

When Will Hamas Learn Terrorism Doesn't Pay?

The 25-mile strip of land, in-between the Mediterranean Sea and Israel's southwest border, known as the Gaza Strip, has been home to over 10,000 rockets launched at Israel since 2006 and, in return, has suffered billions of dollars of damage.

As a result of the 1993 Oslo Peace Accords, the territory was designated to be a part of a Palestinian State under the same Palestinian Authority that governs the West Bank. Hamas, however, won local elections in 2006, and subsequently kicked the Palestinian Authority out of Gaza in 2007. They have been ruling the area Hamas is a jihadist, Muslim Brotherhood organization that is labeled a terrorist organization by the United States, European Union, Canada, Great Britain, Australia, Japan, and Egypt.

Their charter calls for the destruction of Israel, and their spokespersons and clerics regularly espouse their commitment to this goal.

The primary reason that Hamas rules Gaza is not to provide a better life for its inhabitants, but to have a base from where they can build the military capability to destroy Israel. If their intentions were otherwise, Hamas would have used the \$100 million worth of cement and construction materials they received to build much needed housing for its ballooning population. Instead, Hamas chose to build an underground network of tunnels designed to deliver hundreds of terrorists inside Israel. Some of the tunnels were large enough for trucks to drive through them, and many were equipped with supplies for sedating and transporting kidnapped Israelis.

In fact, a major terrorist attack was being planned for Rosh Hashanah, the Jewish New Year, on September 25. If Israel had

not entered Gaza and discovered these plans, over 200 terrorists would have sneaked into Israel through the tunnels intent on killing thousands of Israeli civilians and kidnapping others.

Hamas also demonstrated callous disregard for their people, allowing some 160 children who had been used for child-labor to die while building the tunnels and by executing some 17 men who had overseen the building of the tunnels so they could not provide intelligence to Israel. Life has little meaning to Hamas fighters who glorify death in the cause of Jihad.

Complicity of the UN

With inhabitants numbering around million people, Gaza is an overcrowded area with one of the highest population growth rates in the world. Most of the inhabitants are considered refugees by the United Nations, which provides them with schools, sustenance, hospitals and the like. Hamas does provide some social services, but the presence of the UN relieves Hamas of fighters who glorify death in the cause of Jihad.

Unfortunately, the U.N. also perpetuates the sorry state of affairs in Gaza. First, they refuse to treat Palestinian refugees like all other refugees, and provide for their resettlement, thereby keeping Palestinian refugees in an ongoing state of limbo. In addition, Palestinian refugees are the only refugee group whose children and grandchildren are also awarded refugee status.

So, while there are only 30,000 original refugees from 1948 alive today, the UN is caring for some 5 million Palestinians, keeping many in "refugee camps" rather than providing for their absorption into host countries.

Also, the U.N. in Gaza cooperates so fully with the Hamas government that at times the lines are blurred between the two. For example, the U.N. Development Program office in Gaza

allowed "non-U.N. employees," without any paper trail, to oversee the procurement and use of the concrete that was then used to build Hamas tunnels. When rockets were found in U.N. schools, they were conveniently turned back over to Hamas, and the U.N. published as fact the civilian casualty figures provided by Hamas.

Not only did Hamas control reports of civilian casualties, they controlled the foreign press itself! Now that journalists are safely outside of Gaza, some are complaining that Hamas threatened and prevented them from giving an objective report on the ground. So, they are putting footage on YouTube that proves Hamas fired rockets next to hotels and U.N. buildings, and that Hamas operatives wore civilian clothing so their casualties were counted as civilian.

There has been nary a word out of the U.N. denouncing any of this.

Israel's Military Operation

Hamas was behind the kidnapping and murder of three Israeli teens in June, and then launched some 200 missiles aimed at Israeli population centers, causing Israel to take military action to stop the rockets, destroy the tunnels, and restore calm. Over the course of the month-long operation Hamas fired over 3,000 rockets at Israel endangering the lives of 6 million civilians.

Israel uncovered over 30 tunnels and destroyed about half of Hamas' missile stockpiles that were found in homes, mosques and schools. Hamas alleges that out of the 1,800 people killed over 70 percent of them were civilians, but Israel says that some 900 combatants were killed while firing on Israeli troops in Gaza.

During Operation Protective Edge, Israel repeatedly stated that the people of Gaza were not their enemy. They went out of their way to warn the inhabitants of buildings and

neighborhoods with leaflets, text messages, telephone calls, and a “knock” on the building with an empty shell before they would fire at a target. Many missions were also aborted because civilians were seen in the vicinity.

The truth is, had Israel not gone to such lengths to save the lives of civilians, urban warfare in a city as densely populated as Gaza City would have resulted in tens of thousands of deaths. Nevertheless, the images of dead children broadcast on both TV and social media would drown out any attempts by the spokespersons of the Israeli government to explain their regard for civilian lives.

Everyone involved has paid a hefty price because of the terrorist regime ruling Gaza. While Hamas suffered a military defeat; the people of Gaza lost homes, businesses, and a future; and Israel’s reputation suffered greatly in the public arena of images vs. words. Unless the West places conditions on their funding—conditions like demilitarization of Gaza, an end of Hamas rule, and education to prepare the people for peaceful coexistence with Israel—it will happen all over again sometime in the future.

Susan Michael is U.S. Director of the International Christian Embassy Jerusalem. Visit them online at [www.icej.org](#), creator of [www.icej.org](#).

3 Passive Actions That Are Killing Marriages

“The heart of a man needs to be engaged; it needs to feel like it belongs and is understood.”

Husbands are losing their marriages because they won’t

communicate. Wives are losing their marriages because they won't let their husbands communicate.

It's a vicious cycle that is killing marriages every day. It's part of a cycle that is creating passive and rejected men.

I've seen it first hand in multiple couples. Put them in a group of people and they'll talk a good talk, but put them in a room together, and the communication train derails almost immediately. He doesn't want to say anything to offend her, and she is waiting for him to say the wrong thing.

What happens next? He disengages and resorts to one of the following methods of passivity:

1. Sarcasm. Sarcasm used to be my second language. I would use it often as a way to get out of tough communication situations. I would use it just so I would have something to say in a conversation I wasn't comfortable in. It became one of the reasons for my near divorce early in marriage.

Sarcasm is typically an over-exaggeration of a comment or circumstance. It's a defensive method used to dodge the truth or accuse the other person, typically your wife. It can even come across as a joke. This is especially harmful in group situations. In order for a husband to feel better about himself and his personal issues, he may choose to make jokes about his wife to the other people around him. This builds him up and tears her down.

No marriage will last if sarcasm is one of the leading means of communication.

A great marriage will stay clear of sarcasm and seek to engage in meaningful discussions.

2. Silence. A silent man is a man causing a slow death to his marriage. Silence becomes the answer to a man's problem when he can't share his heart with his wife and be accepted. In

other words, he can't freely share the issues on his heart without being torn down or disrespected by his wife.

How many times does it take for him to disengage? Not very many at all. In my personal experience in early marriage, it only took a few times for me to realize that it was easier to not tell my wife what was wrong than to actually tell her. The main reason this becomes an issue is because the wife thinks his issue is more about her than it is about him. Wives, please understand that if your husband has something to get off his heart, he needs you to listen and understand. You want him to be able to come to you.

No marriage will survive long with a silent husband.

A great marriage will allow for open and honest communication from both spouses.

3. Avoidance. Men who avoid interacting in their marriage are doing it for a reason. From long work hours to extra time spent with their friends, he is tired of spending time with his wife and will find any means to be away. These husbands need to rarely worry about sarcasm or silence, because they are always away.

Avoidance can be caused in many ways. I know men who work hard all day and then come home only to be drilled with things to do and a stressed wife. The mindset soon sets in that his hard work is not appreciated, and he can find appreciation elsewhere. This, of course, is one of the most dangerous forms of passivity in a marriage. Appreciation could be found by going to the local hangout, climbing the corporate ladder, or seeking respect from another woman.

No marriage will last when avoidance is the main goal.

A great marriage involves two people working and communicating together side by side. It involves trust.

How can you avoid becoming a passive husband and build a strong marriage? These two steps are not easy, but they are musts if you seek resolution:

First, if you fall into one of the three categories listed above, you need to invite Jesus into that situation. Get over your whole macho, "I'm a man, I don't need Jesus" delusion and honestly ask Jesus to enter that part of your life. Ask Him how to resolve your issue and how you can speak to your wife about it.

Second, after praying for some time, set a time to speak with your wife about the situation. Let her know that you've been honestly praying for some time about the issue and would like to discuss it with her. Lay out what you've been praying about and what's on your heart. Allow for some back and forth and then pray together at the end. Invite God into that situation, or situations if she adds her side of the story, and work on it each day from that time forward.

It's worth it, and you can do it.

Are you being passive in your marriage? Share your struggles in the comments section so that others can help. What are some ways you fight being a passive husband?

***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 .

5 Foods That Are Good For Your Skin

There are various foods that help to make your skin naturally beautiful and healthy. But did you know that experts are now saying consuming these foods raw can be more beneficial for your skin?

A few of such foods are:

1. **Citrus and berries.** Vitamin C, abundantly found in citrus fruits, is a powerful antioxidant that increases the formation of collagen for promoting supple and soft skin. Berries are crammed with antioxidants that slow the process of aging. Moreover, the fiber contained in berries helps to eradicate harmful toxins out of the body before they cause skin disorders such as acne and zits. So, be sure to include at least one serving of fresh citrus and berries daily to achieve gorgeous skin.

2. **Pistachios and walnuts.** Pistachios and walnuts are loaded with vitamins B and E, which are known to protect the skin from cell damage. Vitamin E is a potent antioxidant that works by destroying the free radicals that accelerate skin aging. On the other hand, vitamin B enhances blood circulation and offers a youthful and radiant glow to the skin.

Experts suggest consuming pistachios and walnuts along with fruits in order to slow down the process of digestion and the breakdown of sugar.

3. **Spinach and kale.** Spinach and kale are green leafy vegetables that are rich in phytonutrients. They provide extra protection to the skin from the damaging effects of the sun's

rays and keep the skin firm and smooth. Spinach is especially healthy since it is composed of nutrients such as lutein and beta-carotene, which have been found to increase the skin's elasticity. It is suggested that consuming at least three cups of kale or spinach per week can do wonders for your skin. You can also consider mixing them together and relish the goodness of this delicious salad for beautiful skin and a healthy body.

4. Apples. Apples are another good source of vitamin C that works to increase the formation of collagen. The copper present in apples assists in the formation of melanin, which is a natural pigment found in the skin and works to protect the skin from the harmful effects of sun rays. You may consider adding chopped apples to a cup of yogurt or salad.

5. Almond milk. Another effective tip for increasing the natural glow of your skin is almond milk. It is rich in minerals such as manganese and copper. Copper is popularly known to boost the formation of collagen, and manganese has properties to protect the skin from damaging ultraviolet rays of the sun. You may drink almond milk as you would regular milk. It can also be used with cereal and blended with nutritious fruits to prepare a nourishing and scrumptious smoothie.

Don Colbert, M.D. has been board-certified in family practice for over 25 years and practices anti-aging and integrative medicine. He is a New York Times best-selling author of books such as The Bible Cure Series, What Would Jesus Eat, Deadly Emotions, What You Don't Know May be Killing You, and many more with over 10 million copies sold. He is the medical director of the Divine Health Wellness Center in Orlando, Florida, where he has treated more than 50,000 patients. He also is an internationally known expert and prolific speaker on integrative medicine.

For the original article, visit .

'Why I'm Not Afraid of Satan'

I believe in the existence of Satan. But I'm not afraid of him. Satan may be the prince of this world, but Jesus is the king. Frankly, the only reason I believe Satan is real is because Jesus talked to him and about him so many times.

It's true that Satan roams about looking for someone to devour (1 Peter 5:8). He's on a mission. Jesus said, "The thief's purpose (referring to the devil) is to steal and to kill and to destroy" (John 10:10). So we underestimate him at great peril.

But an alert Christian has absolutely nothing to worry about. Satan is a spiritual pipsqueak compared to Jesus: "The one who is in you is greater than the one who is in the world" (1 John 4:4). Frankly, Satan is only as powerful as we let him be.

Here are two biblical approaches to dealing with the devil ...

- *First, tell Satan about Jesus.* Jesus rebuked Satan, and we can too (Matthew 4:10). Just say, "Satan, I rebuke you in the name of Jesus." That is enough. James 4:7 promises, "Resist the devil, and he will flee from you."
- *Second, tell God about Satan.* How? Just pray the Lord's Prayer every day, which includes: "Do not let us yield to temptation. Deliver us from the evil one." Do that, and you're covered.

Telling Satan about God is good, but telling God about Satan is even better. Wouldn't you rather be in the presence of God telling Him about Satan, than in the presence of Satan telling him about God?

So let's hang out as closely as we can to the shepherd king.

He will beat back the attacks of the wolf prince.

Patrick Morley is the chairman and co-CEO of *Man in the Mirror Ministries*. For the original article, visit [.](#)

Study: Neck Manipulation Connected With Stroke Risk

Blood vessel tears that lead to strokes may be associated with—but not necessarily caused by—treatments involving neck manipulations, researchers say.

The blood vessel tears, called ‘cervical artery dissections’ account for about two of every 100 strokes overall, and from eight to 25 of every 100 strokes in young and middle-aged adults.

“What happens with the dissection is that there is a tear in one of the layers of the artery wall in the neck that can result in (a) stroke if a blood clot forms,” Dr. José Biller told Reuters Health in a phone call.

Biller, a neurologist with the Loyola University Chicago Strich School of Medicine, was lead author of a joint statement on neck manipulation and stroke risk from the American Heart Association and the American Stroke Association. The statement was published in *Stroke*.

Biller said cervical artery dissections have been reported after blunt or penetrating injuries and also in association with a variety of other conditions.

They can occur after “a sudden movement that can hyperextend or rotate the neck that may happen with certain sporting

activities, with whiplash or violent coughing or vomiting movements, or with neck manipulation therapy," Biller said.

Healthcare providers sometimes use neck manipulations, or "cervical manipulative therapy," to treat musculoskeletal conditions of the neck and upper back. Most are performed by chiropractors, but osteopaths and physical therapists use these maneuvers as well.

To assess the associations between neck manipulations and stroke risk, Biller and colleagues focused on four large studies that were mainly associated with strokes involving the arteries of the neck.

They found that people who had these types of strokes were more likely to have had some type of neck manipulation.

But, the authors point out, the studies they looked at couldn't determine what caused people's strokes. It's possible, they say, that people may have sought neck manipulation therapy for symptoms that were really the early stages of stroke.

Biller said patients with these tears often have pain in the back of the neck that may be misinterpreted by both the patient and a healthcare provider.

"Patients may already have begun to have a cervical artery dissection and therefore seek treatment to relieve the neck pain."

Biller and his coauthors concluded that health practitioners should inform patients of the associations between cervical dissection and cervical manipulation therapy before performing manipulation of the cervical spine.

Keith Overland, immediate past president of the American Chiropractic Association, told Reuters Health he applauds the American Heart Association for its effort to address stroke

risk.

But, he said, somewhere between 22 and 77 percent of the U.S. population has neck pain at some time, and cervical manipulation is one of the safest choices when compared to other treatments such as drugs and surgery.

Dr. Justin Sattin, a neurologist with the University of Wisconsin School of Medicine and Public Health in Madison, Wisconsin, told Reuters Health by phone, "As the guideline points out, the data are inconclusive—my personal opinion is that cervical manipulation is probably one of many different traumas that could provoke or exacerbate a dissection in someone who is harboring one or predisposed."

"Having said that, the absolute risk is probably low, especially with increased attention to the problem now in the chiropractic community," said Sattin, who was not involved with the study.

"And there's this causality issue of how do you know for sure the manipulation was the cause as opposed to the idea that the headache and neck pain that brought the patient to the chiropractor was actually the dissection, and the subsequently diagnosed dissection was attributed to the manipulation as opposed to something that occurred spontaneously or due to some other trauma that preceded the patient coming in for medical attention," he said.

Sattin added that it's difficult to tease these things out of the results, but he thinks it's fair to say there is some evidence that cervical manipulation may be a potential cause dissection and that patients should know that when they go to see a chiropractor, and the chiropractor should know that and disclose it to the patients.

"That doesn't mean one shouldn't pursue chiropractic therapy, it's just incumbent on everybody to know what the actual risks are. It's not like (regular) medicine is devoid of risks

either. Everything we do carries potential risks and benefits," he said.

"In general, stroke symptoms happen suddenly—a sudden onset of weakness on one side of the body, numbness on one side of the body or tingling, visual loss which could be in one eye or to one side of one's visual field, sudden loss of coordination, sudden onset of a language disturbance—either difficulty speaking or difficulty understanding what's being said," Sattin said.

"And the last one that we usually see is the sudden onset of a terrible headache unlike any headache of the persons had before, which is a cardinal symptom for hemorrhage in the brain," he added.

Sattin added that symptoms for a stroke due to dissection may include pain in the head or neck, or sometimes behind the eye, along with the other neurological symptoms of stroke.

© 2014 Thomson/Reuters. All rights reserved.

5 Things Wives Wish Their Husbands Knew

I recently wrote a post called 5 Things Husbands Wish Wives Knew. Today I want to cover the wives' perspective—what wives wish their husbands knew.

In writing this post, I had to get some wise counsel from my wife, Susan, and several other ladies on our Family First team to ensure that I was representing the ladies well. Here are five things wives wish their husbands knew:

1. Wives desire appreciation. Sometimes it seems that wives are the hardest-working people on the planet. But do we tell them? I addressed this in my blog, [10 Things Wives Want to Hear from Their Husbands](#). It is our privilege to be the beneficiaries of much of their work, and it is our job to thank them for all the things they do—whether it's making dinner, cleaning the house, or working hard outside the home to help support our family. Expressing your appreciation will encourage and motivate her in a big way. Bottom line: Don't ever take her for granted. Be her biggest fan!

2. Wives desire attention. When you get home from a long day at work, don't always go straight for the TV or your phone. Ask your wife about her day working and then tell her what your day was like. Listen with empathy, and don't make light of what she's saying. The first 10 minutes when you walk in the door set the tone for the evening. By giving her your full attention, it shows that you truly respect and care for her.

3. Wives desire affection. All women crave affection, no matter how long they've been married. They want to hold your hand, to be told they're beautiful, and to be kissed tenderly. My wife has flat-out asked me to be gentle. My bear hug only works occasionally. She wants tender affection. Because ultimately, physical affection reinforces that you're still in love with her even after years of marriage together.

4. Wives desire patience. After getting input from some of the married ladies in the office in writing this blog, I found out that I am not the only husband who struggles with being impatient. Over the years, I've been learning [How to Practice Patience](#) and will continue to work on this virtue for the rest of my life. Men, I encourage you to talk calmly and patiently through issues with our wife. If you don't, you will be in constant conflict; or worse, she may even shut down. When a disagreement escalates, you may want to agree to reconvene later after you both cool off. If your lack of patience is turning into anger, you may want to read [3 Ways to Get to the](#)

Root of Anger.

5. Wives desire friendship. Your wife desires a companion—someone to turn to when frustrating circumstances arise at work or when the kids are out of control. It's important to be a man who will listen to her share her difficulties and then comfort and help see her through the trials. By the way, friendship goes both ways. Your wife also wants you to trust her with your thoughts, feelings and challenges in life.

Ladies, is there anything I have left off the list? Feel free to share any other things wives wish their husbands knew in a comment below.

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

1 Free, Undeniable Way to Improve Your Health

What is a sure-fire way to improve your health that is free? Laughter. It's one of the most often overlooked ways we can, and should, live better.

Yes, the ability to laugh seems to come naturally to some people. But everyone, even the most serious personality types, can develop a funny bone. It's a wonderful way to stay healthy.

As researchers examine the keys to longevity, they are now discovering overwhelming evidence that living long has less to do with exercise and eating right than the way we THINK.

Just look at the majority of centenarians, and you'll notice they have a zest for life, a natural curiosity and, yes, a sense of humor. You'll notice a light-heartedness among people who've outlived their counterparts.

This is all about stress. Stress is far more devastating than most people realize. It literally debilitates your entire system. Anger, fear, unforgiveness and yes, a sour attitude, all contribute to stress.

Conversely, letting go of anger, resentment and not taking ourselves too seriously immediately contribute to stress relief and an overall healthier you. Research shows:

1. Laughter improves your heart. Our blood vessels function more efficiently when we laugh because blood flow increases, which protects us against heart attacks and other cardiovascular problems.

2. Laughter is a natural painkiller. Just as when we exercise, when we have a good laugh, our body releases endorphins, nature's painkillers. They are those feel-good chemicals that make us feel happy ... some say it's like a "natural high." In fact, scientists say endorphins are so powerful, they rival the impact morphine has on our body, but with only good side effects.

3. Laughter relaxes the body. It's a natural stress reliever. In fact, the effect of a good laugh lingers for 45 minutes in the form of less physical tension and greater muscle relaxation.

4. Laughter also boosts the immune system. Tickling the funny bone causes ugly stress hormones such as cortisol and adrenaline to diminish. When that happens, your body increases its production of disease-fighting antibodies, which kill all those pesky bugs that circulate during cold and flu season.

So, are you one of those people who take life too seriously?

You can change. Just make an effort to lighten up, and it will get easier.

So how do you laugh more?

1. The first step is to smile. Smiling leads to laughter. One thing you'll notice right away is that when you smile at people, they smile back.

2. Take it a step further, and you'll notice that laughter is contagious too. If you spend time around a bunch of people who are constantly uptight and frowning, just remember, you can single-handedly turn things around. Make it a point to joke and smile, lighten the mood whenever possible, and just watch how others will follow suit without even knowing it.

3. Seek out people who laugh and smile, and spend more time with them.

4. Watch funny television shows, movies or listen to funny podcasts or CDs in your car. Watch funny YouTube videos. But make sure they're clean and edifying. They are out there.

5. Look at the humor in yourself and in less-than-perfect situations.

Don't be surprised if you suddenly have more friends. Everyone wants to be around people who have mastered those skills. And it only takes practice.

Laughter is a fantastic way to defuse conflict. In the morning, make a conscious effort, a vow if you will, to joke about yourself and sticky situations in the day ahead.

Having a good sense of humor isn't just about adding levity to stressful situations. It can be a way of commenting on the everyday situations as well.

I am so very grateful for the jokesters in the CBN News room. Recently on *The 700 Club*, we aired two stories about James

Brown, who had an amazing Christian testimony. One of the stories was about the new biopic based on his life and the other was the re-airing of an interview James Brown did with *The 700 Club*, back in the 1980s.

One of the women in the newsroom, Andrea Garrett, in honor of our recent emphasis on James Brown, sent an email around with a link to the hilarious James Brown parody that Eddie Murphy performed on *Saturday Night Live*, which at the time was so wildly popular it became a pop-culture phenomenon. What a laugh we all had.

For the original article, visit .

I Caught My Spouse Cheating: What Now?

You may have suspected. After all, he or she has seemed somewhat distant for a while. But you never thought it would happen to you.

The moment you confronted them undeniable evidence, it was like being hit by a truck. She's having an affair. Whether it is an emotional or physical affair, the betrayal is just as deep. How can so many emotions hit all at once? They flood in and out—anger, sadness, hopelessness, confusion, embarrassment, betrayal, and rejection. The truth is earth shattering.

The world that you know has been broken by an utter breach of trust by the person that should have honored it the most. If you have or are experiencing this now, I am sorry. You may be asking yourself these questions: What happened? Is my marriage

over? Can it be saved? Do I even want to save it? There are so many things to confront, but the main question is, what now?

You Probably Want to Walk. Stop. Give It Time. This is understandable. He or she was unfaithful. However, don't make a quick decision. Take your time working through the steps below before deciding anything. Do whatever it takes to save your marriage before walking away.

Carefully Consider Your Children. Remember that he or she is one of their parents. They do not need to know the details or even who is at fault. Do not put them in the position of choosing sides. It's hard enough.

Tell them that, as a couple, you are having a hard time. Affirm your love for them and continue to spend as much time with them as you can. When all is said and done, you want to be able to look at them and tell them that you did everything you could to save the marriage and keep the family together.

Flush through Your Feelings. "Manning up" is not burying your feelings. You need to let them loose. Your feelings are legitimate. Putting on a good face won't make them disappear. They will only surface later in the form of poison-filled bitterness. Feel deep, identify those feelings, and articulate them.

Then Confront Her or Him. If you have not already done it, confront them when you are under control. Be ready for them to place blame your way. Ask questions and gather as much information as possible. Calmly tell them exactly how you feel. Don't hold back. This will take multiple sessions.

Get Some Solitude and Pray. You need to get away where you have quiet time to think and reflect. Remove distractions. I would highly recommend enlisting help and direction from God. Separating for a while may be healthy.

Take a Self-Inventory. They did what they did and you don't

have to own that. However, your marriage most likely got to an unhealthy place and that takes two people. Think through and identify the ways that you contributed. Own the part you played and what you can do different going forward. For more on this, read [How to Help Your Spouse Have an Affair](#).

Resist Falling into Bad Habits. There is a deep pain and loneliness. The temptation will be to numb or distract yourself from it. Getting drunk, stoned, and/or looking at porn is certainly not the answer. You will find yourself with an even deeper loneliness and hurt. Put your energy into healthy activities.

Find a Trusted Friend to Talk to—Be Very Careful in Your Selection. You need a friend that you can be real with on every level. Choose this person carefully. Make sure they are a good listener, level-headed, and insightful. It will be easy to gravitate toward someone who will bash your spouse. You don't need that person. You need someone (of your own gender) that helps bring sober clarity.

- [5 Places to Get Bad Marriage Advice](#)

Seek Professional Counseling and a Support Group. Complicated problems need expertise to uncover. The issues you and your marriage are facing need professional insight and perspective. Even if you have no desire to reconcile, you should still meet regularly with a counselor for your own personal healing.

- [4 Ways to Know When it's Time for Marriage Counseling](#)
- [Finding a Good Marriage Counselor: Stacking the Deck in Your Favor](#)

Forgive Him or Her. This is the hardest part, but the most beneficial. It doesn't mean all is forgotten or that you blindly get back into the relationship. And it certainly doesn't mean everything is okay. It just means letting go of grudges, anger, and bitterness. It means you are ready for renewal, either in moving on or hopefully restoring the

marriage.

Huddle up with your kids tonight and ask: "Why is it important to be honest?"

All Pro Dad is Family First's innovative and unique program for every father. Their aim is to interlock the hearts of the fathers with their children and, as a byproduct, the hearts of the children with their dads. At , dads in any stage of fatherhood can find helpful resources to aid in their parenting. Resources include daily emails, blogs, Top 10 lists, articles, printable tools, videos and eBooks. From , fathers can join the highly engaged All Pro Dad social media communities on **Facebook**, **Twitter**, **YouTube** and **Instagram**.

For the original article, visit .

Israel Protesters: 'Hitler Was Right'

The world's reaction to the situation in Gaza has been disproportionate, bordering on absolute hysteria. True, the images from Gaza have been difficult to view.

Any normal person feels pain at the sight of dead children. Unfortunately, we are inundated with images like these all the time, from all over the world—Iraq, Syria, Afghanistan, Rwanda, Sudan and Kosovo, for example. But responses to images coming from those places come nowhere close to the violent, hate-filled response, mainly in Europe, to the images coming from Gaza.

There is not enough space to cover it all. Tens of thousands

of people have taken part in demonstrations in Paris, London, Berlin, Brussels and Rome—and also even in Boston and New York. Protesters have carried signs with slogans we have not seen in years, such as “Hitler was right” and “ Hamas, Hamas, Jews to the gas.”

Synagogues have been attacked with stones and Molotov cocktails and Jews have been beaten on the streets. In Australia, Jewish children were threatened on a school bus. In Britain, a member of parliament declared his city “an Israel-free zone.” Even *The Guardian*, not a pro-Israel newspaper (to say the least), has been appalled by the anti-Semitic trend. *The Guardian* ran an article last week titled “Anti-Semitism on rise across Europe ‘in worst times since the Nazis’” and in an editorial called anti-Semitism “inexcusable.”

Let’s not fool ourselves: The demonstrations across the world have not been legitimate protests against Israel’s actions in Gaza. Among the tens of thousands of people who have taken to the streets in European capitals and elsewhere, there may be a few well-meaning individuals who want to express their objection to the death of children and civilians. If all the protesters were like this, there would be no problem. In democratic nations, there is freedom of speech, and people are allowed to express their opinions, even if they are contrary to our own.

But this is not what has taken place. Protests of that type would be smaller, would not pop up 10 minutes after the shooting had started and would not be accompanied by the overt dangerous violence and menacing Nazi-like rhetoric. But the protests we have seen in recent weeks have been something else entirely, representing two main things:

First, the Islamization of Europe. In European capitals, the number of Muslims has reached a critical mass. In Brussels, it is expected there will be a Muslim majority within a decade. Muslim community leaders do not hide their intentions to

conquer Europe via demography—and impose Shariah law. Radical imams (including, for example, an imam in Berlin who recently said, “Destroy the Zionist Jews. ... Count them and kill them to the very last one”) are stirring things up and their followers are making sure everyone falls in line. It is no wonder then that most of the marchers are Muslims and the list of organizers of the demonstrations consists almost exclusively of Muslim organizations.

The second issue is even more serious. Operation Protective Edge has released the ancient European anti-Semitic genie from the bottle, after it was stuffed deep inside following the Holocaust. Blatantly racist remarks that no one would have dared utter a decade or two ago have all of a sudden become legitimate. In Europe, it has become fashionable again to call for sending the Jews to the ovens. There is no problem saying, shouting, writing or typing this sentiment. Perhaps the latest wave of anti-Semitism is being led by Muslims, but Europe is showing very little resistance to being dragged into an ugly, terrifying and barbaric reality. We know. We have been there before.

***Aharon Lapidot** is the deputy editor of Israel Hayom. For the original article, visit .*

5 Daily Tasks to Help You Mature in Your Faith

Work, family and entertainment are the three things taking up the most time in the lives of men today. There is nothing wrong with these three things; in fact, they all have their place of necessity in a man's life.

What I continue to work on though are the ways to keep a man's faith strong while still having to engage in these things and the activities that surround them.

For me, and some of my good friends, it isn't always easy to keep our faith strong on a daily basis. The three areas mentioned above all demand our time, some more than others, and we have to figure out ways to make them all satisfied. Again, not always easy.

So I want you to consider five daily tasks to help you mature in your faith.

When I considered these, I decided that they had to be in short time periods. Meaning whatever you choose to do daily needs to only take a few minutes of your time. It will make it easier to do and easier to remember. This isn't to say that the activity of choice is not important, but that it needs to be short and effective. It also doesn't mean that the time couldn't go longer than a few minutes once you engage in it. Remember these are for DAILY tasks.

Here are the five tasks and some ideas on how to accomplish each one. Add what you do daily and how you accomplish it in the comments at the end.

1. Short prayer. Prayer is powerful, men, and we all need to do more of it! I have put this option at the top of the list, because I believe it is the best option to choose. As a daily way to mature in your faith, choose to say a short prayer each day. There is no time limit to your prayer, but just keep it short and to the point. Just like any good relationship, you need to keep great communication with Jesus.

HOW: If you have a smartphone, go to your calendar. Open a new event and made the headline "Short Prayer Today." Pick a time that you know will offer you a few minutes of freedom. Set the reminder option to go off "everyday."

2. Scripture reading. Scripture is powerful, men, and we all need to read more of it! I could start out every option with that headline, but I won't hit you with it every time. Digging into God's Word is essential to knowing Him and keeping a great relationship with Him. For this to work daily, try to set it up by only reading a couple verses a day. Again, if you keep it short, you'll be more likely to do it and keep doing it.

HOW: Keep it simple and just open your Bible before you leave for work each morning. Or, again with technology, download the free Bible App, sign up for a reading plan and get a notification sent to your phone everyday.

3. Devotional. I recently went to Amazon and found solid men's devotional options. Devotionals are great because they not only supply you with a verse to read, but they also offer great lessons learned and life experiences. You never know, the answers you seek in your current issue or struggle could be in a devotional. Devotionals are especially helpful if you have a hard time talking to other people about your faith because of the life experiences shared.

HOW: Head to Amazon or to your local Christian bookstore and pick out a devotional that works for you. Keep it beside your bed or in the center console of your car. Read it before you go to bed or as soon as you get out of work.

4. Journal. Keeping a journal is a great way to share what's on your mind and reflect on those thoughts in the future. I currently don't keep a daily journal, but I do keep a journal specifically for church and church-related events (Men's Group). A journal can help you resolve your thoughts in a safe and productive way.

HOW: Head to your local bookstore and pick out a nice one. Get a small one so that you can take it more places and keep it more accessible. Or, download a journal App on your smartphone

and get a notification each day to write! Click here to see some cool options.

5. Ask Jesus. If none of the other options interested you, I would suggest a simple yet very effective option; ask Jesus.

HOW: Well, it's simple. Each and everyday you ask Jesus how you can better serve Him, love Him, worship Him and so on. You don't need any special tools to do this one, you just need to be aware and ask. Try it!

Now that you know these five tasks, my challenge and encouragement to you is to try at least one of these every day for an entire month. If you think a month sounds hard, please know that I initially wanted to write "year."

"Real relationship with Jesus requires real persistence."

Which one will you choose for an entire month? If you're already experiencing a great relationship with Jesus, share some of your daily ways with the Manturity Community.

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 .