

Top 4 Summer Foods for Weight Loss

Summer is right around the corner, a time to shed the cold-weather layers, step into the sunshine and enjoy cookouts, pool parties and beach vacations!

And given that we'll be out of the A/C and in the heat for these fun festivities, it's also a time that inspires many people to hit the gym more consistently so they can don their tank tops, shorts and swimsuits with confidence.

As you probably know, exercise alone will not yield the summer-ready results you're looking for; a healthy diet paired with exercise is essential for not only successful weight loss, but also for achieving any health-related goal. In this article, I'm going to highlight four in-season foods that can help you look and feel fantastic this summer!

Blueberries

I consider blueberries a fat-fighting fruit because they are low in calories and sugar, high in fiber, and terrific for the digestive system. A one-cup serving of raw blueberries contains just 84 calories, 0.5 grams of fat, 1.1 grams of protein, and 21.4 grams of carbohydrates, including 3.6 grams of fiber.

The fiber in blueberries, which is not quickly absorbed by our bodies, increases our metabolism and helps us feel fuller longer. Because the body converts excess sugar into fat, the relatively low sugar content of blueberries make them an excellent fruit for weight loss as well. And finally, blueberries possess a substance called tannin, which functions as a natural astringent within the digestive system and helps reduce inflammation within the digestive tract. An efficiently working digestive system optimally processes, utilizes and

disposes of food.

Blueberries are also a favorite fruit of mine because they're a nutritional powerhouse! They contain a variety of vitamins, including A, E, B-6, B-12, 36 percent of the recommended daily value of vitamin K, and 24 percent of the recommended amount of vitamin C. The antioxidants of blueberries help prevent the production of free radicals that impair the body's cells and can lead to disease.

Blueberries make great toppings for just about anything, from cereal, yogurt, and oatmeal in the morning to smoothies and salads in the afternoon.

Watermelon

If blueberries don't tickle you pink, perhaps watermelon will! Watermelon is a wonderfully refreshing summertime staple that is also figure-friendly due to its low calories and high water content. (Watermelons are 92 percent water.) One cup of watermelon balls contains just 46 calories.

Arginine, an amino acid abundant in watermelon, might promote weight loss. For a study, researchers supplemented the diets of obese mice with arginine for three months and discovered that doing so decreased body fat gains by an impressive 64 percent. Adding arginine also enhanced the oxidation of fat and glucose and increased lean muscle; the more lean muscle you have, the more active your metabolism is in helping you burn body fat.

Besides its sweet flavor and hydrating power, watermelon is also a refreshing treat because of something called citrulline. Citrulline, which can be found in the white portion and the rind of the watermelon, is an amino acid that decreases muscle fatigue by helping blood vessels relax. Chop the rind into small chunks and mix it with onions, green peppers, jalapeno peppers, vinegar, lemon juice and seasoning to make a healthy and energizing watermelon rind salsa.

Watermelon is also rich in vitamin A, which does fabulous things like protect us from cancer, cataracts and atherosclerosis, as well as keep our skin, eyes and bones healthy. Watermelon's sizable supply of vitamin C protects our bodies from infection, maintains healthy bones and teeth, quickens the body's ability to repair wounds and lowers blood pressure.

Chili Peppers

Hot peppers such as jalapeños, habaneros and serranos are major metabolism-boosters due to a fiery little chemical called capsaicin, which increases the fat-burning rate in the body and is also responsible for giving salsa, barbeque sauces and chili their kick.

A Korean study found that capsaicin works to lessen the effects of dietary fat, up-regulating some genes and down-regulating others to buffer the fats. They researchers said that "capsaicin can have a significant inhibitory effect against fat accumulation."

A study conducted by the University of Maryland Medical Center concluded that capsaicin can control carbohydrate breakdown for more efficient calorie consumption and energy production. Capsaicin has also been shown to curb appetite, relieve the burning from nerve pain (ironically enough) and even disrupt the mitochondria of cancer cells while leaving other cells untouched.

Chili peppers can be easily incorporated into myriad recipes, including those for chilled soups like gazpacho, guacamole, chili or salsa. I should add, however, that one should use caution when consuming peppers; while they are perfectly tolerated by many, for others they aggravate the lips, mouth and digestive system. And try not to get pepper juice in your eye!

Zucchini

If hot peppers aren't *cool* with you, then I recommend you try warming up to zucchini instead! Zucchini makes an excellent summertime weight-loss food because it is exceptionally low in calories, especially in comparison to its size; one large zucchini has only 54 calories!

It's old news that taking in less calories than you expend is key to weight loss, so the fact that zucchini, a water-rich vegetable, can be eaten in large quantities without jeopardizing your daily calorie count makes it a go-to for summer grilling.

Zucchini is also diet friendly because they are easy to prepare and don't require added ingredients such as sugar or excessive fats to make them taste great. Brush zucchini slices with olive oil and sprinkle with your favorite spices, then put them on the grill until they are nice and crisp. Alternatively, you can toss zucchini in light, whipped, trans-fat-free butter (a little butter won't hurt you!), oregano, a little parmesan cheese if you prefer, and bake it at 350 degrees for 35-40 minutes, and voilà! You've got a delicious, satiating side dish. Be sure not to peel the skin; that's where most of the nutrients are!

In addition to its weight loss-promoting benefits, zucchini also boasts a host of other health-enhancing properties. A one-cup serving of zucchini contains 30 percent of the daily recommended intake of vitamin C for women, 25 percent for a man, 12 percent and 9.5 percent of the daily recommended intake of manganese for men and women, respectively. A diet lacking in manganese may put you at a higher risk for arthritis, diabetes, and osteoporosis. Zucchini is also rich in vitamins B-6 and K, the latter of which contributes to the growth, development and maintenance of bones.

While the four foods mentioned above are wonderful waist-whittlers, it's important to keep in mind that *all* of the fruits and veggies God created for us are healthy and helpful

for weight loss. Load up this summer on items that appeal to you personally, be it beets, blackberries, tomatoes or tangerines. These are all low in calories and full of flavor, a potent combination when it comes to looking great and feeling even better!

Diana Anderson-Tyler is the author of *Creation House's Fit for Faith: A Christian Woman's Guide to Total Fitness* and her latest book, *Perfect Fit: Weekly Wisdom and Workouts for Women of Faith and Fitness*. Her popular website can be found at [www.dianataylor.com](#), and she is the owner and a coach at CrossFit 925. Diana can be reached on Twitter.

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

5 Characteristics of Brothers in Arms

Michael Durant sat in the seat of his crashed "Super Six-Four" Black Hawk helicopter. He had a broken femur and crushed some vertebrae in his spine. He was the only conscious crewmember of the aircraft that was now surrounded by Somali militia.

Enemy fire began to hit all around him. Unable to move, he picked up his weapon and began firing from his seat in the cockpit. Durant stood alone as the surrounding mob descended upon him.

In the safety of their own helicopter were Delta Force snipers, Randy Shughart and Gary Gordon. Realizing the only chance for the downed crew's survival was ground support, they quickly volunteered. After three persistent requests, they were given the green light. They hit the deck 100 meters from

the crash site and fought their way there.

Just as Michael Durant began firing for the first time, Shughart and Gordon arrived. They pulled Durant from the aircraft and laid him in a safe place. Then they went to the front and entered into tenacious fighting.

Gordon fell, mortally wounded. Shughart grabbed Gordon's rifle and brought it to Durant. Then he went to the front of the aircraft, never to be seen again. Gordon and Shughart were posthumously awarded the Congressional Medal of Honor. Durant credits them for saving his life.

Michael Durant described the events this way: "When it got ugly ... when you get into a situation like that ... I'm fighting for the guy next to me. I'm fighting for my comrades."

As we celebrate Memorial Day, let's pause and remember these heroes and glean characteristics of true friendship. What would it look like if we had friendships like this in our everyday lives? What difference would it make in our marriages?

Marriage is not war, but it has its difficulties. Having brothers in arms can make all the difference. Here are five characteristics brothers in arms share:

1. Love. This goes beyond warm feelings and a bond. Love is a choice. It is about putting someone else before oneself. It's about giving someone else honor. All of the characteristics below are born out of love. We were created to love and to be loved. It is the deepest human need. Is there a friend you have loved without looking for anything in return?

2. Sacrifice. This is about being at someone's side regardless of the cost. It's the willingness to give up things of significant worth for the benefit of another. Sacrifice can be shown in big ways, like traveling a considerable distance to be with a friend in need. It can be shown in smaller ways,

like losing some sleep by taking a late-night phone call. In what ways have you sacrificed for a friend lately?

3. Faithfulness. This is about being dependable through good times and bad, someone your friends can truly count on. You endure and are consistently reliable. When things were at their worst, Shughart and Gordon were by Durant's side. They shared his burden when they didn't have to. How can you share in a friend's burden?

4. Honesty. Someone who is honest is someone who's willing to be truthful even when it is hard. "As iron sharpens iron, so does one man to another." We sharpen one another by holding one another accountable when we get out of line. It takes courage to say the difficult thing when we see a friend going down a destructive path. We have to be willing to be vulnerable with our weaknesses first in many circumstances. Is there a friend you can be completely real with?

5. Trust. Faithfulness and honesty build trust. You have won your friend's full confidence. This is earned. As you do this over time, the bond will grow deeper. More will be shared and the part you will play in your friend's life will increase. How much trust have you earned with your friends?

These characteristics feed one another. As you live this out, your friendships will become richer.

Huddle up with your kids and ask them what it means to be a good friend.

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 .

Is There Really a Link Between Heart Disease and Saturated Fat?

The very common advice to people suffering from heart disease has always been to avoid the overconsumption of saturated fat. Such saturated fats can be found in red meat, butter and cheese.

Saturated fats have the ability to deposit in arteries and clog them; this is why numerous health-conscious people in the U.S. prefer healthier fats, such as canola oil as opposed to butter.

However, the results of this study are not shocking for people who are conscious of modern nutrition. It is important to know that there is no solid evidence to attest to the fact that saturated fat can directly cause heart disease. People usually believe this theory because nutritional strategies over the last decade have been directly affected by bias, wrong information, ambition and politics.

'Saturated Fat Causes Heart Disease'—Who Came Up With This Idea?

In 1950, a scientist at the University of Minnesota, Ancel Benjamin Keys, rose to instant fame and was also featured on the cover of *Time* magazine after declaring his idea that the consumption of saturated fat increases cholesterol, which in

turn results in heart attacks. Since Keys was the director of the largest nutritional body, he could easily flaunt his idea among people. He performed the study named as “Seven Countries” on more than 13,000 men from the U.S., Europe and Japan. Keys concluded that instead of aging, poor nutrition is the major cause of heart disease in people.

What Did Critics Say?

Critics found that Keys desecrated various scientific rules during the study to draw this conclusion. For instance, he chose countries like Italy, Finland and Yugoslavia, where people could easily be convinced. However, countries such as West Germany, France, Switzerland and Sweden, where people consume lots of fat but still remain healthier, were not included in the study.

The study was conducted on islanders and peasants from Crete who tilled their fields and consumed less cheese and meat. Also, Keys visited Crete after World War II and examined the diet of islanders during Lent, when they stopped consuming cheese and meat. Therefore, Keys could not correctly analyze their consumption of saturated fat.

Because of the difficulties with the surveys, he took into account only the data obtained from a few dozen people. This figure was much lower than the 655 he had initially selected to study. These flaws in his study were exposed later, in the year 2002, when a scientist examined the work conducted on Crete. However, until then, it was too late and his misinterpretation was already adopted internationally.

There were many others studies that followed later on. There were more than six large trials that pitted a diet rich in soybean and corn against one with more animal fats. However, those trials had issues with their methodology.

In many studies, there was no restriction on smoking, while in others the participants were permitted to move in and out of

the research group during the study. Thus, the results obtained were not trustworthy. Well, nothing could be done until then, since a lot of money was spent to prove Key's assumptions. People were so much in favor of Keys' idea that they started to think it was true.

In 1977, a nutrition professor at Harvard, Mark Hegsted, convinced the U.S. Senate to recommend the Keys diet; he claimed Americans should change to Keys' diet because of the advantages it contained. He further stated that the Keys diet is safe to consume and there are no identified risks. However, there were many scientists who warned regarding the unintentional result of the Keys diet; today we are facing with a few of these.

What Are the Consequences of Consuming a Low-Fat Diet?

It has been found that reducing the amount of fat results in the consumption of more carbohydrates, and therefore the consumption of carbohydrates has increased by 25 percent since 1970. However, according to the latest government data, consumption of saturated fat has been reduced by 11 percent.

In spite of consuming cheese, meat and eggs, we are consuming more fruit, grains, pasta and starchy potatoes. By reducing the amount of fat in our diet, we are filling our body with carbohydrate-based foods.

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For the original article, visit .

The Wife Must Submit, and So Must the Husband

In marriage, God requires us to submit to Him first and then to each other. For those whom this truth irritates, this post is specifically for you. Now that I have your attention, let's ask some questions.

In the many marriage conferences I have attended over the last few years, I always hear about the longstanding debate where the wife must submit to her husband. This, of course, always brings up some tension, mainly among the ladies in the crowd. The men nod their heads, of course, but are quickly sustained.

I also hear a lot of confusion on this topic with couples who are struggling in their marriage. Typically, the husband is trying to drive home the point that she must submit to him, not even knowing where it's written or how to actually define it, and the wife will naturally fight against his wishes, she, again, not knowing the rules on submission or love. So what are the rules?

What Does the Dictionary Say?

- Submit: "to give over or yield to the power or authority of another"
- Love: "a profoundly tender and passionate affection for another person"
- Respect: "to hold in esteem or honor"

These definitions sound like the type of relationship we all need to have with Jesus. Agreed? Now, what about our marriages?

What does the Bible say about submission and love?

The standard for this information can be found in Ephesians 5:21-33. The big verse that stands out for **wives** and submission is verse 22: "Wives, submit to your husbands as to the Lord." The next big verse that stands out is verse 24, which says, "Now as the church submits to Christ, so also wives should submit to their husbands in everything."

The big verse that stands out for the **husbands** and love is verse 25: "Husbands, love your wives, just as Christ loved the Church and gave himself up for her." The next big one is verse 28: "In the same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself."

These verses bring up the exact points that wives are to submit to their husbands and husbands are to love their wives. Note that there is no hierarchy mentioned here in these verses. There are different roles mentioned, but they are equal. This might be the key point.

To put these verses in a better perspective, I made this infographic below to help you understand those Scriptures. Review the graphic and then review your marriage and relationship with Jesus. What are you waiting for?



The infographic helped me understand the connections between our roles in marriage and our roles in our relationship with Jesus. All at the same level, the wife must submit to her husband just as the church submits to Jesus, and the husband must love his wife just as Jesus loves the church. Do you agree with this graphic? Expand on your thoughts in the comments.

Is that it? Are husbands exempt from any form of submission?

Absolutely not. In fact, if you read all of the verses in the

Ephesians passage above you, would see that the first verse says, "Submit to one another out of reverence for Christ." Another hot verse on submission can be found in James 4:7, which reads, "Submit yourselves, then, to God. Resist the devil and he will flee from you."

These verses make it clear that both men and women, married or not, must learn how to submit to God. If you take the initiative to be submissive to God and understand what it means, you will be able to better apply the principles in your own relationship or marriage. Starting to make sense?

So, what is the bottom line? It's simple: Both spouses must learn the details on submission and love. Jesus sets the example for us in the Scriptures, and you must learn to live them out in your own marriage.

In the case of submission, yes, the wives must learn how to submit to their husbands according to the Scripture. But in the same sense and on the same level, husbands must learn how to love their wives according to the Scripture.

If you are personally living out the principles in your walk with Jesus, it will be much easier to live out these principles in your own marriage. As we are all the body of Christ, we are all one flesh. As a married couple, we are and have become one flesh.

So, here's your challenge:

- Husbands, ask your wife today how you can love her better.
- Wives, ask your husband today how you can submit to or respect him better.

What aspect of love or submission do you struggle with in your own marriage? Feel free to share your thoughts in the comments below.

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 in 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 .

Brazilian Christians: 'Prophetic Destiny' With Israel

The Bible says many nations will come up to the city of Jerusalem to worship the Lord.

That very thing took place recently when a group of Brazilians came to the Tower of David in Jerusalem's Old City to worship.

From late afternoon and throughout the evening, Brazilians gathered to celebrate the God of Israel.

Ana Paula Bessa led the worship. In her home country, she's led concerts with as many as a million people attending. She believes Brazil has a special destiny with Israel.

"I believe the Brazilian nation is arising to pray for the peace of Jerusalem," Bessa told CBN News.

Her husband, Gustaf, said many of their countrymen are coming to Israel for that very purpose.

“Many Brazilians from all over Brazil, they are coming to Israel in order to pray—to pray for Israel and pray for Brazil in this place, in this nation,” he said.

Today, the Holy Spirit is raising up prayer warriors.

“We have a big role in this because Brazil is in revival,” Ana said. “And the Holy Spirit is raising up intercession on behalf of the end times.”

She believes revival is changing her nation.

“Today we have almost 40 percent of the population declaring they are born again Christians, and the churches are full,” she said. “The people are open to receive Jesus even on the streets.”

Brazilians bring exuberance to their worship.

“The redemptive gift of Brazil, this joy, this celebration for Jesus—and that’s why we bring it to Israel because it’s our redemptive gift,” Gustaf said.

“We believe we have a destiny, a prophetic destiny to bless and bring the Second Coming of the Lord,” Ana said.

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

Which Sounds Better—Heaven or Hell?

Today’s culture seems to think hell will be a party for all eternity while heaven will be a boring time playing harps, floating on clouds and living without any fun.

Today's culture doesn't take heaven—or hell—seriously. But we should. In fact, the more you investigate both these eternal destinations, the more serious you will be about your decision to accept Jesus or not, and how you choose to live out your life on earth.

But how often do you get together with friends to talk about what happens after death? Probably never, right? Couldn't heaven and hell provide the ultimate motivation for life on earth? Yes.

The key to living a meaningful life is knowing the real truth about death. It's like an eternal life insurance policy.

The hope of eternal life in heaven can create a daily source of motivation to live differently; a life of love, grace and truth; a life that seeks to know, obey and serve God as our eternal father; a life that loves others.

"And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again" (2 Cor. 5:15, NIV).

The alternative is to avoid God, ignore the reality of hell and live life assuming there are no consequences for your behavior. Others may choose not to believe in heaven or hell and just try to be "good people" for the sake of being good contributors to society. But both of these decisions have dire consequences.

A decision to live separate from God in this life is a decision to live separate from God in the next.

Jesus called heaven, in Luke 23:43, "paradise." And hell, on the other hand, is the exact opposite. The Bible says hell is a place of never-ending physical torment, torture and anguish.

So how can you be sure you won't spend eternity in hell? What crime does a person have to commit to be sent to such a

horrible place?

The answer is not murder, cheating, adultery, abortion, lying, drinking to excess, using drugs or anything else people might categorize as sin.

The answer is rejecting Jesus as the Son of God, the Savior.

God does not send people to hell. We do that to ourselves because of our choice to accept or reject Jesus for who He said He is.

“Therefore he [Jesus] is able, once and forever, to save those who come to God through him. He lives forever to intercede with God on their behalf” (Heb. 7:25, NLT).

Between heaven and hell is Jesus. This is one decision not to leave to a coin toss. Don't reject His personal offer, personal sacrifice and personal love for you—honor it and say yes to Jesus. Start your eternity now.

Jesus, right now I want to personally recognize what You did for me so that a way to heaven could be possible. Thank You for dying for my sins. I say yes to You and to forgiveness. I give You all that I am, all that I have and all that I hope to be. I release myself to Your purposes. Take control of my life and help me to always remember Your sacrifice. Make me the man You created me to be now and forever. Amen.

If you have started a relationship with Jesus today, it's time to get to know your Savior and start spending time with Him. To do this, simply [click here](#) and enter the coupon code “newbeliever” and get the Face Time four-part series for free. This series will show you how God wants a personal relationship with you!

Kenny Luck, founder of Every Man Ministries, men's pastor at Saddleback Church, and ChristianMingle advisory board member, provides biblically oriented teaching and leadership for men

and pastors seeking relevant, timely material that battle cultural, worldly concepts threatening men and God's men. Follow Kenny and Every Man Ministries now on Facebook, Twitter (@everyMM) and YouTube.

For the original article, visit .

How Too Much Exercise Can Harm Your Heart

You've heard it said that too much of a good thing isn't a good thing. (Or something similar.) Exercise, it turns out, is no exception. In fact, it's becoming increasingly clear that too much exercise, particularly long bouts of cardio, can do more harm than good.

This topic of discussion has been on my mind lately as I've driven around San Antonio, Texas, and noticed more and more cars bearing "13.1" and "26.2" bumper stickers. While I certainly have tremendous respect for those who are able to motivate and push themselves to train for and complete grueling long-distance races, I also harbor concern stemming from research showing that such exercise can put extraordinary stress on the heart.

According to a study presented at the Canadian Cardiovascular Congress 2010 in Montreal, Canada, extended vigorous exercises performed during a marathon raises cardiac risk *by sevenfold!* In addition, long-distance running also leads to a high level of inflammation that could trigger cardiac events and cause heart damage that lasts well after the end of the marathon.

In a recent study, researchers recruited a group of exceptionally fit older men, all of whom were part of the 100 Marathon Club, meaning they'd each completed a minimum of 100 marathons. The study found that half of the older lifelong athletes showed some heart scarring; incidentally, these were the men who had trained the longest and the hardest.

Another study showed that long-term endurance athletes suffer from diminished function of the right ventricle of the heart after endurance racing. They also had increased blood levels of cardiac enzymes, which are markers for heart injury. Twelve percent of the athletes had detectable scar tissue on their heart muscle one week after their race.

I share this information in hopes of speaking primarily to two groups of people: those who frequently participate in half and full marathons, and the 60 percent of Americans who don't get the recommended 150 minutes of moderate to vigorous physical activity every week.

For any marathoners reading, I pray that you will take this knowledge into consideration as you prep for your next event. Perhaps you can limit the number of races you run each year and reduce the duration of your training sessions. Challenge yourself to find other forms of exercise to keep you busy and fit during your off-season.

For those whose hearts begin to hurt (from anxiety, mostly) just thinking about exercise, I pray that you will be heartened (pun intended) by the fact that less exercise is—you guessed it—*more!* There is absolutely no need to force yourself to spend the slowest hour of your day plodding along on a treadmill. In fact, a growing body of research shows that short bursts of high-intensity exercise may be more beneficial than long workouts.

One of my favorite methods of training, called HIIT (high-intensity interval training) requires just a few minutes of

your day—you just have to be willing to give those minutes your all! HIIT consists of continuous bouts of high- and low-intensity exercise performed for a set amount of time, usually no more than 20 minutes. After a four- to five-minute warm-up, a HIIT workout might alternate 30-second sprints of cycling, rowing or running with one minute at a slower recovery pace. The 30-second time period is called an interval and could be repeated 10 times to compose an effective and efficient 15-minute workout.

A similar training philosophy is seen in workouts such as CrossFit WODs (“workout of the day”) in which participants not only run, row or cycle fast, but also jump, throw, press, pull and lift fast too. Many CrossFit WODs last no longer than 15 minutes, and by the end, you will have exerted more energy completing a high-intensity, total-body workout than most do during an hour at the gym meandering from machine to machine.

So, whether your thing is running for miles, bench-pressing seven days a week, doing Pilates or, perhaps, doing nothing, remember that God has designed our bodies to do it all: to run, swim, lift, squat, stretch and, yes, *rest!* Don’t let yourself become defined by any one activity or fearful that anything else will hurt you. Step out of your comfort zone and explore new sports and activities. You may be surprised by how refreshing and how great for the heart it can be.

Diana Anderson-Tyler is the author of *Creation House’s Fit for Faith: A Christian Woman’s Guide to Total Fitness* and her latest book, *Perfect Fit: Weekly Wisdom and Workouts for Women of Faith and Fitness*. Her popular website can be found at [www.dianataylorfitness.com](#), and she is the owner and a coach at CrossFit 925. Diana can be reached on Twitter.

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

6 Tips for Raising a Confident Daughter

"Confidence is contagious. So is lack of confidence." –Vince Lombardi

Our daughters are under direct and intended assault to undermine their confidence, which in turn breeds a massive industry that profits from their shattered self-images.

Dads with daughters have a chief obligation to instill confidence balanced with humility in their daughters, starting at an early age. The pitfalls to avoiding such are staggering. Drug abuse, teen pregnancy, poor grades and even suicide all breed from low self-esteem for girls. Once the pattern is set, they may never break free.

Here are some tips for raising daughters to be confident:

1. Truly listen to her. Many women feel like they aren't heard. Honest communication can solve the majority of problems our families face, yet it can sometimes be so difficult to achieve. When she reaches out, she wants to talk—not be lectured or scolded. As dads, our instinct is to fix the things bothering our daughters, but in many cases they just need us to help them work through it themselves.

2. Tell her she is beautiful. Only 2 percent of women think they are beautiful. That is tremendously sad and speaks to something very wrong in our culture. Hug your daughter and tell her she is beautiful daily. If a dad doesn't hug his teen daughter and tell her he loves her every day, she will find someone that will. That sets off a dangerous pattern of seeking beauty affirmation.

3. Reinforce her strong qualities. We are all given special talents. As your daughter is discovering hers, reinforce them with your praise and relentless support as if you are building the foundation of a great structure.

4. Be her rock. Girls are more apt to be subject to things such as cyber-bullying and mean-spirited personal attacks, which can destroy them emotionally. We need to be the rock our daughters can always count on to love them unconditionally. The confidence you instill counterbalances the confidence being destroyed on the outside.

5. Be careful with words. It's no secret that females are very analytical about the things males say. Of course, we need to discipline our children, and at times we have to be harsh, but we need to be very careful with the words we choose at these moments. Our daughters will hold on to them longer than we know.

6. Show her the power of faith. A person that can gain the ability to see the larger picture will always have an edge in life. Regarding confidence, if your daughter understands the deeper purposes of life and the ebbs and flows she necessarily must go through, she will be much stronger. Introduce her to faith, and display it by example daily.

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 .

3 Angry-Dad Scenarios That Can Damage Your Children

We are men, and it's no secret that most of us have an angry-man button that, when pressed, emits anger. The degree of anger depends on the person, but in almost all cases that emotion is counterproductive to fixing whatever set us off.

You found a bag of pot in your son's drawer? Your daughter's school called because she skipped class today? Junior failed an art class project? Cue angry dad.

We know things are going to happen, so how we react when those times come will determine either the positive or negative development of our children moving forward. These three angry-dad scenarios that hurt your children offer examples and solutions:

1. No use crying over spilled milk. After an extremely long day at work and his patience already worn too thin, Dad is finally relaxing for a moment. His young son who is excited to see him jumps up into his lap suddenly, spilling the entire cold drink Dad was holding all over his pants and chair. One of two things is about to happen. Either the child is about to be instilled with fear of his father's wrath, or he's about to calmly learn a lesson that will prevent future incidents. Blind rage is exactly what we don't want our children to be instilled with. Breathe deep and react calmly, carefully choosing your path forward.

2. Impatience gets the best of him. Part of a dad's job description is being a handyman. During these times, we often recruit our children to assist us. These are extremely important teachable moments that are going to shape our

children. The dad that uses this time to lovingly and patiently instruct his young child is setting into action a chain reaction of many positive consequences.

Their bond and mutual trust will deepen, a work ethic will be established, and the child will learn a desire to provide quality work. If the father is the type that belittles his child instead of teaches, and curses and bangs his way through the task while the child observes, then a pathway filled with anxiety is being paved. The child will feel he can never do right in his dad's eyes.

3. The bad report card. We all want our children to excel and set high standards. Sometimes it just isn't going to work out like that. Bad grades usually will beget other bad grades if we react in a typical and instinctive fashion, which is to have a very negative and disappointed reaction. This situation certainly calls for discipline and a stern hand, but a bad grade is actually a cry for help. That's where the focus belongs, calmly figuring out what went wrong and what the solutions are. Leaving it all in a negative state is going to develop low self-esteem in your child, and that's a horrific breeding ground for all sorts of troubles later. Discipline fairly, and then proceed optimistically in solving the issue.

Related Resource: "Characteristics of Growing Dads"

Huddle up with your kids tonight and ask: "Have you ever felt intimidated or scared by my anger?"

"Speak when you are angry, and you will make the best speech you will ever regret." –Ambrose Bierce

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 .

Promise Keepers Heads to Israel With 'Jesus Reigns: Firstfruits' Tour

Seeing too many mainline denominations and other groups in America turning their back on Israel, Promise Keepers (PK) President Raleigh Washington is setting out to generate support for Christian outreach in the key Middle East nation.

In mid-September, PK will launch an initiative to eventually gather 1,000 pastors in Israel by sponsoring its "Jesus Reigns: Firstfruits" tour. The event will see some 300 Americans (including 100 pastors) tour Jerusalem, Bethlehem and other sites.

Washington's goal: to return in August of 2016 with 1,000 pastors in tow.

"Basically, Jesus Reigns is based on our feeling and commitment that God wants to do something unique in Israel—especially in the believing community," says Washington, who succeeded founder Bill McCartney. "It's all about connecting Gentile-believing pastors with Jewish pastors in Israel."

The Sept. 14-23 tour will start in Jerusalem and move to Bethlehem, where on the evening of Sept. 17, PK plans to host

a major event that will be broadcast across the world.

The next day some in the PK group will visit the Dead Sea Basin and such sites as the springs of Ein Gedi, where King David hid from Saul; and Masada, Herod's palace retreat. Others will head outside Jerusalem to pick fruit and vegetables to help feed the needy through the Project Leket organization.

Among other stops on the tour is retracing the steps of Jesus at many biblical sites along the Sea of Galilee, such as Capernaum, the Mount of Beatitudes and Magdala.

Washington says the One Message emphasis that spawned the "Jesus Reigns" event originates with Christ's prayer in John 17:20-21, when He told the Father He wasn't praying for *these alone* but *those also* who believed in Him.

"So, *these* and *those* represent both Jew and Gentile: that the two would be one, just as we are one," Washington says. "He gives a model for the oneness that really is the Trinity: 'I and You, You and Me, they and Us, that the world might believe that You sent us.'"

This spring, PK had to adjust its original plans after a major financial backer failed to meet his pledge to provide enough funding to send 1,000 pastors to Israel this year.

Washington says the ministry had adequate backing to take 100, so it chose to plan another gathering in Israel in August 2016.

Despite the revised approach, its original goal remains the same: a global event centered in Israel in which this message will be communicated.

The message to be delivered by various speakers: Hear and obey the power of God and the Holy Spirit. This year's event will include a seminar for leaders, designed to create lasting

relationships between the 100 pastors and Messianic leaders in Israel.

Indeed, several pastors in Israel have said that nothing has a more profound impact than to know that Gentile pastors from America and elsewhere love them, support them and pray for them.

"That encourages them beyond measure," Washington says. "A good combination of this would be 50 different pastors in Israel connected with two pastors from America, and they will establish lifelong relationships."

PK's president says such a step will be highly symbolic at a time when many in the church fail to comprehend their biblical requirement to support Israel. He sees such unity as a step toward all of Israel's salvation and the Lord's return.

The pastor of a Louisiana megachurch who will be part of the tour says his congregation wanted to align itself with a group helping equip Christians to reach nonbelieving Jews in Israel.

"A lot of times churches will get behind groups that are helping Israel's government, which persecutes a lot of Jewish Christians," says Mark Stermer, pastor of The Church in St. Amant.

"We wanted to make sure our sponsorship was going to an organization actually helping churches in Israel," he says. "One of the goals of the Firstfruits trip is not just to see what's going on, but to connect with local churches in Israel."

Those churches include one pastored by Evan Levine, whose work is sponsored by Stermer's church and others. Last year, when Levine visited Louisiana, the congregation decided to give that weekend's offering to the work in Israel. Those funds helped launch an outreach to Messianics and poor people in the Middle East country.

The pastor says any time he has discussed Israel from the pulpit or brought in other speakers to address the country's significance, it has stirred a hearty reception from members.

A midweek One Message event in March at The Church in St. Amant attracted 700 people, with an appearance by best-selling author Jonathan Cahn (*The Harbinger*) stirring additional excitement.

A veteran of PK's sold-out stadium days in the 1990s, Stermer still connects to the ministry through one of his church's members. Lee Dominique is a PK board member and frequent speaker at events (three are scheduled in June and July).

Although the season of standing-room-only events is over, Stermer sees PK entering a season of rebuilding. He bases that view partially on a high-energy rally he attended last year in Florida.

"It had the intensity of what Coach McCartney and Raleigh started," the pastor says. "They're kicking it back off to what they do best, which is to rally men and challenge them, not only to get saved, but to disciple others and rise up to be the men God has called them to be. I think that mission is taking hold."

Washington hopes more Christians embrace the opportunity to get involved with PK, particularly One Message. He is seeking both financial and prayer support for Promise Keepers, One Message and the Messianic Jewish Alliance of America.

The devil will do everything in his power to prevent this from happening because of the depth of the spiritual impact this will have, including hastening Christ's return, says PK's president.

"We're asking all saints to stand with us, pray for us and contact us if God is leading them to sponsor a pastor," Washington says. "That way they can be a part of what I think

is a cataclysmic impact on the Christian community of Israel—the greatest and most profound since 1948, when they became a state.”