

How to Teach Your Teen to Make Good Decisions

What do you do when your teen asks to go to a party? Sure, you can respond with a “yes, you can go” or “no, you can’t go.”

But there’s a better way. That better way is to ask them good questions that cause them to think critically and lead them to their own answer and, hopefully, the right choice. Although it’s not a guarantee that they’ll make the right choice, these questions will help them think things through with you and make the wise decision the next time.

When our kids become teens, sometimes we need to let them make their own decisions hoping they will choose well but giving them freedom to fail and learn from their mistakes. Of course, we don’t want to allow them to make a decision that could cause irreparable harm or have irreversible consequences.

Here are 3 types of questions to ask your teen when they want to do something you don’t want them to do:

1. Informational Questions: These questions help lay out the facts for them and for you.

- Where are you going?
- Who will be there?
- Will their parents be there?
- What will be happening there?
- When will you be home? No later than curfew, right?

2. If-Then Questions: These questions help them go beyond the facts, thinking through different scenarios, and form a bit of a game plan should something bad happen.

- If someone brings alcohol or drugs, then what are you going to do?
- If your friends want to do something immoral or illegal,

then how will you handle it?

3. Consequence Questions: These questions help them decide if the possible consequences are worth the risk.

- If you're tagged in an Instagram or Facebook picture, will you regret being there?
- If the police come, is this party worth getting arrested for?

What are some other questions you have asked your teen that have helped them understand, or even agree with, your conclusions about attending a questionable party or event? Please share your comments.

Mark Merrill *is the president of Family First. For the original article, visit .*

5 Ways to Respond When Tragedy Strikes Your Family

I just got off the phone with a good friend of mine. I had called because of a tragedy that occurred in his family.

His grandson had fallen and cracked his skull on the concrete. There was some bleeding and potential of internal damage.

How do you respond when tragedy strikes your family?

As men, we have a responsibility to lead, especially in times of crisis. It's times of crisis that can reveal our positional authority or expose our weakness. When your family is facing this kind of challenge it is not a time for weakness. It is a time to man up!

David, the great shepherd and warrior, faced a tragedy. How he responded can be a lesson for us when we face a crisis.

As David and his mighty men were returning to Ziklag, a small town of Judah that became the city of David, they saw the city burning. You can imagine the adrenaline that exploded within each man as his thoughts turned immediately to the imaginations of tragedy. Were their families safe? Have they been killed? They couldn't get there fast enough.

As they approached the city they found evidence that the Amalekites had raided their possessions. They couldn't find any remains, so they knew that their enemy had taken their families captive.

The Amalekites were known to be ruthless, treacherous, and belligerent men, who preyed upon weakness. There was no reasoning with Amalekites—they were a people who were insanely evil—incapable of compassion and cohabitation.

David and his men were swept up with emotion—weeping to the point of exhaustion. David became distressed because his men, the mighty men, whom he had trained up and built a life with, now were beginning to murmur of stoning him. Their bitter spirit had gotten the best of them.

Yet, the Bible says that, “David found strength in the Lord his God.” (1 Samuel 30:6)

Here are 5 ways to respond when tragedy strikes:

1. Guard your heart from bitterness. It is very easy to allow bitterness to get the best of you when you're facing a crisis. Your heart is the seat of emotions. It is normal to respond emotionally. That's ok—but, don't allow your emotions to withdraw from your purpose as a man. You must direct your emotions and turn them toward what is best for your family. David did this by withdrawing from the murmuring of his embittered men and finding his strength in the Lord.

2. Draw your strength from the Lord, then turn and strengthen those who follow you. As a leader, David couldn't afford to keep his strength to himself. He had to strengthen those who were following him. When you're in a crisis, you must use your position as a leader to strengthen those around you.

3. Don't make haste. There is a big difference between acting quickly with decisions and making haste. David quickly sought the counsel of God by calling the priest Abiathar to inquire of God. In those days, seeking specific direction from God was a fairly elaborate process. Today, we have the Holy Spirit to counsel us (John 14:26). David asked a specific question, "Should I pursue the marauders and will I succeed in the rescue?" The answer was clear and precise, "Pursue them and you will succeed." Notice, even though he responded quickly, he didn't make a hasty decision. When facing a crisis, it is important to keep your head about you. Make sound decisions.

4. Develop the heart of a warrior. David and his mighty men mustered the strength to pursue. Although they fought all day, and some were to the point of exhaustion, David succeeded over their enemy and recovered everything.

5. Know that crisis will always expose undesirable attitudes in others. This is an important lesson to learn. When David and his men returned with all of the property that they gained in battle, some of the followers exposed evil intentions and began to make trouble. They wanted to keep all of the assets for themselves and exclude those who stayed behind. David spoke up and issued an ordinance for Israel that day which read: "The share of the man who stayed with the supplies is to be the same as that of him who went down to the battle."

My friend's grandson is fine. He recovered from the tragedy. My friend said, "Neil, when the enemy attacks your family, he attacks you personally with doubt, questions, and bitterness. It is important to be prepared with the Word of God before a crisis happens." My friend responded to every doubt that came

to his mind with a scriptural promise.

Bonus

The victory over crisis always goes to the prepared.

Neil Kennedy, author of several books, including *FivestarMan: The Five Passions of Authentic Manhood*, *Centurion Principle*, *Mother's Guide to Raising a FivestarMan*; *God's Currency*; and *Speaking the Father's Blessing*; authored articles for scholarly journals; and multiple magazines, publishes *The Daily Champion* for men; and is founder of *FivestarMan*, an international movement of men.

For the original article, visit .

5 Drug-Free Ways to Stop Chronic Fatigue

A “human energy crisis.” That’s how Jacob Teitelbaum, M.D., describes the devastating symptoms of chronic fatigue syndrome and its close physiological cousin fibromyalgia—two commonly misdiagnosed conditions that can leave sufferers feeling exhausted, in pain, or worse.

Dr. Teitelbaum, author of a new book, *The Fatigue and Fibromyalgia Solution*, notes that we all feel exhausted sometimes—from job stress and the day-to-day challenges of family life and making ends meet. But for many people, those feelings are symptoms of something more serious, he tells Newsmax TV’s *Meet the Doctors* program.

“The research shows that 31 percent of adults suffer chronically with fatigue,” he notes. “So this is a big, big

problem. And we have the makings of a perfect storm ... for a [human] energy crisis with poor nutrition poor sleep and a host of other problems. And then it gets to the point where it gets so severe that it triggers chronic fatigue syndrome and fibromyalgia, in about 2 to 4 percent of the population."

According to the Centers for Disease Control and Prevention, more than a million *Americans have CFS and millions more suffer from fibromyalgia—making these conditions* more common than multiple sclerosis, lupus, and *many* forms of cancer.

Hallmarks of both conditions are feeling exhausted, being unable to sleep, "brain fog," and pain, Dr. Teitelbaum explains. The pain comes from having too little energy, which causes muscles to lock in a shortened position, he says. For most sufferers, the conditions are the same illness, but some people have fatigue but not pain, while others have pain but not fatigue.

The illness is devastating," he notes. "It will often be very crippling to the point where people can't even function. Some people are bedridden with the disease. Other people are what I call the walking wounded—they can straggle to work, kind of make it through the day, but when they get home they have nothing else [in terms of energy]."

Health problems and deficiencies can trigger fibromyalgia and CFS by putting stress on the hypothalamus, the region of the brain that produces hormones and regulates bodily systems. Complicating the issue is the fact that many mainstream doctors do not take the two conditions seriously—skeptics once derided CFS as "yuppie flu." Consequently, many physicians don't know how to treat them.

The good news is that fibromyalgia and chronic fatigue syndrome are highly treatable conditions, he says. Following a protocol known as SHINE—sleep, hormones, immunity, nutrition, and exercise—helps people improve their quality of life and

feel better, he says. The treatment calls for optimal sleep, addressing hormonal deficiencies, detecting and treating underlying infections, achieving proper nutritional balance, and exercising as much as you're able.

The good news is that some relatively simple strategies have been found to be effective in treating both CFS and fibromyalgia. Dr. Teitelbaum has developed a 5-point, drug-free protocol known as the SHINE program – short for sleep, hormones, immunity, nutrition, and exercise – that has been shown to help the majority of sufferers improve their quality of life and feel better.

SHINE stands for the five strategies that are central to the program.

Sleep: Making sure to get a solid 8-9 hours of sleep each night.

Hormones: Getting tested for deficiencies and seeking treatment, if necessary.

Immunity: Seeking treatment for any underlying infections that can be contributors to CFS and fibromyalgia.

Nutrition: Eating a healthy diet including lots of fresh fruits, veggies, whole grains and low levels of processed, sugary foods that can increase inflammation in the body.

Exercise: Engaging in at least 30 minutes of moderate-intensity exercise most days of the week.

"There absolutely is effective treatment available," Dr. Teitelbaum tells Newsmax TV. "Our published research ... showed that 91 percent of people improve with what we call the SHINE protocol ... The average improvement in quality of life using the shine protocol is 90 percent."

For the original article, visit .

The Holy Spirit: The Spirit of Truth

Do you ever wonder if integrity as a virtue is perishing from the earth? Whatever happened to sheer honesty, or just being truthful—publicly, privately? Whatever happened to saying what you mean and meaning what you say, to keeping your word?

The God of the Bible is a God of integrity. It is impossible for God to lie (Heb. 6:18). Our Lord Jesus Christ has transparent ministry. The Holy Spirit is totally, thoroughly and completely honest. Jesus called Him the Spirit of truth (John 14:17).

As for Jesus, He said of Himself that He is “the way and the *truth* and the life” (vs. 6, emphasis added), and so equally the Holy Spirit is truth. As it is impossible for God to lie, never forget that the Holy Spirit is *incapable* of lying to you. He will never deceive you.

Jesus Himself was full of grace and “truth” (John 1:14). Truth means fact. It means what is reliable. What Jesus does and says can be proved, and He will not let you be ashamed. When a miracle was performed the enemy of truth was forced to say, “We cannot deny it” (Acts 4:16). Jesus is transparent integrity. Today we sometimes use the expression “the real deal.” It is what people want to see in leaders, what people long for in relationships—no deceit, no infidelity, but honesty and trustworthiness. That is what we want in a friend—pure gold, the real thing.

Jesus is that. The God of the Bible is that—His words are “trustworthy” (2 Sam. 7:28), “true, and righteous altogether” (Ps. 19:9, ESV). Virtually the first thing Jesus said about

the Holy Spirit was that He is “the Spirit of truth.” This means genuineness, trustworthiness, faithfulness and integrity. It also means theological truth. The Holy Spirit will never lead you to error. You can believe what He reveals and stake your life on it.

To put it another way, the Holy Spirit is the opposite of the devil. Jesus said of Satan: “There is no truth in he is a liar and the father of lies (John 8:44, ESV). He is incapable of integrity and honesty. He exists to deceive.

Do you know the feeling of being deceived? Do you know what it is to embrace a person, recommend them, put your reputation on the line for them—then find out you were deceived? It can be very painful.

Dr. Francis Schaeffer used a phrase: “true truth.” He believed Scripture is *true truth*, that it is trustworthy and faithful. Jesus believed in what can be called propositional revelation—that there is a body of truth that does not change. So when Jesus said that everyone who is on the side of truth listens to Him, it is because all who want what is *really* true and *objectively* true will embrace Jesus Himself and His words. John said, “Whoever knows God listens to us; but whoever is not from God does not listen to us. This is how we recognize the Spirit of truth and the spirit of falsehood” (1 John 4:6).

Those then who have the Holy Spirit will be drawn to truth wherever it is, and they will be willing to test their findings and opinion by Scripture.

In a word: if you have the Holy Spirit, you will believe that Jesus Christ the Son of God is the true God and that the Bible is infallibly true.

A good question to put to yourself is this: What would you go to the stake for? What would you die for? In my old age I have concluded that the only thing I will preach is what I would die for. If it isn't worth dying for, it isn't worth

preaching—or believing. Granted there are gray areas on which we might have to give an opinion—e.g., eschatology (doctrine of last things) or ecclesiology (your view of the church or sacraments). I wouldn't die for these. But I would go to the stake for what I believe about the person of Jesus Christ, salvation, the Bible and the Holy Spirit.

“You have an anointing from the Holy One, and all of you know the truth” (1 John 2:20). The Holy Spirit is the spirit of *truth*, and that means we will be kept from error as long as we have the determination to do the will of God. For over fifty years I have kept John 7:17 in mind: “Anyone who chooses to do the will of God will find out whether my teaching comes from God.” This also shows that your personal relationship with God—whether you want to do His will or not—will determine what you believe.

The Holy Spirit will never mislead you. You don't need to be afraid of Him. He may not be “safe,” but He is “good.”

✖ *Adapted from 40 Days with the Holy Spirit by R.T. Kendall, copyright 2014, published by Charisma House. If you are hungry for more of the Holy Spirit and want a personal encounter with Him that will change your life, this book is for you. Here's is a collection of inspirational readings that will draw you closer to the Holy Spirit in just 40 days. To order your copy click here.*

Prayer Power for the Week of October 20, 2014

This week continue to embrace the Holy Spirit as the third person of the Godhead, and thank Him for being here to fulfill everything the Lord promised before His ascension. Take time to meditate on the Word. Sit in His presence and allow Him to reveal Christ, renew your mind by the Word and transform you as He wills. Continue to pray for the spread of the gospel at home and around the world. Lift up those persecuted for righteousness sake and those surrounded by terrorism, war and

famine. Ask God to show you what you can do to help. Lift up President Obama and those working with him to solve the current national and international crises. Remember Israel and the Middle East. Continue to pray for more laborers for the harvest field and for worldwide revival (1 John 2:20; 1 Timothy 2:1-8).

Here's the Antidote to Spiritual Ebola

Reports of the deadly Ebola virus are spreading faster than the highly-contagious virus itself. As the Center for Disease Control and its Division of Global Migration and Quarantine (DGMQ) work to prevent further outbreak in the U.S., Ebola is the most feared virus on the planet because once it infects a person, its ability to spread and cause death is astounding.

But the fact is fear of Ebola is more infectious than the biological virus. Fear of the fever is what's driving our government to contain it. Fear is what's capturing the headlines, and spreading like wildfire.

Like the biological virus, fear is a spiritual Ebola that can infect even the most faithful God-fearing Christian. In the book of Numbers, chapters 13-15, the Bible tells the account of how the spiritual Ebola of fear infected the Israelites—even though they had just witnessed God's power to escape Egyptian slavery.

In the story, God told Moses to send out 12 men to check out the land promised to them, survey the fruitfulness and scope out the enemies. After 40 days, 10 of the 12 men reported the enemies were too big, and cities too strong. They injected

fear, which spread like Ebola through the population. The people “raised their voices,” “wept aloud” and “grumbled,” even proposing they choose a leader and return to Egypt and slavery.

But two of the 12 scouts, Caleb and Joshua, give us a lesson of the antidote to spiritual Ebola. In short, we need to be a “culture of Calebs.” Here’s the passage we can learn from:

“(Caleb said) ... If the Lord is pleased with us, he will lead us into that land, a land flowing with milk and honey, and will give it to us. Only do not rebel against the Lord. And do not be afraid of the people of the land, because we will devour them. Their protection is gone, but the Lord is with us. Do not be afraid of them” (Numbers 14:7-10).

1. Get perspective. Remember God’s person—who He is, and what God promises. If we lose sight of God’s person and God’s promises, the obstacles in life becomes big and God becomes small. But Caleb had the right perspective, remembering God’s almighty hand and promise of victory.

Our enemy wants you to have short-term memory, forgetting miracle moments where God has delivered great things. Because when you forget, he can instill fear. But if you remember, you can exercise faith and let God be God.

“Then Caleb silenced the people before Moses and said, “We should go up and take possession of the land, for we can certainly do it” (Numbers 13:30).

2. Get a promise. Whatever issue is striking spiritual Ebola in your life, get a promise from God’s word. Caleb knew God’s promise of victory to win the “promised land.” Here’s the promise Caleb remembered:

“When you go to war against your enemies and see horses and chariots and an army greater than yours, do not be afraid of them, because the Lord your God, who brought you up out of

Egypt, will be with not be fainthearted or afraid; do not panic or be terrified by them. For the Lord your God is the one who goes with you to fight for you against your enemies to give you victory” (Deut. 20:4).

Trouble with money? Loneliness? The future? Being unloved? Calamity? Trauma? There’s a prescription from the Bible for anything that can strike fear in your life. Here are some examples:

- Trouble with money? Read Philippians 4:19
- Facing a battle? Read Deuteronomy 20:4
- Afraid of the future? Read Jeremiah 29:11
- Going through trauma? Read Romans 8:28

3. Get with God. Now, pray the promise. In the passage the infected people wailed to Moses, threatening to stone Joshua and Caleb. I would be willing to bet Joshua and Caleb were praying. When we pray, God promises to hear us. Prayer is an act of faith that is the antidote to spiritual Ebola.

“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us” (1 John 5:14).

4. Speak the promise. Caleb had seen the land, and heard the other reports. But he remembered God’s person and promise. Yet, until he spoke the promise nothing happened. There is power in our speech, in our words and in God’s word. Speaking God’s truth out loud establishes which side of the force you stand. Jesus modeled this when tempted by the devil during a 40 day fast in the desert. What did Jesus do? He spoke the Word.

“It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God’” (Matthew 4:4).

5. Act in faith. Too often, people bail out early on God’s promises, and never see or experience his power. Sometimes, it

takes perseverance and patience. But eventually you have to put your faith into motion. God rewards the faithful, but “without faith it is impossible to please God.”(Hebrews 11:6).

“So do not throw away your confidence; it will be richly rewarded. You need to persevere so that when you have done the will of God, you will receive what he has promised. For, in just a little while, he who is coming will come and will not delay.” And, “But my righteous one will live by faith. And I take no pleasure in the one who shrinks back.” (Hebrews 10:35-38)

The spiritual Ebola of fear shuts down your faith system, and releases consequences. The Israelites who lost their faith also lost their lives. But God recognized and rewarded Joshua and Caleb, allowing them and their descendants to live in the Promised Land. Their faith triumphed over fear.

“(The Lord said) But because my servant Caleb has a different spirit and follows me wholeheartedly, I will bring him into the land he went to, and his descendants will inherit it” (Numbers 14:24).

So be a contagious Caleb, infecting others around you with faith. Let God be God and watch your mountains become molehills.

Kenny Luck, founder of Every Man Ministries, men’s pastor at Saddleback Church, and ChristianMingle advisory board member, provides biblically oriented teaching and leadership for men and pastors seeking relevant, timely material that battle cultural, worldly concepts threatening men and God’s men. Follow **Kenny** and **Every Man Ministries** on Facebook, Twitter (@everyMM) and YouTube.

For the original article, visit .

3 Infections More Disquieting Than Ebola

As of this writing, more than 2,600 people have been afflicted by the Ebola outbreak, and it has killed at least 1,400 people in West Africa alone. And since the first U.S. case of Ebola was recorded in Texas, Americans were once again given a reason to panic. In fact, there has been an obsession to fear that the virus will sweep across the country and apparently, this is not a healthy kind of fear.

The Ebola case in Texas is an exception. This Ebola outbreak is a threat in any place where airplanes can land, although most countries—particularly the United States—already have the means to prevent the virus from spreading. Also, the incubation period is only two to 21 days, which means it is unlikely to spread undetected and kill thousands of people instantly.

The truth is there are other types of viruses and infections you should be worried about than Ebola. Yes, it may be hard to predict which bacteria and viruses you should be alarmed about, but there are those already existing that pose an ongoing threat. And these include:

1. Influenza/flu virus. There may be a flu vaccine, but did you know that it is still a major killer in the U.S.? In fact, Dr. Robert Schooley, chief of Infectious Diseases at the University of California at San Diego School of Medicine, said that more people will die during the winter from flu than Ebola.

Unfortunately, flu poses a serious threat, which is more than fever and muscle pain. In 2009, a different strain of the

virus emerged that was not covered by that year's version of the vaccine and has affected not just the young and old but mostly those who are in their prime. Dr. Liise-Anne Pirofski, chief of Infectious Diseases at Albert Einstein College of Medicine, explained that there are cases where young, healthy people's immune system may respond to the flu virus, and the resulting inflammation may worsen the illness.

2. Methicillin-resistant Staphylococcus Aureus or MRSA. MRSA is a strain of staph bacteria that does not respond to antibiotics, which are traditionally used in treating infections. Based on the CDC Tracking Data, there are 75,309 cases of MRSA infection in the U.S. right now as opposed to the two current Ebola cases reported. Thankfully, this virus is slowly declining. However, there is no reason to be complacent since the resistant bacteria can still cause life-threatening infections.

According to Dr. Pirofski, antibiotic resistance is a major threat since these organisms cannot be controlled using existing therapies. At the same time, you don't have to go to West Africa to contract this virus since it is already present in hospitals and health care-provider settings, including the most advanced hospitals.

3. Resistant Gonorrhea. There is a way to treat gonorrhea, of which approximately 820,000 people in the U.S. are afflicted. But did you know that there is a form of the bacteria that does not respond to treatments? Sometime in 2000, strains of gonorrhea that were resistant to cephalosporins, the antibiotics used to treat this type of STD, showed up in East Asia. By 2013, the CDC reported an estimated 246,000 cases of resistant gonorrhea every year in the U.S. alone.

Why is it alarming? Resistant gonorrhea doesn't show any symptoms, allowing it to spread easily. It may not kill people, but it can cause pelvic inflammatory disease and infertility in women. Worse, the virus can spread to your

blood, which can lead to disseminated gonococcal infection—a condition characterized by arthritis, inflammation covering tendons and dermatitis.

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For the original article, visit .

Are You Thirsty for a Manhood That Matters?

Imagine being at the grocery store and being really thirsty. You head over to the drink aisle, and what do you see? Hundreds of drink choices all at the tip of your fingers.

Your initial reaction is joy, but it slowly fades as you wonder what will quench your thirst. “Which drink is the right one for me?”

How long will you stand there? Will the drink you choose actually quench your thirst? Or only make you thirstier?

I tend to think that nine times out of 10, we choose the drink that only makes us thirstier ...

About two months ago, I felt like the weight of the world was crashing down on me. The pressure was on for a good family vacation, pressure from work to complete my current assignments, and a strong hit of allergies that just wouldn't go away. In short, I was tired and overwhelmed.

I had turned down the drink aisle at the store and was faced with the overwhelming decision of what drink to choose.

As the time passed, I continued to pour more of my cup out to family, work and sickness, and eventually I started to run dry. My normal motivations turned to annoyances. My typical good attitude turned toward anger and frustration, and I just couldn't find the right drink to help re-fill me. My tank was empty. Can you relate?

Instead of walking down the aisle and finding the drinks that would truly fill me back up, I chose the ones that made me thirstier.

Here's what they looked like:

- Instead of turning to God when I felt lonely and bored, I'd simply turn on the television and try to make it all go away. (thirsty)
- Instead of listening to a book, podcast or even the Scriptures on my long drive into work, I turned to music or the news. (thirstier)
- Instead of getting on my knees and asking God into each situation, I simply blamed Him for my issues and tried to resolve them myself. (dehydration)

I realize now that during those times of struggle, I was searching in all the wrong ways for my cup to be filled. When I should have been seeking Jesus in each situation for strength and fulfillment, I was turning to man-made options that have no quenching power!

The best water for a man who's thirsty for a better manhood is

the Living Water. Jesus explains this better than I do in the following verses.

“Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again” (John 4:13-14).

- The next time you face a hard decision at work, choose the Living Water.
- The next time you have a fight with your wife, choose the Living Water.
- The next time you feel tired and overwhelmed, choose the Living Water.

Here are three big changes to make in your life if you just can't quench your thirst:

1. Recognize your behavior. Take some time to review your activities over the last couple of weeks. What do they look like? Have you been engaging in activities that will fill you up, or have you slipped into sugary juice that will only make you thirstier? Recognize your behavior and choose to react.

2. Make adjustments. Think back to a time when you were more satisfied and your thirst was quenched. What activities were you doing that filled your cup? Get back to reading the Scriptures, get back to the time when you knew you couldn't fill yourself up and get back to seeking Christ first in your bad situations. Make those adjustments today!

3. Set a long-term plan. One of the first things I did when I started realizing I was dry was to write down why I was dry. Take some time to journal about your dry times so that you can better understand where you are, where you need to go and what you need to do. Once you have resolved the issues in the journal, use those points to make a long-term plan. Set goals that will help you be more consistent and help you better recognize your behavior when you start feeling dry.

Every man has the ability to live out a manhood that matters.

After reviewing these changes, what is one area of your life that needs the Living Water?

Manturity is a blog built on establishing spiritual maturity in today's man. The goal is to assist men in building better marriages and help them grow in maturity and explore different aspects of manhood. features new weekly blog posts, daily social-media updates and a powerful resources page. Stay up to date with the Manturity blog communities on Facebook and Twitter.

For the original article, visit .

4 'NEAT' Ways to Combat Sitting Disease

According to the American Heart Association, sedentary jobs have increased 83 percent since 1950. Physically active jobs now employ only about 25 percent of our workforce.

That is 50 percent less than 1950. Our average work week is also longer. Americans today work 47 hours a week—164 more hours a year than 20 years ago. So now not only are more of us sitting as we earn a living, but we are sitting *longer*—which ironically could mean less time living—as sedentary lifestyles increase risk one's risk for a number of health problems including obesity, diabetes, colon and breast cancer, cognitive decline, stroke, and depression.

Today I want to discuss four “NEAT” ways you can prevent the ill effects of a deskbound job without having to break a

sweat. “NEAT,” by the way, is an acronym for non-exercise activity thermogenesis, which basically means performing low-impact movements throughout your work day that keep your metabolism humming and your circulation flowing.

The key is to do one or more of these activities **10 minutes every hour**. Set alarms to remind you, and make your NEAT time a priority.

1. Stretch

When we sit for extended periods, our lower back, hips, and hamstrings become tightened, which leads to pain and immobility and can set you up for injury during physical activities. Here are a few of my favorite beginner-level stretches to help alleviate soreness and inflexibility:

Thread the Needle (target: lower back). Lie on your back and bend both knees with the feet flat on the ground. Bend the right knee like a figure four, with the outer left ankle on top of right thigh (just above the knee). Lift the left foot into the air, bringing the left calf parallel to the ground. Thread your right hand between the opening of the legs and interlace your hands behind your left thigh. Hold for one to two minutes and then repeat on the opposite side.

Low Lunge (target: hips). Start with your right leg forward with your knee over the ankle. The left knee is on the ground with the top of your foot flat on the floor. Gently lift your chest and rest hands on top of your right thigh. Lean hips forward slightly, keeping your right knee behind the toes, and feel the stretch in the left hip flexor. Hold here for 30-60 seconds, then repeat on the opposite side. For a deeper stretch, raise arms overhead with your biceps by your ears.

Single Leg Hamstring Stretch (target: hamstrings). Sit on the floor with right leg extended out straight. Bend the left leg at the knee and position the sole of that foot against your opposite inner thigh. Extend your arms and reach forward over

the right leg by bending at the waist as far as possible. Hold this position for 20-30 seconds and repeat on the left side.

Stand Whenever Possible

When you get a phone call, be NEAT and take a stroll around your office instead of staying at your desk. If you can, take the call outside to get some fresh air and Vitamin D from the sun. Do a few shoulder and neck rolls, small arm circles, even calf raises to improve your blood circulation.

If you're able, go for a 10-15 minute walk after lunch. Doing so has been shown to aid digestion and improve blood sugar levels. And of course, the extra movement will help you unwind, both physically and mentally, after a morning spent in one spot.

Go Old School

Have a question for one of your co-workers? Instead of shooting them an email, walk to their office and ask them in person. Need to tell your kids to get started on their homework? Rather than shouting at or texting them, hop, skip, lunge, or jump (why not?) to where they are and even have them stretch with you (These days, children need to stretch as much as adults do!).

Clean Up

Use your 10-minute NEAT time to do a few chores, such as washing the dishes or folding towels if you're at home, or rearranging your desk and reorganizing your bookshelf if you're at work. If you do this a few times each day, you'll likely find yourself being more productive and feeling happier, all thanks to your tidy surroundings and a trimmer to-do list!

Stay fit, stay faithful.

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Faith: A Christian Woman's Guide to Total Fitness *and her latest book*, Perfect Fit: Weekly Wisdom and Workouts for Women of Faith and Fitness. *Her popular website can be found at , and she is the owner and a coach at CrossFit 925. Diana can be reached on Twitter.*

For the original article, visit .

10 Chivalrous Acts a Husband Should Show His Wife

Chivalry is a romantic idea, and often misunderstood. So, first off, let's be clear as to what the word really means.

At , chivalry is defined this way:

1. The medieval system, principles and customs of knighthood.
 - a) The qualities idealized by knighthood, such as bravery, courtesy, honor and gallantry toward women.
 - b) A Manifestation of any of these qualities.
2. A group of knights or gallant gentlemen.

Fortunately for all of us—men, women and children—we have come a long way from medieval Europe, and a system of social protocols that made productive relationships based in equality virtually impossible.

However, there are deeper principles based on the values of self-giving love that still afford 21st-century men the opportunity to honor and respect their wives without the patronizing baggage of chauvinism.

So, feel free to be your wife's knight, ride up on your noble steed, and demonstrate your dutiful affection via the following "10 Acts a Chivalrous Husband Should Show His Wife":

1. He always thinks of her first: This may sound like a "no-brainer," but it's also true that many of us play out our role as husbands while bypassing the brain as a matter of routine! Make this a personal discipline until it becomes second nature.

10 Ways to Teach Children It's Not All About Them

2. He opens the door (Not just the car door, but every door, every time): Yes, the car door thing is cliché. But it—and every door—is such a good opportunity to let both our wife and the entire world know how you honor her.

3. He holds her hand. A lot. For no good reason. Just holding your wife's hand with no ulterior motive lets her know she's deeply connected to you and that you prize her affection. It signals warmth and protection. And that she's the only gal for you.

4. He walks on the street side of the sidewalk. Remember walking? Remember sidewalks? This action has its roots in shielding women from the mud and the splash. However, splash or no splash, it's a posture that says, "I will protect you; I place myself between you and danger." Simply moving around to that side is a huge statement of respect.

5. He gets soaked fetching an umbrella. Again, it's the principle of the action. You get the car, you run around in the rain and open the door, you shield her with the umbrella. This kind of initiative is a way of life, not a novelty action.

6. He coaches his children in self-giving love. Don't let it stop with you, All Pro Dad. Teach your children, especially your sons, to look out for their mother and to put her first.

Kindness, when they see it in you and practice it in their own lives, will heal your family.

10 Ways to Teach Your Children Humility

7. He serves her coffee or tea in bed in the morning. Don't ride in on the horse, but do serve her in this way as much as possible. And it's also a good idea when the whole family eats together, that no one takes a bite until mom lifts her spoon. It's a way to honor her sacrifice of preparing the meal.

8. He is always courteous. Many men are un-chivalrous in the way they put themselves first and fail to think of the needs of their wives. Say "please" and "thank you." Do not raise your voice. Turn off the distractions when you eat together (she's more important than answering the phone). Make it obvious that the relationship is primary. Believe us, courtesy sets the tone, and it is always reciprocated.

9. He washes her car before he washes his. It's the little things. Did you offer her the last cookie? When you poured yourself a glass of water, did you offer her one too? Did it occur to you to wash her car when you spent all afternoon spiffing up yours?

10. He stands up and takes the heat. Does she know you "have her back?" Was the repair guy surly when she talked with him on the phone? Is she getting the run-around trying to sort out the insurance claim? Was the waiter at the restaurant or the clerk at the store out of line? We're not suggesting you go Rambo on these people, but consider stepping up and saying, "Excuse me, but it's unacceptable for you to talk to my wife that way." But leave the shield, lance and sword in the car.

For the original article, visit .

'Why Can't I Lose Weight?'

A common question I've read in weight-loss forums is, "Why can't I lose weight?" When I read the question, I immediately see the first problem. Here is a clue: When you read the question, can you spot the belief behind it?

That is correct! Within the question is the conclusion that you *cannot* lose weight—no matter what or how long you try. As long as you believe that you can't, you won't.

Your beliefs set your limits. What I mean is, even if a solution came along, you either won't see it because you have your "CAN'T blinders" on, or you will reject it. Why? Because it doesn't line up with your belief!

For example, 1 Corinthians 10:13 promises: "No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it."

So the Scripture promises that God always makes a way for us to escape temptation. But if you don't believe it, then you won't even look for an escape route. You'll give in every time.

What is a better question to ask yourself when it comes to weight loss? A better question is, "*How can I* lose weight?" Do you see the difference? Within the question is the conclusion that there are solutions to your desire to lose weight. The way you live your daily life is where your permanent solution is found.

I believe that weight management is typically a life-

management issue. Scientists estimate that 95 percent of what you do is automatic. Everyday, you probably do the same things, in the same way.

Judging from your physical results, your current pattern has led you to gain weight. So, it makes sense that changing something in your current daily pattern (that 95 percent) will turn things around with your weight—given enough time.

Let's look at three things in your daily pattern that may be hindering your weight loss:

1. Your regular meals. It is estimated that we eat the same seven to 12 foods/meals each week. What are yours? If you don't know, then a good place to start is to keep a food journal for a week. Write down everything that goes into your mouth. Don't change anything yet; you are looking for information. Once the week is up, put a star by the things that you eat most often. Those are the foods/meals you need to target.

Ask yourself, "Are these meals helping my weight-loss goal or hurting it?" If they are hurting it, then you can either look for a lower-calorie version of it or look for a healthier recipe that will allow you to enjoy the food, but get you closer to your weight loss goal.

2. Your eating pattern. Do you have a regular habit of fixing yourself large portions, eating out of large bags or boxes, going back for seconds, or eating when your body does not need it? All of these daily behaviors will contribute to excess weight over time. Just making some small adjustments in your eating patterns could make a huge difference in your weight over time.

3. Your daily movement pattern. How many hours do you sit every day? Scientists did a study recently and found that slim people move (stand up/walk around) for two hours and 15 minutes every day more than overweight people. Even regular

exercise does not make up for the negative effects of long-term sitting.

If you have a desk job, then stand up and walk about for 10 to 15 minutes every hour. You can do some stretches, march in place, or other gentle exercise. Get your two hours and 15 minutes of casual standing movement however you can. If you are at home, you can either walk during commercials or do some spot house cleaning more often. Work to make this a regular routine.

And here's an even better reason: If you have pre-diabetes or have a history of it in your family, then simply taking a 15-minute walk after meals can lower your blood sugar rise by 50 percent.

The conclusion? If you want to lose weight, then start looking at the way you are living your daily life right now. Your answers are probably right under your nose.

P.S.—Are you looking for even more weight-loss solutions? Then check out my *Take Back Your Temple* eBook Bundle. In my nearly 10 years of weight-loss-coaching experience, I've discovered that the mental work of weight loss can be a lot harder than anything physical you do. When your mindset is right, then you are willing to do what it takes to obtain permanent results.

For the original article, visit .