

# 5 Attitudes That Can Help Your Family Live in Peace

In 1938, as Europe hurtled toward another world war, Britain's prime minister, Neville Chamberlain, signed the Munich Agreement. Chamberlain remembered World War I only too well, and he desperately wanted things to be different.

He waved his little piece of paper at the airport, and he declared he had secured "peace in our time."

But in avoiding conflict at any cost, the prime minister made a move that virtually guaranteed a more devastating confrontation in the future. Chamberlain did not understand that a peace that counts is anything but passive; he didn't grasp the truth that active peace brings something intentional to the table, he didn't remember that real peace has nothing to do with fear.

Likewise, it's too easy for families to dodge conflict, shut down communication, secure "a little peace and quiet" and cost themselves the opportunity for coming together. Peace is not a negative value; it's not the absence of anything. No, it turns out to be a lot more proactive than that.

**1. Joy.** Research demonstrates that a positive attitude reduces stress. And we all know reduced parental stress lowers tension in the home. So do yourself a favor, Dad. Turn off the talk radio, park the car, take a deep breath and bring a smile into the kitchen.

**2. Patience.** Patience is a decision. Here's the equation: listen, absorb, clarify, reflect, respond. Peace is more probable when we take the time not to react.

**3. Kindness.** Again, it is a decision. Random acts of kindness are okay, but we recommend deliberate, applied, unrestrained

kindness.

**4. Generosity.** We're not talking about money here, but about generosity in relationships—giving the benefit of the doubt, preemptive love strikes and giving forgiveness.

**5. Faithfulness.** A lot of discord comes out of uncertainty. As a dad, you can eliminate a lot of uncertainty by being so resolutely and predictably faithful in all the ways that count. Be the husband mom can count on, the dad the kids feel safe with, the powerfully positive presence that carries certainty and peace in its wake.

Huddle up with your family tonight and discuss what it means to be a peacemaker.

*For the original article, visit .*

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## **4 Reasons Why You Need to Start Taking Probiotics Today**

Studies have proven that healthy bacteria benefit the body in more ways than one. While we typically associate healthy bacteria with a fully functional digestive tract, researchers are claiming that science proves there are more benefits.

Good bacteria, or probiotics, help to prevent particular skin conditions. Whether through dietary supplements or food, probiotics help our bodies function effectively. Probiotics, according to scientists, help to create a wall of healthy bacteria that reduces inflammation in the digestive tract. Such inflammation is what triggers certain skin conditions such as acne and rosacea.

According to research conducted by Dr. Whitney Bowe of Mount Sinai Medical Center in New York City, topical probiotics are beginning to show promise to help ease skin conditions. Topical probiotics can be directly rubbed onto the skin, and many different manufacturers are currently working on different types of products. Even though further research must be conducted, it is very possible that probiotic moisturizers, cleaners, exfoliants and lotions may very possibly be in the near future.

Dr. Bowe claims that consuming probiotics, whether through food or supplement, is not enough to simply cure skin conditions; however, in combination with other treatments, probiotics can help ease various skin conditions. Typically, Dr. Bowe suggests that her patients who suffer from acne or rosacea to ditch the antibiotics and opt for probiotics instead. Probiotics can easily be found in foods like kefir (a fermented milk drink), yogurt or even a supplement.

Some of Dr. Bowe's patients have been rubbing Greek yogurt on their skin around once a week to see if this has any effect. Dr. Bowe claims that her patients were pleased with this easy self-made mask, and while there is no scientific evidence to prove this finding—yet, the patients' differences in their skin are all they claim they need.

Here are the four skin conditions that can be helped by probiotics:

**1. Eczema.** Scientists from Finland examined pregnant women and their various side effects from a probiotic-rich diet. They recorded that the probiotics helped lower the likelihood of offspring having the skin condition, even when genetics were working against them. Other studies revealed that infants as young as seven days old already project their likelihood of developing eczema before they turn one.

**2. Rosacea.** Rosacea is an inflammatory skin disorder that

causes redness on the cheeks, chin, nose and forehead. It also causes small pimples and bumps on the skin. Dr. Bowe claims that probiotics, paired with medication, can reduce the facial redness associated with rosacea. In addition to reducing the redness, probiotics can also help strengthen the skin to fight against burning and dryness.

**3. Anti-Aging.** Dr. Bowe claims that while more research should be done into the field, the concept of probiotics to protect against visible aging signs is promising. According to the reputable doctor, probiotics include a protein that helps build collagen and improve texture and tone. In addition to these positive effects, probiotics also are claimed to help hydrate the skin and reduce the appearance of fine lines and wrinkles.

**4. Acne.** Many different studies are beginning to connect probiotics such as *B. bifidum* Lactobacillus and *L. acidophilus* with improving the appearance of acne. As opposed to antibiotics, probiotics include many different strains that help in a more effective manner. Research done in Korea, Italy and Russia have concluded that probiotics obtained from food along with standard acne medications help to clear acne, and also ease patients' discomfort caused by taking acne treatment with antibiotics. According to the doctor, probiotics help create a protective shield on the skin that helps keeps pimple-causing bacteria free from the skin, causing inflammation and aggravating the body's immunity. Dr. Bowe also claims that probiotics can help skin lesions.

**Don Colbert, M.D.,** *is board certified in family practice and in anti-aging medicine. He also has received extensive training in nutritional and preventive medicine, and he has helped millions of people discover the joy of living in divine health.*

*For the original article, visit .*

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# 6 Symptoms of a Dysfunctional Church

If you want to hear about really sick churches, then stick with me on this post. If you are tired about many of us writing about the sordid state of congregations, I understand. Skip this article and I will return with more good news in the near future.

So what is a dysfunctional church? By definition, it is a congregation that no longer carries out essential biblical purposes. In other words, the church does not function properly; it is thus dysfunctional.

Unfortunately, I did not have to look far to find over 20 current examples of dysfunctional churches. In my quest, I found six recurring themes. In every one of the congregations, the church manifested at least three of these symptoms.

**1. Severe theological errors are pervasive in the church.** I'm not referring to differences over minute matters of eschatology. These errors to which I refer were denials of the essential truths of the Christian faith. In some cases, leadership no longer held to the exclusivity of salvation through Christ.

**2. The church is known as a "pastor-eater."** The congregation often terminated pastors on a regular basis. At the very least, pastors felt the pressure to leave. Short pastoral tenure was thus normative.

**3. The congregation experiences severe conflict.** Any group will eventually have some level of conflict: families; fellow employees; students; and churches. But dysfunctional churches

take conflicts to a new level, often resulting in emotional outbursts by members and leaders.

**4. Hardly anyone in the community knows the church exists.** One of the simple steps I take in many consultations is to visit businesses within about a mile radius of the church. I ask them for directions to the church. If no one has ever heard of the church in that close proximity, I know something is wrong.

**5. The church is declining while the community is growing.** An example works better here. Suppose your church has declined in worship attendance by 3 percent the past two years. Now suppose the community in which the church is located has grown by 4 percent the past two years. The contrast between the two growth rates is stark, a symptom of a dysfunctional church.

**6. The church is “family owned and family operated.”** One particular family, even if it’s an extended family, makes all the decisions in the church. Nothing gets done without the nod of typically the patriarch or matriarch of the family. The church exists largely to meet the needs of one family.

Of course, when I write articles about the negative state of many congregations, I am rightly asked about potential solutions. We are putting together an entire video series on revitalization this fall. Stay tuned.

In the meantime, let me hear from you. What do you think of these six symptoms? What would you add?

**Thom Rainer** is the president and CEO of LifeWay Christian Resources. For the original article, visit [.](#)

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# This Simple Diet Change Can Do Wonders for Your Health

It's truly amazing how many health problems are caused by gluten, specifically wheat. Much of the time, the person suffering has no idea the problem is gluten. They take allergy pills, arthritis medicine, antacids and more to treat the symptoms, then suffer from the side effects of the medication ... when all the while all they had to do was give up gluten.

As one who has been living gluten-free since October of 2012, I can tell you it's one of the best decisions I ever made. I do not miss it at all! I REALLY do not miss the way it made me feel tired and the way it made me crave more gluten. Yuck. Poison.

The reason I gave up gluten was not for any problems I was experiencing, such as gastrointestinal discomfort or allergies, which are common reasons other people give up gluten. No, I gave it up because I learned how unnecessary it was and also how starchy wheat has become.

As a result of avoiding gluten I lost weight and I sleep better and have more energy, which is consistent throughout the day, no more roller-coaster of sleepiness and coffee jolts.

Sadly, the wheat that is grown in the United States today is not the wheat of our forefathers. It has been hybridized to produce a higher yield. But the grain itself is has a higher starch content and more disruptive to our digestive system. Unfortunately, this goes for whole grain as well as the refined wheat products.

I was pleased to interview one of America's leading gluten-free physicians, Dr. Patrick Fratellone, whose New York City medical practice is thriving because of his cutting-edge views

on health and nutrition. Too bad there aren't more doctors like him.

"When I went to medical school I did not have a course on nutrition," he said.

Fratellone has the distinction of being one of the few integrative cardiologists in the United States. The Manhattan physician learned about nutrition on his own, after completing medical school.

As a result, he said he thinks many of his colleagues prescribe drugs and even perform surgery when only a change in diet might be needed. "Physicians in general do not know about nutrition," he said.

Fratellone believes the root of most diseases lies in the small intestine, also known as the gut. That's why he advises his patients to avoid gluten, which means no wheat of any kind, not even whole wheat, and no rye, barley, or oats.

Fratellone said an easy way to remember the gluten grains is to think of your eyebrow: (Barley, Rye, Oats, Wheat).

"Gluten is bad because it's a protein that causes an insult to the gut," he said. "So if you insult the gut there are three things that can happen: you can't absorb food and its nutrition properly, you won't absorb your vitamins, you cannot make vitamin D. Vitamin D3 is made in the small intestines and 90 percent of the happy hormone serotonin is made in the small intestine. So if gluten is causing an insult to the gut you can see the cascade of effects it has to the whole body."

Many people who suffer from gluten sensitivity are unaware they even have it and so are their doctors.

"The symptoms of gluten intolerance vary from gastrointestinal, which could be bloating, gas, diarrhea, constipation, to unbelievable other symptoms like tremors,

dermatitis: itching, it could be nerve disorders. So it varies from patient to patient,” Fratellone said.

People who experience the most extreme reaction to eating gluten have what’s known as celiac disease.

“Celiac is an allergy, not a sensitivity,” he said. “The difference is a person who has celiac that has gluten can get severely ill, meaning more than the symptoms we talked about. They could have bloody diarrhea, they could have a seizure, they could lose eyesight. So being celiac and having gluten is very dangerous.”

Fratellone said for some people, avoiding gluten is only part of the solution. Since gluten can damage the gut, some may need to repair it the natural way with herbal teas like chamomile, peppermint, or slippery elm.

Way out on the other coast, in sunny southern California, I spoke with one of America’s fittest 60-year-olds, who credits his buff body and excellent health largely to his gluten-free lifestyle.

At an age when most Americans slow down, 60-year-old Mark Sisson said he feels the healthiest he’s ever been. That’s saying a lot because he used to be an all-star athlete.

“I wound-up being one of the best runners in the country,” Sisson said. “I was a marathoner and then I turned into a long-distance triathlete.”

But Mark hid a secret.

“As fit as I appeared to be, in terms of my racing skills and ability to go fast, I really endured a lot of issues with health problems,” he said.

They ranged from sinus pain to respiratory infections to heartburn and more.

“When I got into my 40s I developed arthritis in my fingers to the extent that I would cringe if a strong guy would put his hand out to shake mine,” Sisson said.

The worst was his irritable bowel syndrome that plagued him since childhood.

“I lived my life sort of wondering what gas stations are open with a bathroom, you know, on the way to the airport, for instance. Or if I have something I have to do in two hours, how can I be ready for that without having, you know, an episode,” he said.

Searching for relief, he tried all kinds of doctors and drugs, but nothing helped.

“One day, a bunch of years ago, my wife said, ‘I’ve given up grains, why don’t you try giving up grains for 30 days and see what happens,’” he said.

He took his wife’s advice, and all of his problems virtually disappeared.

“The irritable bowel syndrome that had run my life, for most of my life, went away. The heartburn went away. The arthritis went away,” he said.

Although Sisson was thrilled to finally feel better, he was also frustrated that that cure—giving up gluten, was so simple. Yet, all those years conventional medicine never had a clue.

**Lorie Johnson** is the medical reporter for CBN News. For the original article, visit .

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# Melanoma Cancer Is No Longer an Automatic Death Sentence

Skin cancer has reached epidemic proportions in the U.S., and is now the most common form of cancer. More people have been diagnosed with skin cancer than all other cancers combined, and five times as many people are diagnosed with it today than in the 1970s, federal health statistics show.

Nearly 3.5 million cases of skin cancer are treated each year, and more than 70,000 of those cases are melanoma—the more dangerous, life-threatening form of the disease.

Now for some good news: The Food and Drug Administration last month approved a new immunotherapy drug from Merck & Co. Inc. that has proven to be very effective in patients with advanced melanoma, as well as some with lung cancer or head and neck cancer.

Kenneth Beer, M.D., a Palm Beach dermatologist and associate clinical professor at the University of Miami, tells *Newsmax Health* the FDA's approval of the new drug—MK3475, also known as pembrolizumab—is a game-changer that could mean melanoma is no longer a death sentence for many sufferers.

“I think this drug and others like it will change the landscape and help patients with this horrible disease,” he says. “These newer treatments help the immune system find and kill the cancer cells ... This is a novel and rational way to treat cancer. My sense is that this will lead not only to treatments for melanoma but also lung cancers.”

MK3475 is one in an emerging class of medications that work by blocking a protein called PD-1—short for “programmed death receptor”—which is used by cancer cells to evade the body's immune system.

An early-stage trial involving 411 patients with melanoma that had spread to other parts of the body found that 69 percent were alive after a year of treatment. At 18 months, researchers estimated survival was 62 percent, with some patients surviving more than two years. The findings were presented at the American Society of Clinical Oncology meeting in Chicago.

Patients with metastatic melanoma often have high levels of the protein in their tumors, which allows cancer cells to essentially hide from the immune system. But drugs like MK3475 block this ability, making tumors vulnerable to the body's immune system.

More than half the patients in the melanoma trial were previously been treated with ipilimumab, sold by Bristol-Myers Squibb Co. under the brand name Yervoy. It is part of a class of drugs known as CTLA-4 blockers that work by boosting a different part of the immune system.

Overall, 34 percent of patients had tumor shrinkage after treatment with Merck's drug, including 40 percent not treated with ipilimumab, and 28 percent whose cancer worsened despite ipilimumab.

The study's lead researcher Antoni Ribas, professor of hematology-oncology at the University of California-Los Angeles, called MK3475 the safest drug he has ever used in treating advanced melanoma cases. The researchers also found the drug also helped shrink the tumors of patients with advanced non-small cell lung cancer.

Merck is now studying whether MK3475 is effective against more than 30 other types of cancer, as a stand-alone treatment and in combination with other drugs. Similar drugs are also under development by Roche AG, AstraZeneca Plc. and Bristol-Myers.

In January, another drug combination treatment from GlaxoSmithKline for melanoma received approval from U.S.

regulators. The FDA greenlighted the combined use of Tafinlar, also known as dabrafenib, and Mekinist, or trametinib, for patients with the disease with a specific genetic profile.

Dr. Beer explained that the new therapies are novel in that they boost the body's natural defenses against cancer, unlike conventional chemotherapy drugs that destroy tumors—and sometimes healthy tissues, as well—with toxic chemicals.

“The only chance for long-term remission or cure for advanced cancers is to have the body go after them and wipe them out,” he notes. “The newer treatments ... help the [immune system's] T-cells find and fight cancer. Instead of broadly killing off everything the way that traditional chemo does, these are targeted or smart treatments.”

He expects the FDA will now allow Merck to expand its trials to evaluate the safety and effectiveness of the drug in larger groups of patients.

“I think that they should expand their compassionate use and enable more patients at the end of life to decide whether they want to try something,” he says.

He adds that other promising cancer-fighting immunotherapy drugs are also in the pipeline. But until such life-saving treatments become more widely available, the standard advice for preventing skin cancer remains the best defense against the disease.

In an interview on *Newsmax TV's* new weekly *Meet the Doctors* program, Dr. Beer explains that skin cancer rates are rising, in part, because of the growing popularity of indoor tanning. Many people believe it is a safer alternative to sun-tanning, but tanning beds can actually produce 10 to 15 times as much cancer-causing ultraviolet (UV) radiation as the midday sun.

Another reason: More Americans are taking advantage of cheap air fares to sunny destinations, as well as affordable cruise

vacations and resort deals, than ever before. As a result, many people are spending more time in the sun, even in winter months. We're also engaging in more outdoor and leisure activities than previous generations—and that trend is likely to continue with the rising number of baby boomers nearing or entering retirement age.

Experts say it's important to keep in mind:

- There is no such thing as a “safe tan” or a “base tan.” In fact, tanned skin is actually a sign of DNA damage from UV rays. Skin cells respond to UV rays by producing more pigment.
- Sunburn and cancer aren't the only risks. UV light can also damage your eyes, cause premature skin aging, wrinkling, age spots, and changes in skin texture.
- Tanning is not the safest way to get vitamin D, an essential nutrient which is important for bone health. A better option: Take supplements or eat foods loaded with vitamin D, such as fatty fish, milk and some cereals.
- Sunscreen is key to keeping safe in the sun, but may not be enough. You're better off putting on a hat, T-shirt, or seeking shade on sunny days.
- If you have fair skin, a lot of moles or a family history of melanoma you may be at increased risk and should take extra steps to protect yourself.
- You should see a board-certified dermatologist regularly to check your skin for any signs of cancer.

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

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## **What John Kerry Fails to**

# Understand About Israeli and Palestinian Cultures

The most tragic thing about the death of a young Palestinian boy at the hands of Israelis seeking revenge is clearly the act itself. So that I am not misunderstood, this young boy did nothing to deserve death, and his lynching is a tragedy and a crime.

Having said that, the rush of the U.S. Government to condemn the killing as if it can be equated with the kidnapping and shooting of three Israeli teens is ridiculous. One is an isolated incident of rage in response to the senseless murdering of three Israelis. Nearly every Israeli condemns the young Palestinian's death. The other act, the killing of the Israelis, *is Hamas policy*. It is a celebrated massacre that a large percentage of the Palestinian people, if not a majority, support.

Yet, typically, Secretary John Kerry treats them as equal.

In his statement, Kerry condemned the killing in "the strongest possible terms." He said it was sickening to think a young boy could be "snatched off the streets and his life stolen from him and his family."

"Those who undertake acts of vengeance only destabilize an already explosive and emotional situation," Kerry said. "We look to both the government of Israel and the Palestinian Authority to take all necessary steps to prevent acts of violence and bring their perpetrators to justice."

"At this tense and dangerous moment, all parties must do everything in their power to protect the innocent and act with reasonableness and restraint, not recrimination and retribution."

It is that last part that concerns me. He addresses “all parties” as if both parties have the same culture, values and ethics. Yet, unlike in the Palestinian territories, you will not find one newspaper in Israel cheering the death of the Palestinian boy. In truth you find the opposite—*disgust*.

In addition, Prime Minister Netanyahu called the Palestinian boy’s father to express his outrage. Raise your hand if you think President Mahmoud Abbas called the parents of the murdered Jewish boys (just to be clear, he didn’t).

The state-run Palestinian newspaper Al-Hayat Al-Jadida on Sunday featured a large World Cup logo, just as it has every day since the international sporting event began. But Sunday’s logo was a little different. Instead of the 2014 World Cup logo of three hands holding the globe, the Palestinian paper displayed three hands holding three people with their own hands in the air in surrender.

And instead of the name “Brazil” below the logo, Al-Hayat Al-Jadida printed “Khalil”—the Arabic name for Hebron, near where the three boys were abducted. The official Facebook page for Abbas’ ruling Fatah movement went a step further, featuring a cartoon depicting the three abducted Jewish boys as rats being baited by what appears to be a Palestinian fishing pole.

## **Culture of Death**

According to reports, the murdering of the three Israeli teens was actually caught on audio as one of the boys had called 100 (the Israeli equivalent of 911). The killers could be heard singing and rejoicing as they shot the Jewish teens dead.

Hamas has created a culture of death. They often say, “We love death more than you love life.” Murders and kidnappings are cause for rejoicing.

When a suicide bomber maims and kills dozens of Israelis, candy is passed out on the streets of Palestine, while the

proud mother of the now-dismembered suicide bomber is often filmed rejoicing that her son is a hero—enjoying 72 virgins in paradise. The supposedly moderate Palestinian Authority (Just because the Penguin is moderate in comparison with the Joker doesn't make him innocent!) names public squares after suicide bombers!

Meanwhile in Israel after the Palestinian boy was killed, there was no rejoicing. No candy was passed out to the children. There was no celebration or sense of victory. Our Israeli boys are dead... killing an innocent Palestinian won't bring them back.

Justice Minister Tzipi Livni on Thursday called for action against "terrorist" elements within Israel, saying that just as the military was responsible for combating Palestinian terrorism, the police were responsible for combating "homegrown," or Jewish, terrorism.

"We must not become confused. We must not let any citizen take the law into his own hands, even in the most difficult moments," she said at a conference of the Israel Bar Association in Eilat.

While PLO chief Mahmoud Abbas did condemn the kidnappings, what has he done to bring the culprits to justice? He is still in a unity government with the Hamas terror machine. While the Arab boy was killed by a member of a fringe element of Israeli society, the co-ruling party in the Palestinian Authority—*Hamas*—trained and may have dispatched the killers of the three Israelis teens! *Not apples and apples!*

Yes, there were calls for vengeance in Israel. What do you expect from a nation that listened to a recording of two Arab boys rejoicing as they shot three of our sons? And yet many of the same Israelis who rallied for revenge were horrified to learn of the kidnapping and murder of the Palestinian boy last week.

## Justice, Not Vengeance

And to be clear, 99 percent of Israelis don't want vengeance against innocent Palestinians, they want to dismantle Hamas—and every other terror organization. Still Abbas blames all Israel.

“Mr. Abbas accused Jewish settlers of killing the Palestinian youth and said the Israeli government bore responsibility for their actions. He called on Mr. Netanyahu to condemn the death.”

Again, this is not apples and apples. While the PA does bear responsibility for the kidnapping and murder of the three boys, you cannot lay the blame at the feet of Netanyahu regarding the young Palestinian. First of all, Israel has found and will prosecute the killers of the Palestinian. Secondly, they did not act on behalf of a political party. The killers of the Jewish boys are card-carrying Hamas members. No Israeli political entity, by any means, is encouraging the killing of Palestinians.

So Mr. Kerry, in the same way that you would not equate American values with that of the Taliban, don't be so silly as to equate the democratic, human-rights defending values of Israel, with the murderous, totalitarianism values of Hamas and the PLO.

**Ron Cantor** is the director of Messiah's Mandate International in Israel, a Messianic ministry dedicated to taking the message of Jesus from Israel to the ends of the earth (Acts 1:8). Cantor also travels internationally teaching on the Jewish roots of the New Testament. He serves on the pastoral team of Tiferet Yeshua, a Hebrew-speaking congregation in Tel Aviv. His newest book is Identity Theft. Follow him at @RonSCantor on Twitter.

For the original article, visit .

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# How Fathers Can Build a Close Bond With Their Kids

In a recent blog, I highlighted some recent research about the *most important factor* when it comes to passing our faith and values on to our children. It isn't regular teaching sessions, or setting the right example, or involving kids in larger communities that promote those values, like a church.

All those things are important, but *the biggest key is a warm, close connection between the child and his or her father*. I have kept thinking about this groundbreaking insight, and I believe there's more I can do to help you apply this in practical ways with your children.

For example, what is a "warm" relationship with your child? What does it look like? How can you tell if you have one?

I was talking with another dad on our staff about this, and our discussion led to questions like, *What's the atmosphere when you're together? Are you approachable as a dad? Is there a general feeling of easiness and acceptance, or tension and distance?*

All relationships go through seasons where we feel more distant or more comfortable being together. But I think you probably know the overriding mood between you and your kids.

I think this is a real challenge for dads—based on my own experiences as a father and conversations I've had with other guys. We too easily get caught up in the daily schedule and the challenges of life, or we get distracted by our gadgets, or there's some other factor that makes us impatient or snippy with our kids. We get into negative patterns that we don't

think we can change, and so we settle in and just get through the days. If our children aren't getting our very best, well at least we're providing the basic things they need.

That's understandable, but *it isn't our best as fathers*, and it isn't ideal for children as they go through life. They need us to be fully engaged, creating the kind of bond that gives them confidence and security. They don't need to be worrying with questions like, *What's up with Dad? Or, Why can't I ever do enough to please him?*

So, how do we create the kind of warmth that brings the other great benefits? Every relationship is different, and I'd be foolish if I said there was a four-step formula. But I also want to share what seems to work for me, and I hope these will be helpful for you:

**1. Make your kids a high priority, and let it show.** I know you love your kids, but I also know they can tell when you'd rather be doing something besides hanging out with them. Just imagine what they're thinking and feeling when you're willing to put aside what you're doing because you really do enjoy being with them. That's when they start trusting you more, opening up about what's going on in their lives and seeking you out to do things. Sure, it takes a lot of effort and energy, but it's worth it.

**2. Enter their world.** Your children probably have hobbies and interests that are not what you naturally enjoy. The kids can do things for hours that would bore you in five minutes.

This is a real challenge for me, but the times when I really invest myself in finding out more about what my son enjoys and why he enjoys it, pretty soon it becomes interesting and fun for me, too. And I often see a side of him that I hadn't noticed before. I can tell that my effort to enter his world is affirming for him, and it adds a sense of greater understanding and comfort to our friendship. I'm less likely

to talk down to him as a silly, immature kid, and I'm more likely to show respect for who he is.

**3. Push things deeper and risk discomfort.** There are some situations that are easier to avoid or let someone else handle. But if you're going to have that close connection with your children, you can't sit on the sidelines or assume they will get the wisdom they need on their own. You have to be willing to push beyond the everyday, ordinary interactions and address the tough issues.

Maybe it's having an involved discussion about your beliefs or about dangerous behaviors that other kids are getting into. Maybe it's taking a stand and holding your child accountable with hard consequences.

On the other side, maybe it means expressing love and appreciation for your children *from your heart*, even though, based on your personality or your upbringing, it might feel unnatural or "unmanly" to say, "I love you" or give your kids hugs and kisses. Don't assume they know how much you love them. Go deeper and speak those words they need to hear. Or start with fist bumps and squeezes on the shoulder as you work up to bear hugs.

**4. Maintain a steady demeanor—not too high or low.** My dad really had this one down. He didn't get overly excited when I did something well, and he didn't go crazy when I messed up. I definitely knew when he was happy or disappointed with me, but nothing really changed the overall mood of our relationship.

This is also important because your kids will go through a lot of changes and adjustments. Your five-year-old might think you're the coolest guy on the planet, and then your teenager might want nothing to do with you. Stay *consistent* and keep doing what you know is best through all the ups and downs. The relationship may change through the years, and it will probably feel different, but your child doesn't need you any

less.

Dads, what have I missed here? What is your secret for building that close bond with your kids? Please give me some feedback below.

### **Action Points for Dads on the Journey**

Take genuine interest in something your child enjoys, especially if it isn't something that naturally appeals to you. Spend a good half-hour checking it out and asking your child about it, what appeals to her, etc.

Ask someone who knows your family well—your child's mom or another close friend—"Would you say my kids and I are close?" "What makes you say that?"

Make plans for a one-on-one outing with each of your kids in the next few weeks—something they enjoy, where you can just have fun and laugh together.

Initiate a discussion with your child—in terms appropriate for his/her age—about a topic that's important to you or a lesson you learned the hard way.

Get feedback on 13 specific areas of your fathering—and action plans for the ones you may need to address—using our Championship Fathering Profile (CFP).

**Carey Casey** is the CEO of the National Center for Fathering, a nonprofit organization dedicated to changing the culture of fathering in America by enlisting 6.5 million fathers to make the Championship Fathering Commitment.

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

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# One Nutrient You Should Always Take After Your Workout

The next time you flip through a fitness magazine or stroll down the aisles of your neighborhood pharmacy, try to keep count of the number of vitamins, minerals and other supplements you see. It's likely you'll soon lose count as you scratch your head and wonder which of the pills and products you personally need most.

If you work out regularly—and I hope you do—perhaps your gym, trainer, or workout partner praises the benefits of a particular protein powder, recovery drink, or supplement that they claim works wonders when it comes to building muscle, burning fat and helping your body repair itself after tough training sessions.

With countless products on the market and umpteen opinions circulating around fitness circles, it's easy to become overwhelmed about which—if any—supplements are truly best. Indeed, one could spend an entire afternoon online researching dozens of nutrients, from arginine to zinc, and finding that most, if not all, are a “must-take” capsule to include in your daily regimen.

While I believe there are certainly a plethora of beneficial products out there, I think it's important to reasonably consider what your primary needs are as a frequent exerciser. For instance, zinc, a micro mineral, is not a nutrient in which many people are deficient because, as the name suggests, we only need it in trace amounts. The same goes for supplements such as selenium, iron, and iodine; as long as you are consuming plenty of fresh fruits, whole grains, vegetables and protein there's probably no need to invest in

additional supplements containing these minerals.

But what about all those glossy, airbrushed ads of tan and chiseled fitness models touting dozens of different protein shakes, multivitamins, recovery drinks and joint formulas? You want the most out of your workout, but does that mean spending your last paycheck on bottles of amino acids and giant jars of protein? No. In fact, I believe that God-made foods provide everything we need when it comes to strengthening, conditioning and maintaining our bodies as temples of the Holy Spirit.

It's during times in which we are unable to consume natural, God-created foods in the proper amounts that we should consider supplementation.

Many of the athletes I coach and train ask me which nutrient I recommend they consume when they don't have time to eat immediately after their workout. My answer? Lysine.

L-lysine, or lysine as it is commonly called, is an essential amino acid that is not produced by the body. This means that it must be supplemented through your daily diet. Your body needs about grams of lysine a day, but it's advisable for consistent exercisers to consume a larger dose, up to 3 grams. L-lysine is especially important after exercising because it aids in the synthesis of protein, which is broken down during your workout.

A lack of lysine can lead to dizziness, fatigue, nausea, loss of appetite, agitation, kidney stone formation and reproductive disorders.

According to the University of Maryland Medical Center, lysine is important for proper growth, and it plays an essential role in the production of carnitine, a nutrient responsible for converting fatty acids into energy and helping to lower cholesterol. Lysine appears to help the body absorb calcium, and it plays an important role in the formation of collagen, a

substance important for bones and connective tissues including skin, tendon and cartilage.

Immediately following your workout, whether it's strength training or cardio, taking a lysine supplement will kick-start your body's recovery process by encouraging leucine and other essential amino acids to perform their protein synthesis functions more efficiently. However, like most amino acids, lysine doesn't work alone ...

When combined with vitamin C, lysine will turn it into carnitine (mentioned above), which plays a key role in helping the body regulate oxygen and metabolize fat stores. In other words, together lysine and vitamin C help your body burn fat and deliver oxygen to the muscles you've just broken down with weightlifting, running, rowing, etc.

If you're able to eat a meal within an hour after your workout, then I highly recommend you skip the supplements and go straight to these lysine-rich foods:

- Chicken
- Turkey
- Beef
- Fish
- Parmesan cheese
- Eggs
- Tree Nuts (almonds, pistachios, walnuts, macadamias)
- Legumes (peas, lentils)

And, since vitamin C and lysine make a powerful team, here are a few vitamin C sources to accompany your selection from the above lysine list:

- Broccoli
- Honeydew melon
- Orange juice
- Sweet potato
- Brussels sprouts

- Kiwi
- Pineapple
- Strawberries
- Cabbage
- Mango
- Potatoes
- Tomatoes

If, conversely, you don't have time to prepare and eat a proper meal, then I recommend you purchase either a protein powder or a capsule that contains among its ingredients 70mg–1g of lysine in combination with 50-100mg of vitamin C. If you already have vitamin C in your medicine cabinet, simply buy an all-natural protein powder that includes ample lysine in its amino acid profile and have it along with a serving of vitamin C.

Shop around online for the right brand for you, and consult your doctor and/or local health and nutrition store to learn more about supplementing with lysine.

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

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## 5 Types of Powerful Words for

# Your Marriage

We all know that words are powerful and lasting. I can all too easily recall hurtful things that have been said about me and that I've said to others, and you can probably do the same.

As I said in my blog, *5 Toxins of the Tongue That Can Poison Your Marriage*, words have the power to poison and even kill relationships. But we often overlook the fact that words can also be used for good. Just as we know words can tear down, it's time to understand how powerfully words can also build a person up.

Why not start building up your spouse now with these 5 types of words that breathe life into your marriage?:

**1. Respectful Words.** After years of being married, it's easy to become comfortable with one another. But sometimes that comfort can turn into a lack of respect when you are no longer are careful with what comes out of your mouth. As I mentioned in my blog, *The Dangers of Complaining to Your Kids About Your Spouse*, choosing to speak respectfully to your spouse, and about your spouse, means choosing words that will honor them, not undermine them. [Click to Tweet] It also means choosing words that affirm their judgment and abilities like, "I really respect the decision you made."

**2. Affirming Words.** I can tell you from experience that our need for affirmation doesn't disappear with age. My wife and I both still desire to be validated by one another—and we desire that validation often. Cherish your spouse by saying things like, "You did a great job coaching our child on how to handle that issue" or "I was so impressed by the leadership you showed at work today."

**3. Caring Words.** It's easy to choose to dismiss your spouse's need to talk about their day or what's going on in their life. We'd rather check Twitter, send an email, or focus on the

kids. But I encourage you to sit down and give your full attention to your spouse when they need someone to turn to. Speak caring words to them in a moment when they are weak and need to know someone is still on their side. "I'm so sorry to hear that..." or "Tell me more about how you are feeling" are caring words that will breathe life into your relationship.

**4. Encouraging Words.** Truett Cathy, Founder of Chick-fil-A, once asked me..."Mark, how do you know if someone needs encouragement?" I said, "I don't know, Truett, how?" He responded, "If they are breathing!" Everyone needs to hear words of encouragement, especially our spouses. So let's encourage them to press on when they are down. Let's inspire them with our words.

**5. Appreciative Words.** Finally, it's important to speak words of appreciation to your spouse. No one wants to feel taken for granted. Keep your eyes open for ways to express appreciation to your spouse. "I really appreciate you helping me with the laundry this week" or "I'm so grateful for your help on that project" are the types of words that will uplift your spouse and encourage them to serve you even more.

10 More Things Wives Want to Hear from Their Husbands and 10 More Things Husbands Want to Hear from Their Wives will give you even more of these types of words that will breathe life into your marriage.

What types of words do you want to speak more of to your spouse?

*Mark Merrill is the president of Family First. For the original article, visit [.](#)*

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# The Church And Israel Share a Destiny

**Note:** *I was with my Messianic Apostle Dan Juster recently at our annual Tikkun leaders conference in Maryland. In my opinion, he is the most notable Messianic theologian alive today, and has written some wonderful books on both Messianic Judaism and Israel and the church. Dan also has a great love for the church.*

There we entered into an interesting discussion about the reconnection in God's family between Jew and Gentile and Israel and the church. This is what came out of the conversation and I was so touched by Dan's wisdom in this area, that I asked him if he would write an article for Reconnecting Ministries on this subject.

I think this message lays an excellent foundation and kick off to my new focus. To bring this reconnecting issue in God's family to the forefront of the church by interviewing many of its leaders, both from Jewish and Gentile perspectives; where they will be free to express their views and beliefs. For what will this spiritual reconnection between Jew and Gentile actually look like in the church as it begins to take hold and develop amongst us.

I truly believe here, that the full revelation of this new unity in the family of God will only develop as more of His love and forgiveness flows between both groups. In my mind, this will naturally broaden our tolerances of how each of us practice our faith in Yeshua, with some overlaps I might add that will become wonderfully enriching to us all. So here's what Dan had to say (Grant Berry, Reconnecting Ministries).

**The Identity of the Church**

A contingency of Messianic Jews presented their position to a group of highly regarded Roman Catholic theologians, in some cases connected to the highest levels of leadership in that church body. We were responding to the Roman Catholic doctrine of the church. After our presentation, there was stunned silence. Revelation had broken through. Cardinal Christoph Schonborn of Vienna spoke up and embraced the Messianic Jewish position. He later opened the door for the presentation to be presented in article form in the prestigious journal *First Things!* (See Mark Kinser, *Messianic Jews and Gentiles*, Jan. 1, 2009).

What was so amazing to the gathered thinkers? In our presentation, we noted with gratitude that the Catholic Church had officially repudiated replacement theology or supersessionism, the view that the church had replaced ethnic Israel as God's elect people and the instrument of the salvation of the nations. The church, not ethnic Israel, in this view was the recipient of God's promises, and Israel was now to be considered merely as other nations. We are indeed thankful that this view has been rejected.

However, the description of the church was deficient. The Catholic statements acknowledged that the church was born out of Israel, but subsequent to its birth, it is described as a reality of its own, disconnected from corporate ethnic Israel. However, a fair reading of the New Covenant Scriptures shows that the identity of the church is not just a corporate Body birthed from Israel, but a corporate Body in inseparable union with corporate ethnic Israel.

This becomes quite clear from reading Romans 11 when read with the idea of the identity of the church in mind. The church is that body of people composed of people from all nations that are made one with the saved remnant of Israel (Paul's designation of Jewish disciples of Yeshua in Romans 11:5). The Jewish Yeshua/believers are the first fruits (Romans 11:16) that show that the whole lump of dough (ethnic Israel) is

still holy. The biblical analogy for the people of God is the Olive Tree. The Yeshua/believers from the nations are grafted into this Olive Tree. But what is the Olive Tree? It is called the cultivated Olive Tree and represents the people of God that existed before the coming of Yeshua.



That Olive Tree, before the day of Pentecost, was the people of God from Abraham, and was primarily ethnic Israel. Even the branches that are described as broken, are still the branches of that tree and are preserved to be grafted back, and thus all ethnic Israel will be saved (Romans 11:23-26). Yeshua is the King of Israel. The Messianic Jews are the saved remnant of Israel, the first fruits, that sanctifies the whole (11:16).

So when Yeshua/believers from the nations, from wild olive trees, are grafted into the cultivated Olive Tree, they are corporately connected to branches remain in their ethnic identity when they are called (I Cor. 7:17) which fits agricultural grafting, but they are part with ethnic Israel through their union with Yeshua and the Messianic Jews, now known as the church. Hence Ephesians 2:19 can call the church the commonwealth (of Israel) in the RSV translation. The church is as to its identity, the commonwealth of Israel without replacing Israel analogously to the commonwealth of the United Kingdom, all under the King of England without replacing England, but tied to England through their King. In other words, the meaning of the commonwealth is an expansion of the People of God beyond ethnic Israel.

The identity of the church is in its essence a Jewish connected reality and a tied to Jewish destiny reality. This was the understanding that brought stunned amazement. The Messianic Jews are the Jewish component of the church and the saved remnant of Israel. They are part of both and the bridge between or over lap between Israel and the church. They with

the Gentile Yeshua/believers constitute the "One New Man" without dissolving the Jewish identity of Jewish members or the ethnic identities of the Gentiles. I should note that the church, as the child of the Jewish people, is also part of the future identity of Israel (as a parent finds their identity in their children)!

### **A Shared Mission Destiny**

The church shares the mission of Israel to be a light to the nations under the leadership of Yeshua who is the light of the nations. By preaching the gospel of the Kingdom, the church moves history to a point that is called the "fullness of the Gentiles." I understand this to be a sufficient saved remnant from every nation that can call upon Yeshua to return and to rule the nations. However, God's witness to the nations is also through Israel. Her preservation and return to her ancient Land is a sign to the nations. Nothing comparable to this has ever happened before. It is a fulfillment of Scripture and prepares the way for Israel to be transformed, we believe through Yeshua (Ezekiel 36:24ff.). Those things that will occur in Israel, on the world stage, will be part of the complex of last days events, that with the witness of the church, will effect the salvation of the nations, which salvation is the other side of the last days judgments.

However, the church, both Jew and Gentile, is given the very special role of making Israel jealous, that is desirous of entering into the reality of the life they see in those Gentiles who love them and show them mercy. Grant Berry always emphasizes in his articles on the reconnection how significant it is for us in the church to present the gospel back to our Jewish brothers from a reconnected perspective to our Jewish roots. That they may understand we are operating out of the covenant that was given to them through Yeshua, which is the gospel (Jer. 31:31-34); to show gratitude for it, which helps immensely for them to make the connection and to see that

Christianity is Jewish.

Paul magnifies his ministry—that is the ministry of the Holy Spirit—to provoke them to jealousy and to save some. This is his example to be followed by the Gentile Yeshua/believers. Why? Because the full acceptance of the Jewish people will lead to life from the dead (Rom. 11:15), which is variously interpreted as world revival and/or the second coming of Yeshua. Thus we see that the destiny of the church is tied to Israel. It is coming into the full reward of the Age to Come is contingent on fulfilling its role with Israel and fostering the fulfillment of Israel's calling and destiny. They have a shared destiny, which is why it is so important for us in the church to grasp this mystery at this time.

### **A Destiny of Mutual Blessing and Appreciation**

When I speak about a heritage being biblical I am asserting that understandings and traditions are coherent with the biblical revelation. This of course, includes more than practicing what the Bible teaches us to do, which is essential.

With regard to the streams of the church, there is much enriching content that truly coheres with the biblical revelation. There are different enriching traditions that enhance life in wonderful ways. There is also the heritage of poetry, hymns, weddings, holidays, stories of saints and theological and ethical writings. There is much variety in different streams. Not all is coherent with the Biblical revelation.

In regard to the Jewish people there is so very much enriching content that coheres with biblical truth. We find this in the traditions of Jewish prayer, circumcision for Israel, Holy Day observances, weddings, poetry, ritual traditions, theological and ethical writings, good applications of Scripture, stories of holy men and women and so much more. Describing some of the

best features of both the Synagogue and the Church with some adequacy would take a large book. However, it is important to make sure that what is affirmed is really in accord with the Scriptures, which is also practiced on the Messianic side of the Church in different measures. In addition, due to common origins there is an overlap of tradition that is often not perceived.

There is an overlap of church and Jewish tradition that is quite important. This was pointed out sometime ago in *The Sacred Bridge* by Eric Warner. The synagogue was the predecessor of the gatherings of the church. The readings of the Psalms, the Hebrew Bible and some of the liturgy was taken from the Synagogue. In addition, Lous Bouyer in his classic book *Eucharist*, shows how the most ancient liturgy for celebrating the Lord's Supper (he believes from the Apostles) was derived from interweaving the texts of the ancient faith confession of Judaism, the *Amidah* (a great confession of faith/prayer from the first century in the form of 18 blessings), the Grace After Meals, and parts of the Passover Seder Liturgy. I can testify that the tradition of renewal through the Messiah's Supper is full of power and meaning. Of course, this is part of Messianic Jewish celebration.

If we would learn to study and really appreciate the heritages of Judaism and Christianity where they are biblically coherent, we would find wonderful mutual enrichment and a deeper knowledge of one another.

In summary, the church and Israel are part of one another's identity. Israel is the nation that has given birth to the church and will forever be connected to it. The church was born from Israel and is tied to Israel through Yeshua and the Messianic remnant and will forever have its identity in that connection.

The church and Israel have a shared mission to the nations while the Church has a special mission to Israel. Israel's

mission to the church is to call the church to a more accurate self-understanding through a contextual understanding of the Bible. Finally, the church and Israel are meant to understand their biblically coherent traditions so that they will be mutually enriched by the understanding of one another's heritages.

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