

# What Housework Can Teach You About Weight Loss

Housework is not my favorite thing to do. Well actually, I do enjoy it once I get going; it's that "[getting going](#)" part [that's hard!](#)

Recently, I saw several parallels in how you manage your house versus how you manage your weight.

During a recent houseclean, I noticed something about our house that I've never thought about before: Our "backrooms" (bedrooms, master bathroom and closets) can get a lot messier than the front rooms (foyer, living room, dining room and kitchen).

I wondered, "Why is that?"

It did not take long for the answer to come.

The front rooms are what the guests see, so I am more motivated to clean them often. The guests don't see the stuff in the back.

But the truth is, the backrooms contribute to our quality of life as much as (or more than) the front rooms!

Here is how I used to live: I used to be in such a hurry most of the time that I would throw clothes on the floor and never put things back where they belonged. I'd have papers strewn on the dining room table.

I'd tell myself, "I'll get to it later."

But "later" only came when the mess was so bad that I couldn't ignore it. It was only then that I felt compelled to do something about it.

Does that sound familiar?

Now the mess did not happen overnight. Rather, it happened as I ignored the small daily messes, which multiplied until they grew big!

The Lord showed me an important lesson in this: “Your private world will eventually show itself publicly.”

This statement goes along with a Biblical principle too: “He who is faithful in what is least is faithful also in much. And he who is dishonest in the least is dishonest also in much” (Luke 16:10).

Clutter and mess tends to spread. So if my backrooms are messy, then my mind starts to see that as “normal.”

It isn't long before the front rooms start getting messy too to match the new normal.

So it makes sense to focus on getting the backrooms straight first (your private world), which makes it easier to take care of the front rooms (your public world).

Let me share with you 3 other lessons I learned to make housework easier and how you can apply that to your weight loss journey.

Not only will it make the process more enjoyable, but you will love the results!

**Lesson No. 1: Get an emotional “Why.”** Whenever you are reaching for a goal, you must have a reason that matters to you—a [reason that touches your heart to change](#).

For me, a clean, neat, comfortable home contributes to my peace of mind. It just makes me feel better to see things neat and put in order. So I'm willing to put forth the daily effort to keep it that way.

I imagine a guest coming over unexpectedly. I don't want to feel embarrassed about the state of my house nor have to run around and throw things in the closet to give the appearance of neatness (yes, I have done that)!

Here is how this relates to weight loss: Ultimately, it doesn't matter if your doctor or anyone else thinks that you should lose weight. It only matters if you think it will be good for you. Your reason must matter more to you than keeping the old daily habits that led to your weight gain.

If keeping your old, daily habits matter more to you than your "why," then any change you try to make will not last long.

That is where the battle is: how well you manage your day-to-day life.

**Lesson No. 2: Live beyond yourself.** Your reason may start with you, but it shouldn't end with you! Live your life in service to the Savior. Strive to make a difference in other people's lives.

For me, the state of our household doesn't just affect me; it affects how my husband lives too. I want Mike to live good!

As a single woman years ago, I saw a sign in a mammographer's office. It showed a picture of the technician with her husband and the sign read, "I want you to love your life more because of me."

I thought that was the sweetest sentiment I've ever read! I vowed then that I wanted my future husband to love his life more because of me.

So keeping a [clean, comfortable home now is a small way for me to show that I love him](#). Isn't that a better way of thinking about housework, rather than as a chore that you dread?

When it comes to weight loss, who will you impact because you've chosen to get healthier? Who could be influenced

through your positive example?

One of the changes we've made with the [Take Back Your Temple program](#) is to donate a portion of the program proceeds to a Christian charity that helps end childhood hunger worldwide and tells the children about Jesus.

It's one way that we can live beyond ourselves—changing our lives while changing a child's life.

**Lesson No. 3: Attend to small things.** Earlier, I mentioned how I used to ignore small messes around the house, telling myself, "I'll get to it later."

When the mess become too big to ignore, I went for "The Grand Gesture." I would spend practically all day cleaning up the house. Grand gestures are so exciting!

The house looked so good when I was finished. I just knew that it would stay clean because it looked so good that particular day.

I thought the fact that it looked good would be motivation enough to keep it that way.

But no. We don't live in a museum! Life happens. Clean houses don't stay clean without effort, do they?

Our daily routine resumed the next day. My same old patterns came back. Once again, I ignored the little daily messes. My same "I'll get to it later" attitude never changed. You can guess what happened!

That beautiful, clean house I'd worked so hard for during my "Grand Gesture" day got messy again.

To change permanently, I needed a new attitude.

I needed to stop ignoring the little daily messes.

I read about a lady who said her attitude was to keep her

house “guest ready.” She said that her secret was to stay in motion.

She allowed adequate time to get ready for work. She gave herself enough time to prepare for appointments so that she wasn't always running around, making small messes due to hurry and lack of planning.

She took time to put things back to where they belonged. And if something did not have a place, then she took time to make one for it.

She walked around the house and paid attention to the state of things. If clothes were on the floor, she put them in the hamper. To her, it was just extra physical exercise.

In other words, her attitude was “Small Steps” daily rather than a “Grand Gesture” occasionally!

The traditional diet mentality is more like a “Grand Gesture.” The attitude is “I'll follow this diet until I lose the weight, then I'll go back to eating the way I did before the diet.”

But just as my house ended up messy again with that attitude, so will excess weight come back! So use the small steps approach to keep your house in order and [that same process will help you get your weight in order.](#)

In summary, it's the backroom stuff that often gets neglected when it comes to life.

Eating healthy, exercise, having quiet time with Jesus, studying and applying God's word, becoming more disciplined—all that stuff is “backroom” stuff that other people don't see immediately.

But eventually it does affect the front rooms. Diligence is daily.

So strive to become diligent in your private world, and your public world will show the results! {eoa}

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For the original article, visit [takebackyourtemple.com](http://takebackyourtemple.com).

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## **This Is the Only Viable Answer for PTSD**

This long war started on Sept. 11, 2001. Many service members are returning from the wars with multiple combat deployments and possibly a number of issues. One of those issues may be a diagnosis of Post-Traumatic Stress Disorder (PTSD). [PTSD](#) is a debilitating psychological condition triggered by a major traumatic event and is common in war veterans.

I returned from Afghanistan a day before Thanksgiving in 2009. I was overjoyed when I met my 6-month-old twins for the first time. They were born while I was in-country, and I only had a handful of opportunities to see them on Skype. Other than that, my unit was the "tip of the spear," in Operation Khanjari, the largest helicopter operation and insertion of U.S. troops behind enemy lines since the Vietnam War. Communication with my family at home was limited.

It was around the New Year celebration after returning home that I realized I had problems. The fireworks were startling me. I tried to brush it off, but within a few weeks my

emotions were like a roller coaster. One minute I could be joyous and laughing and then the next minute something would trigger me into anger and outbursts. Then I hit an all-time low as the emotions went from one extreme to another, and I exhibited self-destruction. Some things I experienced were even bizarre, and just when I was ready to give up on everything, I decided to call on God. And because of my children, I had to get help.

If you are a veteran, whether you experienced combat or something else traumatic happened to you while you served, I want to encourage you to apply these four things to your life:

**1. Get help.** If you have accepted that you have issues or problems reintegrating into life from your time in service, it is OK to reach out for professional help, whether it is counseling or psychiatric services or group sessions with other veterans. You can also ask around and find great Christians in these professions who are sensitive to the Holy Spirit. At the same time, find a church that encourages and lavishes grace on you, where you can serve the community. Also, if you haven't done so yet, go to a Veteran Service Office and have them look into the benefits you earned.

**2. Get to work.** Don't sit around all day. All that does is increase depression, anxiety and other symptoms. After World War II, our veterans were put to work to build bridges, roads and public parks. They had the GI Bill to pay for housing and schooling. If you have benefits available due to your time in the service, use them. Utilize the programs such as the Post 911 GI Bill or Vocational Rehabilitation that the VA offers, and set yourself up for success. You earned it. Doing this will help you interact with other people and feel confident about your accomplishments.

Also, get to work applying biblical meditation and Scripture memorization to renew your mind according to Romans 12:2.

**3. Get prayer.** Besides applying prayer in your daily life, go to a group that can pray over you. I was re-entering ministry after my time in the Marine Corps and felt that I needed to get prayed for. There was a loving group of people I knew who believed in the power of God. I was comfortable with them, and I knew the prayer would remain biblically grounded. They would be in agreement with me for healing and declare prophetic destiny. During that time, God did an incredible work, as we had visions of Jesus being with me on deployment as well as Him working as a doctor on my mind and emotions. It was a wonderful time, and through it, I was healed of severe migraine headaches that could paralyze me for hours at a time.

**4. Get filled.** If you have been through trauma such as combat, ask God for the baptism with the Spirit. It will equip you to be a better witness for Him. If you have received this blessing, then ask for more fillings where God will confirm His presence in your life. Ephesians 5:18 says to be filled with the Spirit. The Koine Greek word for 'be filled' is *plerousthe*, and literally translated means, "be being filled." This connotes the on-going and continual need for us to walk in the Spirit daily but to also be filled by Him every way that we can. If we ask for the Holy Spirit, He will give Him to us. This is the promise of the Father (Luke 24:49). Through this, seek the face of Jesus and walk in power that glorifies Him. The anointing is all about Jesus.

These things take time, but the end result is well worth it. You not only have helped yourself, but you can then go and help others. Just as you watched out for your "battle buddy" when you served, you can help your brothers and sisters fighting PTSD and bring them to the hope that you found. {eoa}

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[firebornministries.com](http://firebornministries.com). He has recently co authored a book called *Veronica's Hero* which tells the true story of how a Marine Corps family faced tragedy with faith, soon to be released.

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## What Is the Secret of True Greatness?

I need to admit something embarrassing: I've always wanted to be famous—to be great in the eyes of others. Despite the fact that I know many famous people live miserable lives, the longing has never gone away.

It first erupted in my early 20s, when I wanted to be a recording artist. Being born and raised in Nashville, Tennessee, it seemed like the perfect opportunity. I wrote songs, recorded them, and got a well-known producer to mix the tracks, but it didn't go anywhere. You can't find me today in the iTunes store!

Yet the ache to be famous still remained. It next surfaced in the ministry when I daydreamed of hundreds listening to me preach. Then it came out again in my work as a high school Bible teacher—wanting to be known as “The Teacher” by my students.

Finally as an author, I succumbed to the notion that having my books read by thousands was the greatest of all goods in life. I suspect every man has his own daydreams about fame and greatness.

I always knew this desire was at some level wrong, yet trying to push it down or ignore it never worked either. Then one day

I read these words from Jesus: *“But whoever would be great among you must be your servant, and whoever would be first among you must be slave of all”* ([Mark 10:43-44](#)).

Here’s the background: The disciples had been incensed over the request of James and John to sit at seats of honor next to Jesus. They all believed He would ascend to be the new King of a restored Israel, and they wanted a share of the greatness and power.

Imagine being close friends with a political leader or a famous movie star, and you can begin to feel the pull yourself. What is so instructive is that Jesus doesn’t squelch the idea of greatness. He just points out a new route to it: by serving those around you. The desire to be first, to be great, is not criticized or suppressed. He just points out a different way—by taking the lowest position and lifting everyone else up.

In every man there is a seed of greatness, for we are made in the image of a great God, whose very presence is impact, whose very being is great. This is what the Bible calls glory, and the Hebrew word for glory means heavy or weighty. It’s the glory we were meant to bathe in as men, feeling weighty, significant, and great.

But in our fallen state, we have lost that glory and now live in shame. Yet the longing for glory still remains in us—aching to matter, to be weighty enough to impact. We all wonder, *Does my life matter? Is there anything worthwhile noticing about me? Am I really significant or just invisible in the larger scheme of things?* Without an answer from the true Source of glory, the longing quickly mutates into an obsession with fame and status, a compulsion for rank and power, and a demand to be noticed.

But Jesus here gives us the true answer to our longing: we become great by honoring the greatness in everyone else.

Here there is such rest in the humble service of others, no longer jockeying for power, obsessing over our reputation, and constantly comparing ourselves with others. [Augustine](#) once noted that in going down through humility, we find ourselves going up into glory. We also become more like Jesus, for His unsearchable greatness lies precisely here: He honored the greatness in all of us by going down, all the way to the cross, and dying for us. We are worth that much to Him.

How do we start this journey to become truly great? We start by letting Jesus serve us as we allow ourselves to be quiet before Him. Here we will begin to feel noticed and affirmed by Him as His brothers, even great in His eyes. We will start to feel glory again, so we don't have to go around scavenging for it. Instead, we can now turn our hearts to others, serving them and making them feel great.

This was the secret of Jesus' greatness, surely the greatest man in history. It's the secret of our greatness also. {eoa}

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For the original article, visit [authenticmanhood.com](#).

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# Study: Regular Exercise May Help Stave Off Alzheimer's

Regular exercise at any age may afford some measure of protection from Alzheimer's disease and other dementias, a new study suggests.

A group of University of Kentucky researchers have demonstrated a positive correlation between fitness and blood flow to areas of the brain where plaques and tangles, the first hallmarks of Alzheimer's disease pathology are usually first detected.

The researcher put 30 men and women ages 59-69 through treadmill fitness assessments and ultrasounds of the heart. Then they received brain scans to look for blood flow to certain areas of the brain.

The results showed blood flow to critical areas of the brain—and so the supply of oxygen and vital nutrients—was higher in those who were more physically fit.

Since people who exercise frequently often have reduced arterial stiffness, a condition that occurs with aging and can result in less blood flow to the body, including the brain. Since regular physical fitness is associated with reducing this factor, it helps maintain blood flow to the brain, which could help stave off dementia, he adds of the study, which appears in *NeuroImage*.

"Can we prove irrefutably that increased fitness will prevent Alzheimer's disease? Not at this point," Johnson says. But, he adds, "This is an important first step towards demonstrating that being physically active improves blood flow to the brain and confers some protection from dementia, and conversely that people who live sedentary lifestyles, especially those who are genetically predisposed to Alzheimer's, might be more

susceptible.”

For the original article, visit [newsmaxhealth.com](http://newsmaxhealth.com).

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# Jesus Wants to Baptize Your Children in His Wonderful Spirit

I was in prayer in my room one night and had just put my 5-year-old son to bed when he came walking in. I was praying in the Spirit and he climbed up into my bed and said, “I want to speak Spanish.”

A smile came across my face and I said, “I am not praying in Spanish, but in tongues.”

He then asked, “What is that?”

I then explained to him, “Praying in tongues is a language that Jesus gives you when you ask His Holy Spirit to fill you up. It helps you pray when you may not know what to pray, and it equips you to be a powerful witness to tell people about Jesus.”

Sensing the amazing presence of the Spirit I asked my son, “Is that something that you would like Him to do for you? Would you like the Holy Spirit to fill you up and give you a language that helps you pray to Him?”

He said, “Yes.”

Then I told him to pray out loud with me, “Jesus, will You fill me with Your wonderful Holy Spirit? Will you give me a

prayer language?"

Right after praying with me, the Spirit of God filled him up, and he started praising God in tongues. I rejoiced and kept praying, thankful for what God was doing in him.

Several years later I was putting my twins to bed, saying our bedtime prayers. I felt the presence of the Holy Spirit wanting to fill them with His power. I then said, "Would you like the Holy Spirit to fill you up?" After they said yes, we prayed together, and then my 4-year-olds were praising God in a beautiful prayer language!

Years before this, I was in Bible college and had been part of revival, seeing God move in a region I grew up in. At the time, we had a method where we would have a group of people lay hands on someone when they wanted to be baptized with the Spirit. We would all pray in tongues and the Spirit would fill them up. Then God taught me to not rely on just being part of a group with the laying on of hands but that He would wonderfully baptize people in His Spirit with and without hands being laid for prayer.

It was at my secular job that God ended my reliance on one method. I worked at a residential treatment foster care facility and was watching over six kids one night. One of them asked me how to pray in tongues. I explained it to them in a way I thought they could understand as these kids ranged in ages 6 to 10. Knowing that the question was a divine encounter, I asked them if they would like God's incredible Holy Spirit to fill them up and give them tongues. Answering yes, I led them in a simple prayer asking Jesus to baptize them.

Then, it was like a quiet wind came in from my right from one kid, to the other and the next, and then from the back to the front of the three kids on my left. They were all baptized with the Holy Spirit! I watched them pray this way for the

next 30 minutes until bedtime. This was truly encouraging, humbling and eye-opening to the power of God on these precious kids. In the days and months afterward, there was a lot of follow-up and fellow Christian co-workers would encourage, disciple and bless these children as we saw quite a few more receive the Spirit.

Through these encounters, I learned that God's Spirit wants to baptize our kids. He loves children as Jesus revealed in His life and ministry. In Matthew 19:14-15 Jesus said, "Let the little children come to Me, and do not forbid them. For to such belongs the kingdom of heaven." He laid His hands on them ... ."

I want to encourage you that God can use you to see your kids baptized with the Holy Spirit. First, pray with your children and do this often. Listen to your kids to see how God spoke to them during the prayer time. It is amazing the guidance, confirmation and direction I have received when God spoke to my children during a prayer time.

And when you pray with them, ask Him to fill you and your children with His Spirit. Luke 11:9-13 states that if we ask, we will receive His wonderful Spirit.

And when you are in agreement in prayer with your children I think He is more than excited to answer your prayers to empower them.

Acts 2:39 says, "For the promise is to you, and to your children, and to all who are far away, as many as the Lord our God will call." That promise is for you, me and our precious kids. {eoa}

**Jared Laskey** is starting *Destiny Open Bible Church* in Virginia Beach, Virginia. He served in the Marine Corps from 2006-2011 and ministers living to see Jesus awaken this generation to the power of His Holy Spirit. You can follow him on twitter @jaredalaskey, or contact him through his website,

[firebornministries.com](http://firebornministries.com). He has recently co-authored a book called *Veronica's Hero*, which tells the true story of how a Marine Corps family faced tragedy with faith. It is soon to be released.

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## Why More Isn't Always Better

My wife recently brought something to my attention that I've known for many years, but I've always had a hard time admitting.

I could tell she was hesitant when sharing this hard truth with me, but she loves me enough to bring things to my attention when needed. It's was harsh reality that I am never content with where I'm at in life, but instead, I continue to strive for more and more in the attempt to make more of myself.

I've always given myself very high expectations when it comes to just about everything I do, and I guess I've convinced myself that if I stop trying to accomplish more than I already have, then somehow that means I've given up on life.

Sometimes trying to accomplish more is in reality fueled by selfishness and pride. And while I've never thought of my pursuit of accomplishments and/or hustle to be a selfish thing, I'd be lying if I said it wasn't born out of personal insecurity and doubt.

One of my biggest struggles in life is thinking much of myself, and I guess I've convinced myself that If I can just accomplish a little bit more, then I'll eventually be content with who I am and what I've done in life. The only problem with this way of thinking is, accomplishing more never

fills the void, and the race of trying to do more, work more, write more and be more continues.

I wonder how many people in this world are so enthralled with trying to achieve more in life, that they forget about the beautiful gifts that God has already given them; family, friends, home, and love. It's easy to get caught up in the game of more, and I believe we currently live in a society that is addicted to the constant pursuit that comes along with it. It's an entrepreneurial high that we can't seem to let go of.

I don't want to grow old, only to realize I've accomplished a lot of "more," but I've left behind the people and things in life that really mattered. There is nothing wrong with loving to work or striving for more than you currently have, but at some point, we all have to take a step back and realize that "more" doesn't define us, nor does it provide the true sense of worth and identity that God has in store for each of us.

We must all continue to work hard, hustle hard and be diligent with the opportunities God has opened up for us, but we also have to realize that no amount of "more" is actually worth more than spending time enjoying the beauty of life. {eoa}

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*For the original article, visit [jarridwilson.com](http://jarridwilson.com).*

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# 5 Secrets That Can Ruin a Marriage

“Houston, we’ve had a problem here.” ~Jack Swigert, astronaut on Apollo 13

The explosion seemingly came out of nowhere. The Apollo 13 spacecraft was in its second day of travel, cruising easily to the moon. Ironically, the date was April 13, when the trip instantaneously went from smooth sailing to a desperate fight to save the crew. The moon landing had to be abandoned as it now became a rescue mission.

The problem began years earlier when an oxygen tank was removed from Apollo 10 and dropped. Although the tank looked fine on the outside, it had become damaged on the inside. The tank was never put back into Apollo 10, but would later be installed into Apollo 13. The initial damage led to subsequent damage, including to some of the internal wiring which had become faulty. Those faulty wires sealed the fate of the voyage. During a routine flight procedure, the wires sparked, igniting the pure oxygen in the tank, causing the explosion. Fortunately, the brilliance of the ground crew and the astronauts themselves allowed for their safe return.

Problems below the surface eventually show themselves. Many times in ugly or explosive ways. Keeping secrets from a spouse is one of those problems. If love, trust and intimacy are the oxygen that fuels your marriage, having secrets is like putting faulty wires in the tank. The results can be catastrophic. On the surface, it may seem like your marriage is smooth sailing, but one minute later, it’s in a fight for its life when those secrets blow up. Here are five secrets

spouses keep that hurt their marriage.

**1. Unhappiness in the marriage.** Many people wander into a place where they are discontent with their marriage. The reasons for keeping it a secret could be fear of hurting feelings, thinking the problems will eventually sort themselves out, or maybe they just don't want to admit that they have become unhappy. Sometimes it's no one's fault in particular. Sometimes bad habits have developed by both that just need work. In the end, though, the problem(s) is (are) not going to go away by themselves. They have to be brought into the open and dealt with. Otherwise, you and your spouse will continue to separate.

**2. Fulfilling intimacy desires from someone or something other than your spouse.** It's easy to see how an affair is hurtful to a marriage. But it's the subtle things that are easily missed or justified long before an affair starts that lay the groundwork for disconnection. Sex is designed to build intimacy between a husband and wife. Sexual satisfaction and fulfillment are reserved for a spouse. [When sex is lacking, it needs to be addressed, talked about and resolved.](#) Counseling should be sought. When a spouse secretly seeks to satisfy him/herself sexually through masturbation, pornography or an affair, it destroys intimacy. The soul bonds with those other things rather than the spouse.

With every sexual engagement apart from the spouse, the desire for that spouse gets duller until the fire finally goes out.

**3. Financial decisions.** No matter who is the primary breadwinner, in marriage, the money belongs to both of you, unless you have come to some sort of divided monetary agreement. Disagreements need to be talked about and worked out, not hidden. When one party makes financial decisions in secret that violate the couple's agreement, it is a form of financial infidelity. One of the most important ingredients for a thriving marriage is trust. Keeping spending secrets is

a major violation of trust and a fast track to disaster.

**4. Disagreement.** Quietly disagreeing with a decision a spouse makes undermines the relationship in two ways. First, it's a silent lie. Dishonesty equals disunity. Second, feelings of disagreement have to settle somewhere, and when they are unresolved, they usually turn into resentment. Third, a married couple should always think of themselves as having one brain.

Working through disagreement causes us to make more informed decisions, even when it is frustrating. Supreme Court Justice Ruth Ginsberg couldn't have been more opposite as recently deceased Justice Antonin Scalia. However, in a moving tribute to Scalia, she said that when they disagreed her final opinion was always better because he was able to clearly state all of the weak points in his dissent. Silent dissent makes the relationship and the spouse weaker.

**5. Past relationships.** Our past relationships significantly impact our current ones. We bring all of the wounds, baggage and dysfunction they have caused into the marriage. Hiding it only leaves a spouse confused and separated. It is like a wall between one another. Do you have to share with one another all of the things you did physically in previous relationships? No. But it is important for them to know the level of intimacy and how you were affected by it. It's good for them to know what went right and what went wrong. It helps them to know you better and how your past relational experience has formed you.

What other secrets do spouses commonly keep that hurt the marriage? {eoa}

**BJ Foster** is the content manager for All Pro Dad and a married father of two. For the original article, visit [allprodad.com](http://allprodad.com).

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# Study: Daily Meat Consumption Increases Early Mortality Rates

Individuals who consume processed and red meat on a daily basis hold a greater chance of mortality from all causes. Recently, research results were reviewed in a large-scale study that evaluates mortality rates as they relate to dietary consumption.

## Dietary Consumption: Vegetarian, or Meat?

The *Journal of American Osteopathic Association* published a review that was led by physicians at Mayo Clinic. The authors reviewed the diets of those who are meat consumers to those who are vegetarian over a significant period of time. Data was analyzed which included six different studies.

According to Dr. Laurent, the individual's diet has the power to harm the body, or heal the body. Clinical-based evidence provides the strong conclusion of how important the diet really is to the body. Eating a vegetarian diet is *much healthier* for individuals and increases [life expectancy](#).

## Meat Consumption: Increased Mortality Rates

In a review of the findings, even the smallest consumption of meat can provide a steep increase in mortality rates. One study followed over one and a half million people for a period of five to 28 years. The association of eating highly processed meats and unprocessed red meats were considered. This included bacon, sausages, hams, hot dogs, salamis, pork, lamb, beef, and game.

Increased rates of mortality from *all causes* were shown in the evidence. Individuals with the very low intake, or no intake of meats, gained a 25 percent increase in life as compared to those with higher intake of meats. The studies also found an increase in life expectancy of over 3 1/2 years for those who consumed a [vegetarian](#) diet for more than 17 years of life.

## **The Vegetarian Lifestyle**

Health conscious individuals are learning to add more of the “vegetarian lifestyle” to their dietary list of options. Meats can be replaced with more vegetables, rice dishes, beans, and other vegetarian protein options.

Changing the diet to include no animal products can be a challenge, but it is *not* impossible. The modification of adding more plant proteins can take place over a period of time allowing the individual to make progressive dietary adjustments.

High-quality nutritional supplements can be added to ensure one is getting the nutrition needed on a daily basis. Overall, making the change to vegetarian can improve life in a variety of ways including increasing life expectancy. {eoa}

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*For the original article, visit [drcolbert.com](http://drcolbert.com).*

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# 10 Things You Should Know About Generation Z

I doubt the generational name will stick, but for now we call them Generation Z. There was Gen X, then Gen Y (the millennials), and now Gen Z.

Their birth years are 2001 to 2020. The oldest Gen Zer is 15; the youngest has not yet been born.

We have much to learn about this young generation, but we have learned much already. Church leaders, particularly, need to keep an eye on this generation. There are some fascinating trends taking place.

For now, let's look at 10 things you should know about Gen Z.

1. They will be the largest generation in history. Each of their birth years is already a large cohort. By the time 2020 concludes, this generation will include about 82 million people. They will supplant the millennials, who supplanted the Boomers, as the largest generation.
2. The majority of this generation is non-white. That is a first in the history of the United States.
3. Hispanics are the fastest-growing group in Gen Z. It is simply a matter of fertility rates. Hispanic mothers have an average of 2.4 children, compared to black mothers (2.1), and Asian and white mothers (1.8).
4. At least 1 of 10 of this generation will marry across ethnic and racial lines. But the number could be higher.
5. Homosexual marriage will be embraced as normative. But we cannot tell yet what percentage of Gen Z will be in a homosexual marriage.
6. Two historic events have shaped Gen Z. Most of them were

not born when 9/11 took place, but their parents and others have made the event a part of their lives and insecurities. The second event, the Great Recession, is still a reality though the recession is officially over. Gen Z parents and, thus, their children still feel the impact of a weak jobs economy.

7. Gen Z will be highly entrepreneurial. They have learned from their parents that you cannot trust an employer to take care of you. It is best to create your own job.
8. Gen Z is and will be in church more regularly. I read one study by Joan Hope that noted a big spike in church attendance by Gen Z. My anecdotal observations confirm an increase in Gen Zers church attendance, but I was surprised by the magnitude of the increase in Hope's study. We will need to monitor this behavioral pattern closely.
9. Rapid change is normative for Gen Z. None of us could have imagined the Internet of Things or wearable technology or many other technological trends. They are normative for Gen Z. This generation is accustomed to rapid change.
10. Gen Zers prefer personal contact. Yes, they are fully immersed in the Internet and social media, but they really want to have personal interaction. Perhaps it is because of the Internet and social media that they desire personal interaction.

The trends are early. The demographics are breathtaking. And the signs are, to a large extent, hopeful. Let me hear from you about Gen Z. {eoa}

**Thom S. Rainer** is the president of LifeWay Christian Resources. For the original article, visit [thomrainer.com](http://thomrainer.com).

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# Spiritually Happy Men Do This

Every time you turn around, some leader is suggesting you “need” to be in a small group.

Why is that? What do they know that makes them say that?

As it turns out, they have some good reasons. There are simply some aspects of leading a godly life that cannot be accomplished without a close-knit community. Join us as we look at stories about why small groups are valuable, what a group can do “for” and “through” you, and what makes for a really good group.

The Big Idea: The Holy Spirit simply has more options to help you when you’re in a small group. Watch [this video](#) and find out more.

Click here for [Habit No. 1](#). {eoa}