:8 admonishes us to think on honest things. Honesty is integral to integrity. When you are dishonest or lie, you are tearing a hole in the relationship you have with the person you are lying to, and you also open up a hole in your own psychological relationship as well. "One of the most painful experiences in my life was being lied to by someone I was in love with." Honesty can hurt

at times, but the pain from dishonesty lasts a much longer time.

The prophet Isaiah gives us a great example about the lack of soundness in Isaiah 1:6. Isaiah describes a body with no soundness as being full of wounds, bruises and sores. Therefore, a healthy body could be understood as having integrity. In Psalm 38:3-7, we learn that sin can lead to a lack of soundness. Sin can break down our soundness not only physically, but also mentally and spiritually. When Christian's sin, they are lacking integrity because they are not being true to their number one commitment— God.

I once heard integrity described this way. Let's say we have two balloons. One of the balloons has a large gaping hole in it, and the other has a "pin-hole." The first balloon with the large hole can never hold any air because the air will escape as fast as you fill the balloon. The other balloon will fill with air, but in a matter of moments it will quickly lie flat. The point is one balloon was really out of integrity (big hole), and the other just a little. But even when we are out of integrity just a little, the danger of losing everything over time is still there. Now some will say it is impossible to always have complete

integrity. That is true, but as Christians we have something that plugs up the holes. That is Jesus Christ in you. Without Jesus and His sacrifice for us we would have no integrity.

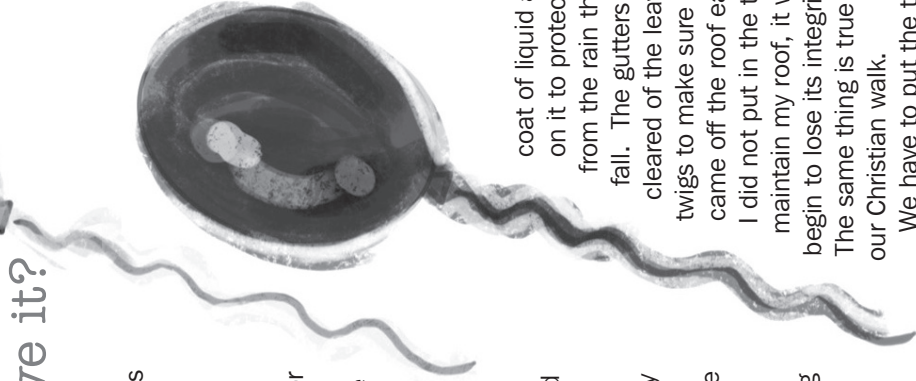
Another word I really like to use for integrity is completeness. God shows us He is complete in many ways. One of these ways is by keeping His word. God has already fulfilled many Old Testament prophecies. This is an example of being complete. Have you ever promised someone you would call or visit them and then failed to do it? How did you feel when you realized you did not complete on your word? If you are like me, you probably had an uneasy feeling about your lack of integrity. Remember though, we are made complete by Christ (Colossians 2:10).

Since integrity is such a hard thing to keep, how can we live with more integrity?

Well let me tell you the story of the flat roof on the first house I bought. You may not know this, but flat roofs have much more trouble with their integrity because when it rains water will lay on the roof for a much longer period of time than a sloped roof. Each spring I had to get on my flat roof and roll a

coat of liquid aluminum on it to protect my roof from the rain that would fall. The gutters had to be cleared of the leaves and twigs to make sure the water came off the roof easily. If I did not put in the time to maintain my roof, it would begin to lose its integrity faster. The same thing is true for us in our Christian walk.

We have to put the time into prayer, Bible study, fasting, fellowship, and good deeds in order to maintain our integrity as Christians. By putting on the full armor of God (Ephesians 6:10-18) you will be able to maintain your integrity. **i**



The Liver is the Key for Fat Loss

By George James

The good Lord created many magnificent things about the human body. One of these very magnificent things is our liver. The liver is a very critical organ with many important functions. One of its primary functions is to emulsify or break down fat in the body.

The liver is able to do this by synthesizing a liquid known as bile. After the bile is created by the liver it is stored in the gallbladder, and it is responsible for breaking down fat so the fat is not distributed all over the body.

However, the bile needs to stay healthy in order to perform this integral function. It remains healthy by receiving the proper nutrients. One of the key nutrients for the bile liquid is lecithin. Lecithin is found in eggs. Yes, believe it or not good wholesome eggs can actually help reduce body fat. Additionally, fresh lemon juice and water are two other important ingredients for the bile. These ingredients help keep the bile liquid thin. This is important because if the bile is thick it cannot do its job in

breaking down fats.

There are several reasons why the bile liquid thickens and is not able to do its job of fat metabolism. When the liver becomes overwhelmed with toxins the bile thickens and is unable to do its job in breaking down fats. First, medications are a big reason for toxic build up in the liver. The problem with many medications is that they contain many foreign chemicals that our poor liver has a difficult time breaking down. Therefore, if an individual becomes too dependent on their doctor's medication, he will eventually end up with a liver filled with waste products. The liver acts as a detoxifier for the body but can be over taxed with toxins and unable to perform all its duties.

Acetaminophen is one ingredient found in Tylenol. It was discovered in one study conducted at the University of Texas Southwestern Medical center that of 307 cases of liver injury or damage 35% had



acetaminophen associated with it as the cause of liver damage. Other medications that have adverse effects on the liver include non-steroidal anti-inflammatory drugs, cholesterol lowering drugs, anti-diabetic drugs, and triglyceride-lowering drugs.

Another item that creates a toxic liver and impedes the liver's ability to break down fat are trans fatty acids or trans fats. Trans fats can be found in processed foods, foods found at many of the popular fast food restaurants, and margarine. Too much caffeine and alcohol can also cause problems for the liver and alcohol may cause serious damage. Finally, sugar is also another product that can cause serious problems for the liver. Sugar causes yeast known as candida to flourish in the body. Then, the yeast causes sugar to form acetaldehyde, a neurotoxin that raises ammonia levels in the blood stream thus causing liver damage.

In conclusion, we can see that the liver truly is the key to successful fat loss. If we give our bodies toxins through foods and medications again and again we create a toxic liver, and it cannot do its job in breaking down fats. Instead, fats begin to accumulate throughout the body and our overall health and energy drop.

PREVENTING TOXICITY BUILDUP

Here are a few things to keep in mind in helping to prevent toxicity

buildup in the liver.

1 ■ Emphasize the best and most natural foods to the best of your ability. Put the best into your body. Do not settle for McDonald's. Do better than that. Try to seek out the counsel of a nutritionist or some good books or other resources on acceptable and unacceptable ingredients in foods. Know your ingredients, and don't just take anything available.

2 ■ Do not be a slave to medications. However, if you are currently on medication consult with your doctor on how you can maintain the healthiest liver possible. Do not simply go off your medication without your doctor's supervision because this can be very dangerous to some individuals.

3 ■ Remember that lecithin, water and lemon juice will all help in maintaining a healthy liver. Foods high in fiber will speed up transit time and rid the body of garbage. The average American consumes about 10-12 grams of fiber daily. We should consume at least 25-35 grams daily for ideal results. So for fat loss keep the liver healthy. Exercise is not enough and crash diets teach the body to store fat more efficiently because the low calories place the body in a survival mode. i

true MINISTRY

By Loren Chamberlain

One of the first things Christians need to know is you don't have to be an ordained Minister to minister! To minister means to attend to the needs and comfort of another. "To the weak I became weak, to win the weak. I have become all things to all men so that by all possible means I might save some. I do all this for the sake of the gospel, that I may share in its blessings" (1 Corinthians 9:22-23).

Paul gave us some very important principles for ministering to others. For one thing, we must do our best to find common ground with those we come in contact with. It is a big mistake to display a know-it-all attitude. We must do our best to make others feel accepted. We need to be sensitive to the needs and concerns of others and look for opportunities to tell them about Christ.

Paul chose to find common ground with everyone and those with weak consciences in order that some might be saved. However, Paul never compromised the gospel truth, the Laws of God, or his own conscience. Paul was always willing to go the extra mile to meet people where they were. He always kept his eyes focused on the goal of spreading the Good News. Paul's life focused on taking the gospel to an unbelieving world. These principles should be a part of our personal ministry, for they are just as valid for us today as they were for

You don't have to be an ordained Minister to minister!

Paul in his day.

TEAM EFFORT IS NECESSARY FOR TRUE MINISTRY

Paul explained to the church at Corinth that no one person should do everything. Paul's gift was preaching, and that's what he did. He was emphasizing the need for Christian ministry to be a team effort. No preacher or teacher is a complete link between God and His people. Likewise, no individual can do all that the apostles did. Each Christian should be content with the gift or contribution God has given him/her to make, and he/she should carry it out with a whole heart. "I appeal to you, brothers, in the name of our Lord Jesus Christ, that all of

you agree with one another so that there may be no divisions among you and that you may be perfectly united in mind and thought" (1 Corinthians 1:10).

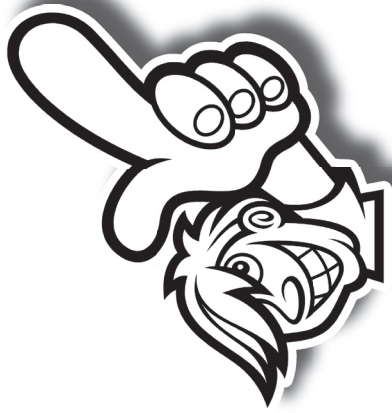
Paul was pleading to the believers to allow real harmony to exist among them and to be of one mind, united in thought and purpose. Of course, Paul was not saying they had to be exactly the same to be perfectly united. Instead, he wanted them to set aside their arguments and focus on Jesus Christ as Lord, and their mission to take the light of the gospel into a dark world.

GOD'S MESSAGE IS THE CENTER OF TRUE MINISTRY

When Paul spoke he put solid content and practical help in his messages. He did not want his listeners to be impressed with his speaking ability or his style, but with the message. Paul had no desire to impress others with his knowledge or speaking ability. "When I came to you, brothers, I did not come with eloquence or superior wisdom as I proclaimed to you the testimony about God. "For I resolved to know nothing while I was with you except Jesus Christ and Him crucified. I came to you in weakness and fear, and with much trembling. My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit's power, so that your faith might

Don't Neglect Your Gift

By Jeff Reed



Spiritual gifts are given to believers when they receive God's Holy Spirit. It is evident in 1 Corinthians 12 that spiritual gifts are given to every single Christian. This is accomplished through the laying on of hands after baptism. This is witnessed to in 1 Timothy 4:14 where Paul instructs Timothy, "Do not neglect your gift, which was given you through a prophetic message when the body of elders laid their hands on you." In this passage it is emphasized that spiritual gifts should not be neglected.

If you are a Christian and are not sure what your gift is, it is most likely because you are neglecting it. What if Michelangelo had never painted or sculpted anything? The talent would have surely been in him, but no one would have ever known it, including himself.

I have encountered many in the

Church who weren't sure if they had any gifts and if they did, they weren't sure what they were. Paul writes,

To one there is given through the Spirit the message of wisdom, to another the message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another gifts of healing by that one Spirit, to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues. All these are the work of one and the same Spirit, and he gives them to each one, just as he determines (1 Corinthians 12: 8-11).

It is evident from reading this there are many different spiritual gifts and God gives them to **everyone** in the Church.

Read the entire chapter. Paul goes on to describe how every member in the Church works together as one body. He uses the analogy of an actual human body.

Just as the parts of our body are dependant on every other part to function as a whole, so is the body of Christ, the Church. It is emphasized that no one is less significant than anyone else in service to the Church. No matter your gender, education or social status, your contribution to the Church is very important.

This model has everyone with their different talents working together to achieve one goal. That goal is clearly defined for us, "Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you" (Matthew 28:10-20). It is simply taking the gospel to the world.

Since it is evident everyone in the Church has gifts and that God uses those gifts for His purpose, how can we become aware of what the gifts are?

There are several ways we can discover the talents God has given us and they all require action.

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TIPS FOR USING YOUR SPIRITUAL GIFTS

USE YOUR GIFTS TO HELP BUILD UP THE CHURCH, CHRIST'S BODY.

"So in Christ we who are many form one body, and each member belongs to all the others." (Romans 12:5)

UNDERSTAND THAT ONE SPIRITUAL GIFT IS NOT BETTER THAN ANOTHER. THEY ARE ALL EQUALLY IMPORTANT.

"There are different kinds of gifts, but the same Spirit." (1 Corinthians 12:4)

STAY CLOSE TO JESUS.

"No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me." (John 15:4)

BE HUMBLE ABOUT YOUR GIFTS. DON'T FLAUNT THEM ABOUT OR BE ARROGANT ABOUT THEM.

"If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal." (1 Corinthians 13:1)

BE HAPPY WITH THE GIFTS GOD HAS GIVEN YOU.

"Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms" (1 Peter 4:10)

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1 If someone in the Church asks you to do something, don't be afraid to say "yes." It may be something you think you have no skills for. No matter how small or big the task may seem, if someone is looking to you for help, they think you are capable of doing the job. You will never know your gift if you never make an attempt. Say "yes" to enough people and you will quickly learn where your gifts lie. Then you will be able to focus your talents and time.

2 If you see a need in the Church, volunteer to fill it. You may not think you are capable of doing

the job. Most of us tend to underestimate our abilities. You will be surprised at what God has made you capable of achieving. Don't be disappointed if others don't see the need and turn your offer down. Just be ready to volunteer. More often than not, people are always happy when others are willing to donate their time and service.

3 Find an individual who can be your mentor. In God's Church there are plenty of people who excel at using their gifts. Offer to help someone who does a lot for the Church. I can't think of anyone who isn't willing to accept someone's offer for

assistance. By helping them you will have the opportunity to discover and grow in the abilities God has given you.

4 The key to learning your gifts is simple: "just do something!" God wants your service. He actually requires it. Read the parable of the talents in Matthew 25 and you will see what God expects of his servants. When you serve the Church, you serve Him. This is a very important facet of our spiritual growth. Using what God has given you can be very fulfilling. So don't neglect your gift, be ready and willing to use it. (See Gals page 02 for ideas). **I**

- • • • • **MEN & WOMEN WHO USED THEIR SPIRITUAL GIFTS** • • • • •
- **Timothy:** Teaching and leadership (1 Timothy 4:11-14)
- **Abraham:** Hospitality and faith (Genesis 18:1-15; 22:1-19)
- **Joseph:** Administration and leadership (Genesis 41)
- **Moses:** Leadership Exodus-Deuteronomy)
- **Daniel:** Administration (Daniel 6)
- **Peter and John:** Mercy and evangelism (Acts 3)
- **Philip:** Evangelism (Acts 8:26-40)
- **Deborah:** Leadership (Judges 4)
- **Mary:** Faith (Luke 1:26-38)
- **Dorcas:** Serving and giving (Acts 9:36-41)
- **Lydia:** Hospitality (Acts 16:13-15)
- **Elizabeth:** Faith and encouragement (Luke 1:5-25, 39-45)

continued from page 12

not rest on men's wisdom, but on God's power. We do, however, speak a message of wisdom among the mature, but not the wisdom of this age or of the rulers of this age, who are coming to nothing" (1 Corinthians 2:1-6).

According to Paul, it is not necessary to have a large vocabulary or be a great speaker to share the gospel message with others. The persuasive power is in the story, not the storyteller.

TRUE MINISTRY REQUIRES PREPARATION

Paul, after his conversion, spent many years in preparation, preparing for the ministry that God had called him to. "But when God, who set me apart from birth and called me by His grace, was pleased to reveal His Son in me so that I might preach Him among the Gentiles, I did not consult any man, nor did I go up to Jerusalem to see those who were apostles before I was, but I went immediately into Arabia and later returned to Damascus. Then after three years, I went up to Jerusalem to get acquainted with Peter and stayed with him fifteen days" (Galatians 1: 15-18).

If we are to serve others it is necessary for us to prepare just as Paul did. We need to pay close attention to the Sabbath messages we receive, study the church literature we are sent, and read the Bible on a daily basis. Doing so will enable us to give an answer for our faith, explaining to others the message of salvation, the Good News of the Kingdom of God, in other words, the Gospel message.

"Now brothers, I want to remind you of the gospel I preached to you, which you received and on which you have taken your stand. By this gospel you are saved, if you hold firmly to the word I preached to you. Otherwise, you have believed in vain. For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, that He was buried, that He was raised on the third day according to the Scriptures" (1 Corinthians 15:1-4).

If we are to live for God we must be ready to give when others take, love when others hate, to help where others have abused. By giving up our own rights for the privilege of serving others we will one day receive everything that God has in store for us including eternal life.

The apostle Paul knew that faith could not be demanded. Nor could holiness be legislated. "This is determined by God, not man." Paul's desire was to be a "helper of their joy." We should have the same attitude that Paul had. "Not for that we have dominion over your faith, but are helpers of your joy: for by faith you stand" (2 Corinthians 1:24). **I**

Searching for Your Self-Worth

By Shey Smith

Do you ever wonder how much you are valued as a person? Many of us may struggle at times to realize our self-worth, often due to a dip in our self-esteem. So where does one find their self-worth? Today's world might define self-worth as a net of your financial assets and liabilities, or in terms of how many people you know, or how highly you think of yourself. Scientists say that the elements that make up our body are worth about \$24.

As Christians however, these evaluations are meaningless in trying to find our self-worth. To begin, let's look at how I like to recognize self-worth in less materialistic terms.

I find my self-worth is positively influenced in many ways:

- Being a blessing to others
- Having a supportive family and friends
- Having good judgement
- Continually learning and improving skills, knowledge, relationships and personality traits
- Integrity
- Respect
- Achievements
- Knowing that Jesus Christ died for our sins

The opposites of these can negatively affect one's self-worth evaluation:

- Loneliness
- Depression
- Failure
- Weak faith

These variables can be related to God's Word by three sources of self-worth: Love, Faith & Hope, Wisdom, and Zeal. Let's explore some scriptures to shed some more light on this topic.

LOVE, FAITH & HOPE

In 1 Corinthians 13:1-12, Paul spends the entire chapter describing Love as the greatest quality one can possess. Love includes supporting our brethren, family, friends, and even strangers, selflessly. In addition to this, we see that Paul includes Faith & Hope at the end of the chapter (verse 13). We know that Faith & Hope are the foundations of our day-to-day Christian lives, and without them, it is impossible to please Him. Peter also states that our Faith is worth more than precious gold (1 Peter 1:7).

ZEAL

Philippians 3 provides excellent motivation for our third source of worth, Zeal. This chapter demonstrates the tireless diligence needed to become more and more like Christ, by getting to know Him better. Verses 7-11 summarize the importance of becoming one with Christ, and achieving our ultimate goal, salvation. Paul prays in Colossians 1:9-10:

...We ask God to give you a complete understanding of what he wants to do in your lives, and we ask him to make you wise with spiritual wisdom. Then the way you live will always honor and please the Lord, and you will continually do good, kind things for others. All the while, you will learn to know God better and better.

Just as we were created in God's image, we must continually mold ourselves after Christ's example as our way of life.

God values us more than we could value any amount of money; our worth is immeasurable! Deuteronomy 26:18, tells us that we are God's "treasured possession." Amazing! Our awesome God, who has unlimited power, majesty, and glory, finds us to be valuable. If ever we are looking for a price tag of how much we are worth, consider that "we were bought by the Blood of our Saviour," Jesus Christ even before the world began!

Long ago, even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. His un-changing plan has always been to adopt us into his own family by bringing us to himself through Jesus Christ. And this gave him great pleasure. So we praise God for the wonderful kindness he has poured out on us because we belong to his dearly loved Son. He is so rich in kindness that he purchased our freedom through the blood of his Son, and our sins are forgiven." (Ephesians 1:4-7 NLT) **i**

WISDOM

Wisdom is our next source of worth. The Bible beautifully explains the importance and value of Wisdom in our lives. Proverbs 4:7 tells us to seek Wisdom first, "Getting wisdom is the most important thing you can do! And whatever else you do, get good judgment" (New Living Translation).

Moreover, in Proverbs 20:15 and Job 28:18, Wisdom's true value is portrayed. Wisdom includes the previous example of having good judgment, which is also related to key qualities of leadership and integrity.

infuse

SUMMER 2005

Gals

03 **FELLOWSHIP OF SERVICE** *How today's woman can serve her church and community.*

05 **WHO, ME? SERVE?** *Do we really need to serve those "in the world"?*

06 **MENTORING** *Older women have the responsibility to mentor younger women.*

07 **THE ROLE OF CHRISTIAN WOMEN IN PAUL'S DAY** *Women of the Bible who helped spread the gospel.*

08 **ELIZABETH: A WOMAN OF FAITH** *How we can learn from women of the Bible.*

09 **SHOPPING FOR MODESTY IN EGYPT** *What God says about the way we dress.*

Flip the magazine over for the Guy side!

Features

10 **INTEGRITY** *What is it and why should a Christian have it?*

11 **YOUR BODY: THE LIVER** *The key for fat loss.*

12 **TRUE MINISTRY** *You don't have to be an ordained Minister to minister.*

13 **DON'T NEGLECT YOUR GIFT** *The Church of God is depending on you.*

15 **SEARCHING FOR YOUR SELF-WORTH** *The three sources of self-worth.*



When my children were little, I would play “peek-a-boo” with them. At sometime in one’s life, I am pretty certain everyone has played this game. My children would giggle and gleefully play this game over and over. The charade of hiding ones face was played with much pleasure. It gave me delight to see my children have a good time and enjoy such a simple game.

Do we sometimes play games with God? There is no doubt God wants everyone to enjoy life, but He does not want us to hide or walk away from responsibility. When playing the “peek-a-boo” game with God, it may not seem like a game at all. But putting one’s own desires first and giving excuses for neglecting one’s God-given talents can be a destructive game.

Women, do not de-emphasize your potential through unhealthy comparisons to other women or men. Do not think you are off the hook because you are a woman and therefore cannot minister to others. You are a one-of-a kind creation. God is patiently waiting for you to develop the skills He has given you, so in due time He will be able to put you to work for Him. The enormity of gifts, talents and opportunities God has put within each woman’s reach is amazing.

The ministry of Jesus Christ was about redeeming love and our Savior; Jesus Christ showed women tremendous love. He healed, befriended, debated and included women in His ministry. Think for a moment about the world Jesus lived in, it will help you appreciate how important women were to Him then and certainly are today.

I pray the following articles inspire and encourage every woman to take her place in serving God, family and community. Please take the time to read both the articles for women and for men. You may be surprised by what you learn.

Noni
Noni McVey
Editor in Chief

How You Can Contribute to the Fall 2005 Issue of *infuse*

Here’s your opportunity to use your God-given talents to serve! Don’t think your a writer? You may be surprised with the gifts God has blessed you with when you try (see page 13, *Don’t Neglect Your Spiritual Gift*).

We’re looking for articles, short stories, artwork, poetry, essays, personal experiences and reviews from you.

Maybe your a graphic artist. You’re needed to create clipart to correspond to the articles. Contact Noni McVey (see below) for details.

TOPIC:

The definition of “Purpose” is the object toward which one strives or for which something exists; an aim or a goal. God is the master architect of life and each of us must consult with Him about our life. The next issue of *Infuse* will address the purpose of life and how God does care about each of us reaching and/or exceeding our goals. One of the greatest challenges in life is learning how to line up our ambitions with the plans God has for our lives right now.

GUIDELINES:

1. All submissions must be sent electronically as an email attachment, in the body of an email sent to noni@cgi.org, or mailed on a disc.
2. Articles should be approximately 750-1,000 words.
3. All articles should center on the topic as described above. Poetry can be on any topic.
4. If you are interested in contributing please contact Noni McVey by writing to noni@cgi.org or call 831-625-0231 to guarantee no one else is writing the same article.
5. See the *Infuse* website (<http://infuse.cgi.org>) for more submission guidelines and a complete list of article ideas.

DEADLINE: All submissions must be received by **August 1, 2005**.

Fellowship of Service

By Noni McVey

How does today's Christian woman serve her church and community? The opportunities open to women for ministry are unlimited. But first, every woman should be encouraged to find her place of ministry within the body of Christ and then be allowed to practice in the fellowship of service. But where does one begin?

Christ never made a woman to be one of His 12 disciples, He did not tell a woman to "feed my sheep" and He did not choose a woman to be an apostle. Yet, women played a very important role in supporting Christ's ministry and in the New Testament church. Jesus' very attitude toward women supports the fact that God has a place and a plan for every woman in His Kingdom. Jesus elevated women from degradation and servitude to fellowship of service.

In Matthew 26:1-13 and John 12:1-3 we read about Mary anointing Jesus' feet with a pint of expensive perfume and then wiping His feet with her hair. The fragrance filled the

entire home. The disciples were all indignant about Mary's action. They believed it would have been better to sell the perfume and give the money to the poor. Note that Jesus did not scold Mary for what she had done, "I tell you the truth, wherever this gospel is preached in all the world, what this woman has done will be told and people will remember her." Mary was a woman who was not afraid of expressing her love for Jesus. She was not consumed with what the disciples would think and she was determined to seek the will and heart of her Lord. Jesus found her extravagant act of adoration a beautiful thing.

It is apparent Paul understood the message Jesus gave and the equality of women is affirmed before God when Paul wrote in Galatians 3:28, "There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female: for you are all one in Christ Jesus."

Women are excluded from the authoritative teaching role of pastor or elder (I Timothy 2:11-12; I Corinthians

14:34) but, women are included as "fellow workers" in Romans 16:3, 6 and 12.

Priscilla was a servant, leader and a team player. She moved with her husband, Aquila, between Rome to Corinth to Ephesus and back again. At each location Priscilla served all those she came in contact with. Priscilla was hospitable, kind and with great joy spread the gospel and nurtured the church.

Priscilla and Aquila, with quiet wisdom, instructed the preacher Apollo's from Alexandria who had not heard about Jesus' life, crucifixion, resurrection or the Holy Spirit. They were friends to Paul and their home was a place of refuge for him. Many believers came to Priscilla's home, which was a warm and safe place, to be trained and educated in the truth. Priscilla was a spiritually mature woman. She and her husband were a team that played a vital role in building the early church.

where to begin



PRAY
pray daily. Go to God in prayer and ask Him to show you the gift(s) He has given. Maybe you know who you are and what your talents are. Ask Him in prayer to open the doors and show you how to use those talents and gifts. Ask Him to help you be alert to the opportunities to serve Him.

STUDY
study the Word of God. If your desire is to be blessed and used by God, then you will seek to find time to spend in the Scriptures. The

foundation to sustained growth in Christian living and discernment is found in regular and serious Bible Study. "Blessed is the man that walks not in the counsel of the ungodly, nor stands in the way of sinners, nor sits in the seat of the scornful. But his delight is in the law of the Lord; and in his law does he meditate day and night" (Psalm 1:1-2).

ASK
ask your spouse or a good friend what gifts he/she you possess. Sometimes others see your gifts better than you do.

TALK
talk to your minister about where he sees opportunities for you to serve in the church.

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continued from page 03

spiritual gifts in action

Your gift(s) have been identified, now how do you put them into use?

- 1.** Begin by remembering your gifts were given to you by God—He owns the gift. God will empower you with His Holy Spirit to serve and minister beyond what you could ever imagine doing. It is His strength and power, not your strength. Your ministry should be a reflection of His splendor not your ability.
- 2.** Be committed to using your gift(s) for God’s service and not for your own personal satisfaction or success. God gives us gifts and abilities so we can serve others, as well as give a part of ourselves to Him.
- 3.** Evaluate what your motive is. It should never be just to get things done, but rather to help others know the Gospel of Jesus Christ and to have a part in building His church.

places to serve

Women are not in competition with other ministries or men. Wherever God calls a woman to serve, this is her ministry. Every woman can pray, evangelize, teach, counsel, and serve. Too many Christian women today believe they are only serving if the service is taking place in their local church. Ministry to others is not exclusive to church members. True ministry is motivated by a loving concern for people in all walks of life. Your neighbors and your community are all in need of Christian service.

Below is a small list of suggestions that may help you get started in finding your fellowship of service.

Spiritual Gift	Service
Leadership	Help with congregational activities or assist in planning Infuse at the Feast of Tabernacles.
Evangelism	Share the gospel message with family and friends.
Prayer	Form a women’s prayer group. Women ministering through praying together.
Writing	Write articles for Infuse (see page 02), Sabbath School lessons for the Feast of Tabernacles and church website, or articles for the SKY Newsletter.
Teaching	Teach Sabbath School at weekly church services or at the Feast of Tabernacles. Hold women’s Bible Studies conducted by and for women.
Cooking	Teach meal preparation to younger women.
Listening/Counseling	Minister to victims of abuse.
Artistic	Create artwork for Infuse or activity pages for Sabbath School lessons.
Creative	Make blankets for charities. Create craft projects for Sabbath School lessons.
Musician/Singer	Provide music at church and/or convalescent hospitals.
Computer Savvy	Assist with updates and content for your church’s website.
Service	Serve in a soup kitchen, food pantry or a clothing bank. Be ready to help in times of disaster. Minister to men and women in the military through letters and care packages.

God has a plan and purpose for every woman and it is not to sit and be silent, but rather to be participating in the fellowship of service. There is no small job in the ministry of loving and serving one another. “Each one should use whatever gift he has received to serve others, faithfully administering God’s grace in its various forms” (1 Peter 4:10).

It is your responsibility as a Christian woman to find out what your God given gifts are and then put them into use to serve others. **i**

Who, Me? Serve?

By Ruth Kerr

Way back when I was a knock-kneed Brownie, we recited a pledge at our weekly meetings:

I promise to do my duty
To God, the Queen and my country
To help other people every day
Especially those at home.

The folks at Brownie headquarters meant well. They drummed the pledge into our heads in the hopes we would grow up to be helpful, civic-minded individuals who picked up litter and organized community events.

Looking back, that old Brownie pledge sounds suspiciously, well, Biblical. Look at Galatians 6:10, “Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.” Or what Paul says in 1 Timothy 6:18, “Command them to do good, to be rich in good deeds, and to be generous and willing to share.”

We have heard lots of sermons about serving in the church. But, what about serving in our community? Do we really need to worry about those “in the world”?

Jesus was fairly blunt on this subject: “If you do good to those who are good to you, what credit is that to you? Even sinners do that...But love your enemies, do good to them,

and lend to them without expecting anything back” (Luke 6:33-35).

A LITTLE CAN GO A LONG WAY

You may think there is little you can do to serve the community. You may not care to start a petition to clean up the environment or bike across the country to raise money for cancer. Sadly enough, the need in our communities is so great that even the simplest task can make a big difference.

Let’s say you decide to spend half an hour a week mowing an elderly person’s lawn, or taking a fatherless child for an ice cream cone. These are simple things; not exactly a huge sacrifice on our part. But to an elderly person who can barely make it up the stairs, or to a kid who is continually brushed aside, these acts are monumental. It’s not uncommon for people in our society to go for weeks without receiving a single act of kindness. Ironically, these are the people who need kindness the most.

There are so many things you can do to impact your community. You could organize a litter clean-up party in your neighborhood; write an article for your community newspaper; volunteer at the next civic or amateur sporting event—or help out with your local Brownie troop.

SERVING HAS ITS OWN REWARDS

Serving in the community can be hard work, but it’s also exciting. You’ll uncover hidden talents, make new friends and have fun. You’ll also discover an incredible spiritual reward.

Let me explain with this example: Every Thursday night I visit a 91 year-old woman and we read the local newspaper. Marian is blind and a little hard of hearing, so I end up reading the newspaper at the top of my lungs. But she has a terrific sense of humor and tons of great stories. She’s given me advice on everything from cooking chicken to dealing with stress. She’s taught me about what’s really important in life.

The truth is, I don’t help Marian. She helps me.

Perhaps God designed it that way. In giving to others, we receive in ways we could never imagine. We serve God by serving others (Matthew 25:37-40), and often we are the ones who benefit the most.

Jesus said it best, “Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.” (Luke 6:38). **i**



MENTORING

By Patricia Chamberlain

What does the word “Mentoring” mean? And how does one be a successful Mentor? Webster says, “A Mentor is a wise adviser, a trusted teacher and counselor.” This description tells us that not just anyone will be capable of fulfilling the duties of a mentor.

Usually, wisdom rides on the head of an older person. Trusting in someone comes with communication over a long period of time. When you find someone who has wisdom, who is trustworthy, and also has the ability to teach good things, you will have found much more than a friend for life, you will have found a “Mentor.”

PAUL'S INSTRUCTIONS

The apostle Paul makes clear that before an older woman can teach a younger women, the older woman must have been taught the proper way to live, be living it and have control of her own life. Then that woman qualifies to encourage and show by example how to do what is meaningful and right in the eyes of God.

A younger woman in turn, one who has studied and learned the principles of God’s Word, has the ability to mentor a younger sister or friend. Mentoring is not just telling someone what to do. It is showing the way by example and encouraging others to follow. “Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. Then they can train the younger women to love their husbands and children, to be self-controlled, and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God” (Titus 2:3-5).

This list emphasizes first what young wives and mothers are to be, and then only secondarily what they are to do. They are to be (1) lovers of their husbands; (2) lovers of their children; (3) self-controlled; (4) pure; (5) busy



at home, that is domestic, working at home; (6) kind; and (7) subject to their husbands.

REFLECTIONS ON MENTORING

Some questions younger women may have could be as simple as:

1. How do I plan and manage the household budget, food, purchasing basic linens etc.?
2. What are some special ways to show my husband and children I love them?
3. How do I entertain and be hospitable?
4. How do I prioritize my responsibilities?
5. An unmarried young lady may need guide lines for dating.
6. A young mother might need help or encouraging words of “how to” care for and feed her baby—especially if she lives far from her own mother.

When you begin to look at the qualities Paul is telling us that should be manifested, you begin to realize how important the job of a Mentor is, and how careful a young woman will need to be in selecting a mentor.

The most amazing things can happen when you least expect them. If you have lived a life of doing your best to serve God and your fellow man, one day, out of the blue a woman will come and say to you, “Thank you, you

“...they can train the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God.”

Titus 2:4-5

have helped me so much by your example!” You will be surprised, and give thanks to God for the way He has led you on in life’s journey.

My greatest joy has been the opportunities to give encouragement, some advice and consistent example to my daughter and granddaughters. One particular joy this year was to have my oldest granddaughter put her hand to making unleavened bread “as thin as Gran’s!” The mantel of this important Holy Day event, “making unleavened bread,” is passing on to her!

MARKS OF A REAL MENTOR

A mentor should be a best friend. A mentor, preferably, should not be a person your own age, but older and wiser when it comes to life. Real friendships involves face-to-face honesty.

Real friendships also involve loyalty. What kind of a mentoring friend would you be, if you had the chance? There is a vast difference between knowing someone well and being a true mentoring friend. The greatest evidence of a genuine mentoring friendship is loyalty, which loves at “all times.” In 1 Corinthians 13:7 one reads the importance of being available to help in times of distress or personal struggles. Too many people are fair-weather friends. They stick around when the friendship helps them and leave when they’re not getting anything out of the relationship. Think of your friends and appraise your loyalty to them. Be the kind of true mentoring friend the Bible encourages.

Jesus Christ is our Lord and master, yet he calls us His friends. How comforting and reassuring to be chosen as Christ’s friends.

Real mentoring involves a loving relationship. We are to love each other as Jesus loved us. Sometimes being a mentor involves the simple practice of listening, helping, encouraging and giving. Most young women at sometime or another could use the help of an older wiser, loving and mentoring friend.

Just one more thing: Mentoring does not mean everything you suggest will be accepted and acted upon. Realize each and every one of us must be free to make our own decisions. Therefore, a mentor will have some success and some failures—this is life! **i**

THE ROLE OF CHRISTIAN WOMEN IN PAUL’S DAY

By Margie Marang

There were a lot of women in Paul’s day that helped not only Paul but some of the other ministers in there job of spreading the gospel. Below is a list of those women. I encourage you to look up the scriptures for each.

Lydia: Acts 16:11-15; Acts 18:1-4, 18, 24-26

Many Women: Romans 16:1-23

Euodia and Syntyche: Philippians 4:1-6

This is not all, but it’s a good start. Most women were helpers along with their husbands, or several women would work together helping Paul in his service for God. Some women were teachers. Women in the New Testament were not spectators. They played an active vibrant, and vital role in the day-to-day function of the church.

Acts 2:17-21 says,

“In the last days, God says,
I will pour out my Spirit on all people.
Your sons and daughters will prophesy,
your young men will see visions,
your old men will dream dreams.
Even on my servants, both men and women,
I will pour out my Spirit in those days,
and they will prophesy.
I will show wonders in the heaven above
and signs on the earth below,
blood and fire and billows of smoke.
The sun will be turned to darkness
and the moon to blood
before the coming of the great and glorious day
of the Lord.
And everyone who calls
on the name of the Lord will be saved.”

This scripture says God pours out His Spirit on the women as well as on the men. So we see, in Paul’s day God not only used the men to spread the gospel out but the men received a lot of help from the women in the churches. **i**

Elizabeth:

A WOMAN OF FAITH

By Elizabeth McVey

There are times in life when things don't go as expected. It can be heartbreaking and sometimes pushes a person away from God. It can seem that God's promises are far away and makes it difficult for us to stay faithful to God.

Elizabeth is a great example of a woman of the Bible who stayed faithful to God. Today, we can learn from her example and apply her faith to our lives, no matter what our circumstances are. When God makes a promise He is going to keep it and God can do anything!

Elizabeth's name means, "God is my oath." She was a descendant of Aaron and a woman the Bible calls, "upright in the sight of God." She was married to Zechariah. Elizabeth followed all of God's commandments blamelessly. She did her best to obey God and do what He wanted her to do. She was the first to acknowledge Jesus as Lord.

The story of Elizabeth can be found in Luke 1. She was barren, which in those times was looked down upon. A woman's worth was judged by her ability to have children. She and her husband were growing old and thought they would not be blessed with children. It seemed impossible. One day an angel of the Lord appeared to Elizabeth's husband, Zechariah. The angel told Zechariah Elizabeth would give birth to a son and he was to be named John. She became pregnant and immediately

exclaimed, "Look what the Lord has done for me! My people were ashamed of me, but now the Lord has taken away that shame" (Luke 1:25). Elizabeth gave all of the praise to God. She knew He had done this and did not doubt God.

When Elizabeth was in her sixth month of pregnancy her relative, Mary, came to visit. "When Elizabeth heard Mary's greeting, the unborn baby inside her jumped, and Elizabeth was filled with the Holy Spirit. She cried out in a loud voice, 'God has blessed you more than any other woman, and he has blessed the baby that you will give birth to'" (Luke 1:41-42). Elizabeth could have been upset or jealous that she was not chosen by God to give birth to Jesus, but was not. Instead, Elizabeth was filled with joy and excitement for Mary and for her Savior. She praised God and supported Mary.

God had a plan and Elizabeth knew that. No blessing or person is too small or insignificant. Elizabeth knew her purpose and was happy to fulfill it. She continually praised God for the blessing she was given and the opportunity to do her part.

"Blessed is she who has believed that what the Lord has said to her will be accomplished" (Luke 1: 45). Elizabeth never doubted God and what He said He would do. She was blessed with giving birth to a son named John. Elizabeth praised God for her blessing. This is the attitude in life you should have.

Let's pretend a friend of yours just got engaged. You are far from being engaged and getting married, but that is what you want for your life. Don't be jealous of your friend

A PROVERBS 31 WOMAN IN TODAY'S SOCIETY

She...

works hard and does her personal best.

ISN'T LAZY.

doesn't gossip.

doesn't lie.

IS TRUSTWORTHY.

gets along with people.

expands her mind and learns new things.

MAKES WISE CHOICES.

Her family is proud of her.

helps others selflessly.

GIVES TO THOSE IN NEED.

is sincere.

READS GOD'S WORD.

Her beauty comes from within.

SETS AN EXAMPLE FOR OTHERS TO FOLLOW.

is dignified.

has faith in God.

IS HUMBLE.

is patient.

is loving and kind.

and ruin the exciting time in her life. Instead be excited for her and share in her joy. Go to God and ask Him to bring that same joy into your life one day and thank him for the blessings you do have now.

This could also apply to your job. You have a friend at work that has just been promoted and you haven't. You might not understand why you haven't been promoted because you work just as hard as your friend. Be happy for your friend that he or she has received a promotion instead of being jealous. Your time will come and later on you will understand why you haven't been promoted. It will all work out for you but you need to stay close to God and not doubt Him.

When things don't go as planned in your life, remember the example of Elizabeth. Continue to go to God, praise Him and ask Him for help. Understand that God has a plan for your life and give it time to happen. God has made many promises to you. Don't doubt Him because He always keeps His promises. But you must stay close to God through prayer and study. Wait patiently because God can do the impossible. **i**



Shopping For Modesty In Egypt

By Carolyn M. Anderson

Wouldn't it be wonderful if when we shop for apparel the designers were men and women of God who read and considered the writing in Job 31:1 which says, "I made a covenant with my eyes not to look lustfully at a girl"? Wouldn't it be comforting to know that when we leave our homes of protection and comfort, the world (Egypt) was a place mothers and fathers knew their children were regarded as sacred? Unfortunately this is not so today. Today's designers are targeting our youth to be like Brittany Spears and those most recognized in the sports and entertainment world. Hollywood has an adverse effect on a Christian society.

What can we do? Learning to be noticed and approved by God is a total opposite approach than to be seen and approved by the world (Ephesians 2:21). In our desire to be included, to be recognized, we must determine the approach directed through the scriptures if we hold to our faith, our separation and our functioning in this world of Egypt (I Peter 2:9).

In John 17:11 Jesus said, "We are left in the world, but not of it." We must do our ultimate best not to add to the uncontrollable desires, which immediately focus on today's culture of dress or undress that this world (Egypt) so unshamefully promotes.

In I Timothy 2:9 Paul has several writings for the conduct of the churches including a vital key to our manner of dress. We have a tremendous future as given to man by the Word of God. It is an enormous responsibility and opportunity to cover each of us with His Spirit. Our outward appearance should reflect our inner beauty.

Movies, television and magazines have promoted nudity in the name of everything; charities, grandma and grandpa, people of prominence, and a large stamp of approval for going nude to donate monies to worthy causes. Beware! Do we who testify to be of the organism of Christ have a duty and responsibility to address a modest dress code? I say "yes" and uphold that decision through the scriptures (I Peter 2:11, 12). We must understand our role as to what God purposes for us.

Putting on the armor of God in Ephesians 6:13-18 means we put on something for protection that is already in place. We do not create the armor. This is our first apparel and then we can consider the proper dress code. Our inward walk with Christ will clothe us with outward modest apparel. If our mothers of today

are wearing tattoos in places so plainly seen that would be hidden if the jeans were at the waistline, what will our children be wearing?

A serious approach to our sacred roles as a "church" must be considered. In Christ's Kingdom we are designated to be sons and daughters to our awesome God (2 Corinthians 6:16-7:1). We are to be a light unto the world, but not our own light (I Peter 1:15, 16; Romans 12:2; Ephesians 4:17). As the world condones nudity and becomes more extreme, is the church just to stay one step behind? I pray not.

Let us seriously consider the following:

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| 1. Consecrate | Leviticus 20:7, 19:2, 11:44;
Ephesians 1:4; I Peter 1:16. |
| 2. Ordain | Hebrews 10:19, 20 |
| 3. Modesty | Job 31:1; I Peter 3:3;
Timothy 2:9 |

