

USDA Secretary Relishes Role in a 'Renegade's' Cabinet

Agriculture Secretary Sonny Perdue is an easygoing son of a farmer who's made it big in politics all while being open about his Christian faith.

His agency doesn't typically get much attention but finds itself in the limelight thanks to a trade dispute between the U.S. and its biggest customer, China.

Sonny Perdue Returns to His Roots

Despite a storied career in politics, Agriculture Secretary Sonny Perdue feels at home standing alone in the middle of a cow pasture as he did on one of his recent "Back to Our Roots" tours of the Midwest.

He grew up on a farm in middle Georgia where he fed calves, mowed fields and bailed hay.

Like a growing season, you could say the 71-year-old has come full circle.

"I can remember being in the hayfields as a 10- or 12-year-old and working until 5:00 and then going to put my Little League uniform on and going to play games," he remembers with a grin.

Trusting Christ Since Childhood

It was around that time in his life when he invited Jesus into his heart while attending Bonaire Baptist Church.

"My mother may have known I was perfect, but God knew I wasn't. He knew that I was sinful just like every other person born, and I needed a Savior. And at 11 years old, I recognized that and submitted to that need of someone to pay for my sins," Perdue tells CBN News.

In Georgia, Perdue is a political legend.

After leading the state senate as a Democrat, he became a Republican and then, against all odds, won the governor's mansion—becoming the first Republican governor of Georgia since Reconstruction.

And through it all, he's never shied away from his faith.

"If you read the Sermon on the Mount, if you read the qualities of love, peace, joy, compassion, patience—those kinds of things—what are those qualities that disqualify somebody from governing?" he asked reporters after being elected governor.

Christians in Leadership Need to Live Their Faith

"We as Christians have failed to live the Christian life; that's why people worry when we get into office because sometimes we're no different, but when we're really literally living the Christian life, that's the best form of government you can have," he continued.

Despite the many important roles it plays, like regulating the food we eat, USDA isn't typically a hot-plate topic in Washington, but the agency recently landed in the crosshairs of international news when the president decided to take on the nation's trade deficit with China, and China retaliated with U.S. farm products on the tip of its spear.

"President Trump is an interesting negotiator and sometimes leads with very much aggression but has an ability to get people's attention," he said.

"While farmers are anxious over trade disputes, over renewable fuel standard, ethanol—those kinds of things—labor—they're still President Trump's most loyal supporters," Perdue continued.

Perdue is running with Trump's all to slash federal

regulations, putting nearly 30 on the chopping block last fall with more to come.

Cutting Red Tape for Farmers

He says red tape is a common complaint among farmers.

“They have to have an HR director to comply or a CFO on staff to do that and farmers—it’s typically a farmer and his wife trying to comply with these regulations and permits and reports and all those kind of things without violating the law—and it’s a very thin line to walk sometimes,” he said.

Perdue caught grief when he recommended replacing food stamps with so-called Harvest Boxes of non-perishable goods. That idea was swiftly eliminated, but he’s in favor of tightening work requirements for food stamp recipients—focusing on a hand up over dependency.

And he’s waded into the immigration debate, using his authority to make the guest worker program more flexible for farmers.

“We need a legal workforce on farms. We don’t want people living in the shadows there. We don’t want farmers doing things illegally,” a sentiment he says the president is aware of.

Perdue finds himself in an interesting new role as elder statesman, seasoned Republican—serving in the cabinet of a renegade.

“He’s an interesting fella, and he’s all business. What I like to say about him—he is decisive, he knows where he wants to go, he is a sooner-rather-than-later business guy—I understand and I get, but he has the essence of any good successful leader —you would think he’s totally made up his mind about what he’s gonna do, but he always has a little back door left open if you go around, knock on it politely and give him the

facts, he's willing to change his mind," Perdue says with a smile.

Leading as Jesus Would

The secretary says he strives to lead as Jesus would.

Once a week, he gathers with as many as 10 of his fellow Cabinet members to pray and study the Bible, led by Capitol Ministries founder Ralph Drollinger.

"It's in depth, it's not just checking the box. We actually go through the Bible verse by verse, and we challenge ourselves. The main thing we challenge ourselves is taking the Word of God and making sure that we are living it—not just talking about it." {eoa}

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8 Signs You Might Be Battling a Religious Spirit

After Elisha watched Elijah ascend into heaven, the prophet went to the city of Jericho and performed his first miracle. The men of that city faced an environmental crisis: Their water was toxic, most likely because of the sulfur and other chemicals that had rained down upon nearby Sodom and Gomorrah years earlier. This poison had made the land barren (see 2 Kings 2:19-22) and it was affecting people and animals as well as plant life.

So Elisha performed a bold, prophetic act. He threw salt in the water and proclaimed: "Thus says the Lord, 'I have

purified these waters; there shall not be from there death or unfruitfulness any longer'" (v. 21, NASB). His proclamation brought immediate cleansing.

This obscure story in the Old Testament offers us a picture of the gospel's power. The message of Jesus Christ heals us. The Holy Spirit brings life where death has reigned. He neutralizes the poisons that cause spiritual barrenness. He balances the pH level in our hearts and our churches so that spiritual growth and vitality is possible.

All of us would like to enjoy a healthy spiritual life. And we would love to see our churches thriving and growing. But the sad truth is that many of us are barren because of hazardous additives. We have embraced a gospel laced with legalism, performance-based religion and salvation by works—when Christ alone is our only source of life.

Jesus Himself referred to these toxins as “the leaven of the Pharisees” (Luke 12:1b). He told us that the Pharisees’ brand of religion, which looked good on the outside, was deadly—and contagious.

Have you been infected? You can take your own pH test by examining these eight characteristics of a religious spirit.

1. A religious spirit views God as a cold, harsh, distant taskmaster rather than an approachable, loving Father. When we base our relationship with God on our ability to perform spiritual duties, we deny the power of grace. God does not love us because we pray, read our Bibles, attend church or witness, yet millions of Christians think God is mad if they don't perform these and other duties perfectly. As a result, they struggle to find true intimacy with Jesus.
2. A religious spirit places emphasis on doing outward things to show others that God accepts him. We deceive ourselves into believing that we can win God's approval

through a religious dress code, certain spiritual disciplines, particular music styles or even doctrinal positions.

3. A religious spirit develops traditions and formulas to accomplish spiritual goals. We trust in our liturgies, denominational policies or man-made programs to obtain results that only God alone can give.
4. A religious spirit becomes joyless, cynical and hypercritical. This can turn a home or a church completely sour. Then, whenever genuine joy and love are expressed, this becomes a threat to those who have lost the simplicity of true faith.
5. A religious spirit becomes prideful and isolated, thinking that his righteousness is special and that he cannot associate with other believers who have different standards. Churches that allow these attitudes become elitist and dangerously vulnerable to deception or cult-like practices.
6. A religious spirit develops a harsh, judgmental attitude toward sinners, yet those who ingest this poison typically struggle with sinful habits that they cannot admit to anyone else. Religious people rarely interact with nonbelievers because they don't want their own superior morals to be tainted by them.
7. A religious spirit rejects progressive revelation and refuses to embrace change. This is why many churches become irrelevant to society. They become so focused on what God did 50 years ago that they become stuck in a time warp and cannot move forward when the Holy Spirit begins to open new understanding. When religious groups refuse to shift with God's new directives, they become "old wineskins," and God must find more flexible vessels that are willing to implement change.
8. A religious spirit persecutes those who disagree with his self-righteous views and becomes angry whenever the message of grace threatens to undermine his religiosity.

An angry religious person will use gossip and slander to assassinate other peoples' character and may even use violence to prove his point. Jesus, in fact, warned His disciples: "There will even come a time when anyone who kills you will think he's doing God a favor" (John 16:2b, MSG).

If the poison of religion has contaminated your walk with God, ask Him to pour a fresh understanding of His grace into your barren spirit—and then expect His new life to flow through you.

Undeniable Signs Your Pastor Is Preaching Heresy

Not long ago, it was reported that prominent Protestant pastor Michael A. Walrond Jr. of Harlem's 10,000-member First Corinthian Baptist Church now advocates a pluralist belief that there are many roads to God and salvation.

Among other things, "'People take many paths to God,' he argued, noting that he personally celebrates the paths others take in finding Him—even if that path does not involve faith in Jesus," The Christian Post reports.

The same article says:

"In 2008, a Pew Research Center Study found that more than half of all American Christians believe that at least some non-Christian faiths can lead to salvation. Nearly a decade later, a new study has shown that even among the most traditional Christian groups, significant minorities are also rejecting God as described in the Bible."

Of course, this downward trend away from biblical Christianity should alarm every true Christ-follower! The fact that many so-called Christian seminaries eventually digressed away from their original fidelity to Scripture and evolved into propagating a form of universalism (the belief that Jesus saved every human on the cross, irrespective of whether they believe in Him or not) and pluralism (that there are many roads to God not just through Jesus) beginning since the early days of Harvard and Yale divinity schools (to appease and accommodate the prevailing intellectual climate and culture) is one of the root causes of this growing rot in mainline churches.

The good news—according to this same Pew Research reported above—is that more than 90 percent of historically black and evangelical churches still believe in the God of the Bible. However, there are troubling signs that many young evangelical pastors are trending towards pluralism, as more and more theological institutions they learn from capitulate to a form of universalism.

Whether a pastor or church actually makes a strong statement or not (I'm sure Michael Walrond has been hinting at his pluralistic tendencies for years before his recent public overture toward it) is not the point of this article as much as it is to help a believer discern if their pastor and or church is sliding down this heretical slippery slope. (Since Jesus said He is the only way to the Father, as cited in John 14:6, the stakes are high, and the importance of this subject cannot be overstated.)

The following are seven signs your pastor advocates a form of pluralism or universalism, which is heretical:

1. He has taught that there are many roads to God and salvation.

Although I believe it is true that there may be strands of

truth in most major religions like Islam, Judaism, Hinduism, Buddhism and the like—in and of themselves, there is not sufficient grace for eternal life if a person falls short of faith in Christ alone for salvation. That being said, if your pastor ever says something like “Every religion is equal” and or “God can be found in every religion” or “every religion has grains of truth” without qualifying his statement and or making sure he follows said statement by making it clear only faith in Jesus is sufficient for salvation, my advice is that you sit down with your pastor and demand a clearer explanation before continuing to attend that church.

While it is true that all roads lead to God (see Rom. 11:36), not all roads lead to salvation and eternal life.

2. He only teaches on the love of God.

I would be suspicious of any pastor who never preaches that people need to repent, turn from sin or face divine consequences (I’m not saying to preach fire and brimstone every week, but the whole counsel of God has to be preached throughout the year). Scripture clearly teaches that there is a severe penalty for unrepentant sin (Rom. 6:23).

3. He teaches that all religions are equal.

Any pastor who makes it seem as though all religions are equal or are to be equally respected should be suspect, in my opinion. While we should respect all people irrespective of their religious beliefs, that’s not the same as treating all religions as equal.

The religious ideologies of communist atheism, radical Islam, Nazism, the KKK and the like are not as noble as other religions like Judaism and cannot even compare to the way of Jesus and His apostles as taught in the New Testament.

4. He teaches that all persons will eventually go to heaven.

Any pastor that teaches “ultimate reconciliation” has already begun bringing his congregation into the theological genre of pluralism and universalism.

5. The church takes no moral stand on critical cultural issues.

Any pastor who only preaches encouraging, positive messages and never applies the biblical ethical standard to the controversial issues of the day like abortion, sexual identity, biblical marriage and gender may be only a few steps away from espousing pluralism. The reason I say this is because their gospel of appeasement is historically the root reason why many Christian leaders and institutes eventuated towards pluralism.

6. The Bible is not honored as the highest authority for faith and life.

Any pastor who purports that other works of literature and or religious, philosophical or scientific writings or books are equal to or superior to Scripture is most likely a pluralist or universalist. Think twice before committing yourself to such a church who employs such a pastor.

7. Sermons are emotionally based rather than Bible based.

If a pastor rarely preaches biblically sound messages from a text of Scripture and merely relies on oratory skill or rhetoric, which excites the emotion but fails to holistically feed the soul, then said church has sand as its foundation (Matt. 7:24-27).

Such a preacher has an emotionally alive church that lacks biblical discernment (Heb. 5:12-14), which can easily lead members down the road to pluralism or universalism if the pastor so desires.

Finally, Jesus warned His followers about following false

prophets (Matt. 7:15), as did the apostle Peter when he predicted that false teachers would arise that will secretly introduce destructive heresies, and that many will follow them. Because of them the way of truth will be maligned (2 Pet. 2:1, 2).

May the sincere Christ-follower study the Scriptures and be more shaped by the Word of God than the words of any man apart from Jesus Christ.

5 Healthy Tips for Speedy Summer Weight Loss

Looking to lose weight fast for vacation and swimsuit season this year? You've probably heard the advice to simply eat less and move more. But to achieve quick, efficient weight loss and keep it off, you need a plan. And that's why we've compiled the top five best tips for how to lose weight quickly this summer—or for any time of year.

The following tips will help you jumpstart your way to a slimmer body, better health, and super-fast weight loss.

1. Detox first to enhance results (optional).

The Keto Zone diet is the ideal diet for rapid weight loss (more on that in a second), but detoxing for summer can help prepare your body to shed the most weight.

Doing a detox can help:

- Rebuild your immune system to fight the toxins it comes into contact with each day, making weight loss easier
- Rejuvenate your mental and physical energy to handle

whatever challenges come your way

- Renew your body and spiritual health, reducing stress and reaping the many benefits of fasting
- Uncover any food sensitivities, toxic emotions or other factors holding you back and getting in the way of your weight loss goals

Think of it as cleansing your system of toxins before “cleansing” it of excess fat.

The best detox avoids common food sensitivities (dairy, soy, gluten) and inflammatory foods like grains, sugars, meats, nightshades and processed foods. It also floods your system with tons of leafy green vegetables, non-nightshade vegetables, fruits, and beans and lentils.

While detoxing isn't necessary, it's the best way to enhance your weight loss results.

To find out more, join the free 21-Day Divine Health Detox or our Detox Facebook group.

2. Get into the Keto Zone.

The Keto Zone is the optimal place to be for quick weight loss.

A ketogenic diet (high fat, moderate protein, very low carb) switches your body from burning carbs to burning fat—including that excess body fat!

But the right type of keto diet matters. Keep your keto macros at:

- 70 percent fat
- 15 percent protein
- 15 percent carbs (20 grams of carbs or less per day)

Being in the Keto Zone also:

- Suppresses appetite
- Dramatically boosts energy
- Reduces brain fog
- Balances mood
- And more!

These are all important factors for quick and healthy weight loss. Find out more about the using the Keto Zone for weight loss here.

3. Get enough fiber.

One common mistake people make on the keto diet is not eating enough fiber. But we need fiber for good gut health and weight loss. Eat plenty of low-carb vegetables and supplement with keto-friendly fiber sources like chia seeds or psyllium husks if you feel like you need more.

4. Don't eat when you're not hungry.

One of the biggest weight loss benefits of the Keto Zone diet is appetite suppression.

That means you'll notice yourself not feeling hungry at times you used to. You might feel the need to eat out of habit, but listen to your body and refrain from eating if hunger isn't there. This will naturally reduce your caloric intake and drastically boost weight loss.

5. Practice fasting or intermittent fasting daily.

Fasting is another great way to rapidly increase weight loss results. It helps get you into ketosis faster and easily reduce daily calories. Read more about how to fast on keto here.

With summer fast approaching, there's no better time to make your health a priority by detoxing your body, entering the Keto Zone and slimming down fast! {eoa}

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This article originally appeared at .

Kari Jobe Exalts the 'Power of the Cross' in Stirring Live Worship

Kari Jobe praises Jesus Christ's great sacrifice for all humanity in the song "Oh the Power." She performs the worship hit live in this concert video. Watch it and listen to the song's powerful lyrics: "Your hands bear the scars of a love that led You to the tomb."

Are You Ready to Jump Into the Supernatural?

Recently, I was watching as one of the members of our congregation was playing with his little boy. They were in the

grass behind our synagogue, where there are several tree stumps people usually use to sit on while fellowshiping and enjoying our beautiful Florida weather. There was something powerful about the level of faith and trust that this young boy had in his father. Time after time, he would climb onto the top of the stump, which was every bit as tall as he was, and then jump as high as his little legs would power him into the arms of his father. His father, once he caught him, would then toss him into the air, catching him again and then carefully setting him back safely on the ground.

The more I thought about this demonstration of trust, the more I realized that what was really taking place was a battle between two forces: gravity and fatherhood. The boy knew that as soon as he jumped, he was going to begin to fall down. I know he was too young to understand that there is a law of gravity. But he was not too young to understand that things fall down. He also knew that as long as his father was there, once he jumped, his father would catch him on his way down and then sail him even higher into the air. This little boy had learned in his short life that as long as his father was there, if he jumped, he could trust that his father would not only stop him from falling, but he would empower him to fly higher than his own power would allow. In other words, his father wouldn't simply slow down the effect of the gravity; he would counter the effect with a stronger force than gravity.

I watched for several minutes and as I did I began to think about my relationship with my heavenly Father. Did I have the same faith and level of trust in my heavenly Father as this small child had in his earthly father? I know that there are laws in effect that control both time and space. I have lived long enough to know that what goes up must come down, and that for every action, there is an equal and opposite reaction. Yet, I also know if I have faith and trust my heavenly Father, I can and will counter both time and space just as that little boy's father countered gravity.

This countering time and space is what is known as the miraculous. However, we can only see the miraculous if we are willing to jump. We have to jump, knowing that all natural laws tell us we are going to fall; that the higher we are, the farther we will fall, and that the ground is hard. Yet to see the supernatural, we must jump. We must jump knowing with full faith and trust that once we leap with all the power we can muster together and jump as high as we can, our power ceases and G-D's power takes over. It is then and only then that we will feel His hands grasp us and stop us from falling. But, that isn't the end, because once He counters the physical forces pulling us to the earth, He will then send us higher than we could imagine, allowing us to experience things far beyond our reach.

It is this thrust of power that allowed David to slay Goliath, Samson to defeat the Philistines, Moses to part the sea, Peter to walk on water and Paul to raise the dead. Each of these and every other event in Scripture like them took place when one of G-D's people refused to settle for the limitations of time and space and trusted that once they leapt, their heavenly Father would catch them. That day, that little boy helped me to understand Ephesians 3:20, which says, "Now to Him who is able to do exceedingly abundantly beyond all that we ask or imagine, according to the power that works in us."

Dr. Gina Prince: God Will Provide Rest to the Single

Parent

When was the last time you took some time to be refreshed? If you're like most single parents, it's been a while. Dr. Gina Prince is keeping her eyes on Jesus as she navigates life as a single mom to her teenage son. Armed with the Word of God, she has a message of life and courage for any single parents who feel exhausted or confused in their parenting journey. Watch the video for more tips and insights from Dr. Gina!

Charismatic Pastor: Yes, Religious Privilege and White Privilege Are Real

Jon Tyson, pastor of the Church of the City New York, addressed the controversial subject of privilege in a sermon last week. For those unfamiliar with or even skeptical of this oft-invoked term, Tyson breaks down the true meaning and origins of "privilege." But where his sermon really shines is in his application of privilege to the life of Jesus—and how Jesus' life creates a model of laying down privilege that we should all follow. Tyson says Jesus calls us to redirect our privilege. Watch to find out what that means.

Spiritual Warfare Tactics Guaranteed to Help You Overcome Attacks Against You

“Speak the Name of Jesus,” “Never Let the Devil See You Sweat,” and “Break the Stranglehold of Worry” are just a few of the strategies Jennifer LeClaire offers in *101 Tactics for Spiritual Warfare: Live a Life of Victory, Overcome the Enemy, and Break Demonic Cycles* (June 5, 2018).

Each chapter equips readers with the insight, encouragement and scriptural support to send the devil fleeing. From reminding readers to bless their enemies to teaching them how to discern spiritual climates, the range of tactics in this book ensures no stone is left unturned when navigating spiritual storms.

One of the tactics LeClaire expounds on is to avoid being led by emotions. The enemy might use reason to turn you away from God, but an even greater stumbling block occurs when you have misguided emotions.

“Your emotions can be a great motivator at times and a great enemy at other times,” LeClaire says.

When you submit your emotions to the Holy Spirit and allow Him to lead, you find stability, even as the Christian life causes you to feel joyful one minute and exhausted the next.

LeClaire references King David, who poured out his heart with feelings of anger, confusion, hurt and disappointment, but also directed his emotions to the one who could stabilize him. From his example, readers see how their emotions can be used to glorify God, but only when they “set the Lord always before [them]” (Ps. 16:8a) so that they will not be moved.

“If you give God the reins of your heart, you will find stability, but you have to give Him full control of the reins, or you are in danger of pulling in the wrong direction in the heat of the battle,” LeClaire says.

Her book reminds readers of these truths in the face of a severe enemy onslaught. Through *101 Tactics for Spiritual Warfare*, LeClaire offers a practical battlefield manual that will empower you to take an offensive rather than a defensive stance against the enemy.

Power-Packed Principles to Deal With Your Fiery Anger

Anger can be a very important issue to address so that you can live a full life. As a counselor, I know this anger piece will have to be addressed first before some of you can truly forgive. I know so many Christians go to counselors with abuse, trauma and all kinds of wounding from others. They are quickly told to forgive without giving instructions on how to heal the wound. Years later, they are still acting wounded, but they are confused because they forgave the person.

When we experience significant trauma from others or our spouse we get wounded. These wounds are three-dimensional: spirit, soul and body. So we need a spirit, soul and body solution. The exercise I am going to recommend is called “Cleansing the Temple.” This is something you can do without anyone being aware of the pent-up anger you have toward them. In this exercise, you will write a letter. Never show this letter to them—that is not helpful.

You can deal with the anger you have toward others all by

yourself. Just like this practical exercise about forgiveness, they don't have to be there, confess or change and you can deal with this alone. Once you have actually done the Cleansing the Temple exercise, your spirit, soul, and body will be able to do the other forgiveness exercises you have ahead of you on forgiveness.

Cleansing the Temple

I encourage you to try this exercise for the anger you may be experiencing and see what you think afterwards.

Cleansing the Temple can remove a lot of the pain that you may carry in your soul. This pain may be from family of origin issues caused by neglect, abuse or abandonment. The pain you carry may be from childhood abuse. Some pain carried in your soul is from your spouse. In some Christian marriages, spouses traumatize one another or deprive one another to such a degree that the anger appears overwhelming.

The anger builds up in your soul until the size of your wounds makes it difficult to be intimate. Even though you did not cause the wounds, you are now responsible to heal from them. Similar to walking outside and getting shot by a sniper, you are 100 percent responsible to heal from the wound even though he/she is one hundred percent responsible for causing the wound.

This is a very important concept to understand because in our culture victim status is power. This power is manipulated to make other people pay, or is used to not be fully responsible for yourself or the direction of your life.

The Cleansing the Temple exercise has its roots in the biblical examples where Jesus cleanses the temple. The account of this is found in each Gospel. You would do well to take a moment and study each account. The recordings in Scripture of this event are as follows: 1) Matthew 21:12, 2) Mark 11:15, 3) Luke 19:45 and 4) John 2:14-16

Principle 1. The Temple

God's plan all along was to dwell inside us. We are His holy temple. This being true, temples can get defiled through many avenues including manipulations, abuses and neglect from others. When we get defiled through life, our temple gets defiled and needs to get cleaned out as well.

We are the possessors of our temple. If your temple gets defiled through the abuse of others, you are the one who needs to clean it up. You are actually the only one who can clean your temple.

Even if it was your spouse who has caused the defilement, he or she cannot clean it out of your temple. They can say they are sorry, but that doesn't get rid of the muck or defilement that has already been placed inside of your soul. Only you can clean up that mess. I believe that Jesus took responsibility to clean His own temple because it gives us a clear message that we can clean our own temple as well.

Principle 2. He Identified the Sin

Most of the people who have hurt you have no concept of your holiness or preciousness. You have felt used or abused during the incidents where you were wounded. In one of the exercises of cleansing the temple, we will need to identify the sin or damage that has been done unto you by those who have defiled your temple.

Principle 3. He Engaged His Anger

Jesus was able to engage the anger at the injustice both physically and verbally. His turning over the table was probably quite a scene. I am sure that that is why the Jews asked Him about His authority to create such a ruckus.

This wasn't just Jesus having a bad day. This was an act of His will. This was a thought-through act of Jesus and an act

of obedience. This is an important point to understand, because it will be an act of your will to clean your temple. Once you walk through the rest of the exercises, I believe it will be an act of obedience as well.

Principle 4. Temple Restored to Original Order

Jesus cleansing the temple offers a picture of how to heal your wounds inside your temple. After he engaged the righteous rage, His temple was cleansed. Remember only He could cleanse His temple. No other prophet or king has done so before Him or after Him. He alone could clean His house, as only we alone can clean our own temple.

Check back soon for the practical application for this exercise.

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