

# Are You an Authentic Man?

So how about it—are you an authentic man? Really?

When did that happen? When did you decide you were a man? Who told you, and who gave you the rite of passage to manhood?

Many cultures have clearly defined rites of passage to manhood. A ritual is observed—a celebration with the community, a mark on the forehead or the fulfillment of a challenge confirms him.

In Western culture, when a boy becomes a man, we mark small rites, such as when a boy gets a driver's license, is eligible for the military or is old enough to purchase alcohol, but we do not have spiritual rites of passage into manhood. Marriage is considered by some to be the closest recognition of movement into manhood. The definition of manhood in our time is confused. When do we recognize a male as a man?

Our sons step into manhood without fanfare or celebration. We don't define it. We don't have set principles that govern what authentic manhood is.

As Dr. Myles Munroe says, "When the purpose is unknown, abuse is inevitable."

We are witnessing the inevitable abuse of manhood. The last 40 years have wreaked havoc on authentic manhood. The feminization of men is displayed in a constant barrage of media imagery. Almost every male represented on television is either a metrosexual pretty boy or a slovenly buffoon. Every reality show has to have its token effeminate male. It's embarrassing.

This assault on authentic masculinity has a very broad impact. I won't go through the barrage of statistics that support my claims; suffice it to say that the destruction of

authentic manhood is having enormous repercussions on society. Some subcultures are already reeling from the loss of authentic manhood.

Fatherless children are being raised with the insecurities that come from the loss of identity. Women are being left defenseless against the enmity that exists against them. The economic decline caused by the loss of male integrity is immeasurable.

“Never remove a fence until you know why it was put up.”  
–Unknown

Boundaries are important. The foundation of manhood is being redefined. Unless we know why the male is a man or what man is assigned to do or become, we will live abusive lives. We may abuse our own bodies with addictions, such as alcohol, drugs or food. We may abuse ourselves sexually and experience the degradation of our bodies through STDs or AIDS. The frustrations of unknown purpose may cause us to abuse our wives and misunderstand the true value of the male/female relationship.

Extremes take over. We will either become obsessive chauvinists or emasculated weaklings.

But to discover purpose, you simply need to look at original intent. Why did God create man?

***FivestarMan** was founded in 2008 by **Neil Kennedy**. Kennedy has passionately promoted God’s Word for 25-plus years of ministry. He is known for practically applying biblical principles that elevate people to a new level of living. As a business, church, ministry and life consultant, Kennedy has helped others strategize the necessary steps to reach their full potential.*

*For the original article, visit .*

---

# The Feet of Yeshua: A Fivefold Scriptural Meaning

The expression “feet of Yeshua” has a fivefold meaning in the Scriptures, parts of it present, past and future.

**1. Devotional intimacy.** Perhaps the most well-known meaning today comes from the special, intimate, devotional expression we find in Miriam (Mary), one of Yeshua’s closest disciples.

- Luke 10:39: Miriam sat at Yeshua’s feet and heard His word.
- John 12:3: Miriam took very costly oil, anointed Yeshua’s feet and wiped His feet with her hair.

By positioning herself at Yeshua’s feet, Miriam serves as an exquisite model for us not only of devotion and intimacy but also of humility and vulnerability.

**2. Physical resurrection.** When Yeshua was crucified, His hands and feet were pierced. After He rose from the dead, He showed His disciples the scars remaining on His body (John 20:27).

- Luke 24:39: “Behold My hands and My *feet*, that it is I Myself. Handle Me and see for a spirit does not have flesh and bones as you see I have.”

Yeshua proved that He really was resurrected and that the resurrection was physical and not merely spiritual. It also shows that the resurrected body is a continuation and glorification of our current body and not a totally distinct entity altogether (1 Cor. 15:35-50).

**3. Eternal divinity.** There are appearances of Yeshua in His pre-birth, pre-incarnation form throughout the Law and the

Prophets. Some two dozen of these mysterious appearances of YHVH in the form of a man are documented in my book *Who Ate Lunch With Abraham?*

- Exodus 24:10: They saw the God of Israel, and under His feet was the work of sapphire stone.

In this case, 74 people saw this divine-human figure on Mount Sinai. The fact that the God of Israel appeared repeatedly in this “down to earth” form prepares the way for understanding Yeshua as the eternal and divine Messiah, the manifestation of God in human form.

**4. Literal return.** As Yeshua was physically raised from the dead, so will He return to earth at the Second Coming in bodily form.

- Zechariah 14:3-4: On that day, His feet will stand on the Mount of Olives, which faces Jerusalem from the east.

All the nations will attack Jerusalem. Yeshua will descend from heaven with a mighty army to destroy those nations. As He ascended from the Mount of Olives, so will He return. He will not come halfway down and hover in the air, but He will come all the way back to touch the ground—once and for all.

**5. Millennial glory.** After Yeshua returns, He will set up His kingdom of peace over the whole earth. Ezekiel had a vision of a divine Man speaking to him from the Millennial Temple:

- Ezekiel 43:6-7: “A man stood beside me. He said to me, ‘Son of man, this is the place of My throne and the place of the soles of My feet, where I will dwell in the midst of the children of Israel forever.’”

Yeshua will reign for 1,000 years in a glorified form with His spiritual and governmental capital in Jerusalem. The kingdom of God comes down to earth from heaven, and Yeshua’s glorified feet symbolize this reality.

**Asher Intrater**, along with his wife, Betty, is the director of Revive Israel Ministries, an apostolic ministry team dedicated to revival in Israel. The Intraters are committed to world evangelism, the power of the Holy Spirit, personal integrity, the lordship of Yeshua, the unity of the church and the restoration of the nation of Israel.

---

## Terror Alert: How to Be Ready for Anything

With al Qaeda terrorist attacks imminent and recent U.S. Global Travel Alert, threats of terror and rumors of wars can strike fear in people's minds. It's the fear of the unknown, fear of imminent doom, and the fear of vulnerability that puts the shiver in our spine.

Where's the next attack? Who will suffer? What will happen to our lives, our family, our economy? These are all legitimate questions to wrestle with, both with yourself and your loved ones feeling the same fears and looking to you for answers.

I believe a God's man must be *ready for anything*. That may sound impossible. Yet, I believe God has provided the plan and tools to equip men to handle any threat, circumstance, and ultimately, fear.

You may have heard the acronym for FEAR, False Evidence Appearing Real, right? For many, perhaps it should be Forget Everything And Run! But it doesn't have to be that way. Here's a practical step-by-step action plan to prepare yourself for virtually any threat and fear that could impact your life. You may recognize the following model I use for Every Man Ministries because I believe it's a critical foundation and

process for God's man to be ready for anything.

**Get In.** Get in the family of God, by accepting the free gift of eternal life that comes with knowing His son Jesus who died as a sacrifice to wash away your sin, so a relationship with God could be established. In other words, make God your father and allow him to adopt you into His family.

Then, Get In a men's group. Start learning about God's love with another man or group who follow Jesus because you're walking on new spiritual baby legs that require support from others who are seeking to nurture the same relationship with God. We've provided studies and materials to facilitate this growth process by using our "Ignite Plans" where you can get all-access, unlimited teaching to review yourself and with others.

In Matthew 6, verses 25-34, Jesus point blank says "don't worry about your life", instead focus on knowing God.

In Philippians 4:6, the Bible says simply to pray about everything. "Do not be anxious about anything, but in every situation, by prayer and thanksgiving, present your requests to God."

So, I'd sum it up with "don't worry about anything, just pray about everything."

**Get Healthy.** Following Jesus means change, it means taking risks, it means letting go of some of the past problems, letting go of some unhealthy relationships and letting go of the worldly cultural norms. To get healthy, both in mind and spirit, you need to know God and "renew your mind." How do you do that? Read and consider his Word—the Bible. Pray with vulnerability, honesty and seek Him first. This takes some discipline, teaching and daily surrendering your will. But it has the best payoff!

*Romans 12:2 says, "Do not conform to the pattern of this*

*world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will.”*

**Get Strong.** After getting in and getting healthy, we need to grow spiritually and get strong in the Lord! It won't take long to realize God is going to test your character at home, at work, and at play. These are tests God uses to shape you, and prepare you for your next season in life.

So, to get strong, you will need to flex your faith muscles by reading and hearing the Word and discovering God's plan for you. Faith is not just a value, but an action. You will soon, if not already, feel God pushing you to do something, say something or help someone that, in typical circumstances, you wouldn't think be possible. But taking a step of faith, without knowing the exact outcome, is how you grow stronger.

**Get Going.** The next tip to being ready for anything is to be on the offensive! The best defense is often the best offense. Be proactive in your faith, consistent in nurturing your relationship with God and then share it! This amazing love, peace, joy and strength is not meant to be kept a secret between buddies. Consider James 1:22 “Do not merely listen to the Word, and so deceive yourselves. Do what it says.”

Here are a few examples:

2 Corinthians 5: 17-21 says in effect that as a God's man, your old life has gone and your new life is here. We have been reconciled with God, who now does not count our sins against us. This is the message we are to bring and model. In verse 20, it says that “We are therefore Christ's ambassadors...”—we are representatives of God, and sent to share this message of hope and love.

In Matthew 28: 19-20, Jesus's final exhortation was to “Go and make disciples of all teach them to obey everything I have commanded you. And, surely I am with you always, to the very

end of the age.” (Notice it doesn’t say to go to church and sit in a pew – although that is important. He calls us to take action!)

The one thing—or person—to GOD! It’s completely healthy to have a respectful fear of God. In fact, the Bible says, it’s the beginning of wisdom.

Want to be ready for anything? Get in. Get healthy. Get strong. Get going and fear God!

For the original article, visit .

***Kenny Luck**, founder of Every Man Ministries and Men’s Pastor at Saddleback Church, 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.*

---

## **Ron Cantor: Televangelists Abusing the ‘Day of Atonement’**

On Friday afternoon, just before we ate our last meal before Yom Kippur, the Day of Atonement, I was doing something that I rarely do: watching Christian TV. Don’t get me wrong; I love the Word of God, but I have come to the place where I can rarely get through a Christian television program without feeling like I am being manipulated.

Far be it from me to throw out the baby with the bathwater. I know there are many godly men and women using television and

media to advance the kingdom of God. But there are also many who abuse their audience, twisting God's Word, offering false promises of blessing in exchange for sending in a financial offering.

As I sat there dumbfounded, the host was interviewing a megachurch pastor on the meaning of the Day of Atonement. Because there is the mention of trumpets and fasting, he connected Joel 2 to Yom Kippur, the Day of Atonement.

To be clear, it is not my calling to police ministries around the world. It is enough to keep our own house in order. But as the leader of a Messianic Israeli ministry, I felt that this was one case in which I had to speak up—a case where the most sacred day of the Hebrew calendar has been turned into a Madison Avenue money-making scheme.

Not in the Bible.

The guest teacher opened up to Joel 2:1 and said it referred to the Feast of Tabernacles. He began to read the passage, "Blow the trumpet in Zion," but quickly continued as if he was still reading it—but *he was not*. He merely implied the prophet was saying, "Repent for 10 days."

He was referring to the nonbiblical, rabbinic tradition, which did not exist in the time of Joel, of the "10 days of awe." These are the 10 days between Yom Teruah (Rosh Hashana, or *russiahashana*, as this teacher called it) and Yom Kippur, the Day of Atonement. As the teacher continued to pretend this passage actually teaches that those who honor Yom Teruah will receive a sevenfold blessing in 10 more days, the host was visibly overwhelmed by the revelation—which is nowhere in the Bible!

The preacher then said the believer can rejoice for eight days after Yom Kippur. I can only assume he meant the eight days of the Feast of Tabernacles, but it only begins five days after Yom Kippur, on the 15th. I hate to be nitpicky, but the Ph.D.

taught with such authority on this new revelation that I would assume he'd know his dates better.

But it gets worse.

### **Get Your Months Right**

Next, he quoted Joel 2:23 to prove his point:

“Be glad then, you children of Zion,  
And rejoice in the Lord your God;  
For He has given you the former rain faithfully,  
And He will cause the rain to come down for you—  
The former rain,  
And the latter rain in the first month.”

He claimed the meaning of this prophetic passage is that you will receive a double blessing (former and latter rains together) on the Day of Atonement. There is only one problem: The Day of Atonement is on the 10th day of the seventh month, and this prophecy is referring to the first month!

The teacher assumed that Yom Teruah comes in the first month, because it is now referred to in Jewish tradition as the New Year. However, the Bible clearly states, “Speak to the children of Israel, saying: ‘In the seventh month, on the first day of the month, you shall have a sabbath-rest, a memorial of blowing of trumpets, a holy convocation.’ ... ‘Also the tenth day of this seventh month shall be the Day of Atonement’” (Lev. 23:24, 27).

After butchering the Scriptures, the teacher got to his main point: The key to getting this nonexistent sevenfold double portion was to give to the television ministry upon which he was appearing.

### **What Year Is It?**

What's more, after giving this extensive teaching about the significance of the Hebrew calendar, the teacher then

suggested viewers give a gift—like he was—based on the Western calendar, of \$213 because it is 2013.

It is not 2013 in the Hebrew calendar but rather 5,774 (or, in his terms, \$5,774).

But why did they not ask, then, for \$2,013, as it is not 213 but 2013? Because they knew the average viewer could not afford it. (I can guarantee you that it was discussed beforehand.)

I've learned, after doing a few Internet searches, that this particular preacher has asked for similar gifts in 2008 and 2009 and probably other years.

I would be far more inclined to give if the gift didn't have to go to their television ministry. Why not encourage people to give to missions? Or local outreach? Or their local congregation? I think you know the answer.

### **God Needs Your Agreement**

At this point, the host jumped in—after all, it was his show and this was the climax. He shared that all God's blessings are conditional: "God says, 'I will do this if you will do that.'"

He then said the toupee-wearing Ph.D was about to lead them through the doorway into the double blessing. "God needs your agreement," he said. "He needs a signal that it is all right for Him to do what He has said in His Word, because He forever surrendered His right to act independently in your life."

What? God needs my agreement? He has surrendered His right?

Again, I am a Spirit-filled, faith-preaching believer in all the miracles of God—including His abundant blessings. But this, my friends, was just good, old-fashioned manipulation to get your money.

## **Such a Deal**

The preacher went on to say over and over again, "This could be your last offering on earth"—meaning the rapture could take place on Yom Kippur, just as he was saying, "Reach for your credit card or checkbook."

Now, I can't tell you what his heart's motivation was, but it sure felt like he was saying, "Make a big donation, because even if you can't afford it, you might get raptured and therefore never have to pay it. Or God will bless you with His double-portion, sevenfold blessing."

I decided to watch the five-minute Internet bonus clip (bonus for who?). In it, the wig-wearing pastor told the story of Marsha, a woman from his church who gave him her Atonement offering in hopes that doctors would find her eligible to give her husband, Kevin, a kidney. When the doctors at the Mayo Clinic opened her up, they found three kidneys inside her.

Now, I love the supernatural. I believe in healing and miracles. In Africa, I have seen blind eyes opened. But after hearing this man's teaching, I was not inclined to believe this story. I searched for Marsha and her three kidneys and found out the same preacher told the same story on a famous Christian network, only it was Passover—because he was encouraging people to give their Passover gifts (in the spring), not their Atonement gifts (in the fall). (I have scoured the Internet and can find no confirmation of this three-kidney miracle.)

Next, with deep emotion and conviction, the teacher promised that by midnight on Sept. 15, when the pastor would place all the gifts on the altar, God will restore "what has been stolen" from those who gave. I was stunned at the lack of fear of God in this teacher in making this promise.

## **They Are Not Alone—Sadly**

As I searched the Internet, I found two more high-profile ministries begging for money on the Jewish Day of Atonement.

One plea was from two years ago, saying, "Here is what I am asking you to do: Pray about what seed-offering God is directing you to give toward the many outreaches of this worldwide ministry. Plant your best seed-gift; then begin trusting God for a double blessing during this sacred season.

"Send us your most important prayer needs. As the Day of Atonement (October 7–8) approaches, my staff, mighty prayer warriors around the globe, and I will be standing in agreement with you.

"The season that occurs in October 2011 (the Jewish year 5772) is extremely significant and can be life-changing for you and your loved ones.

"Whether or not you have observed this season in the past, look toward this New Year on God's calendar by joining with other believers."

Again, you had to give to his ministry, and it was not a New Year in the Bible, only in Jewish tradition (but let's not let a good ruse go to waste).

The next appeal came from the divorced leader of one of the largest ministries in the country—although she added a blessing, totaling eight (so if you were debating, I would go with her).

She said, "I want you to give your very Best Day of Atonement offering, along with your prayer request right away. Just like the high priest did once a year, I will take your offering and needs before the Lord as a sweet savor, believing for a release of HIS EIGHT PROMISES OF ATONEMENT into your life."

The problem is, I can't give both of them my "very best" offering.

This teacher had the audacity to compare herself (though she has been involved in numerous scandals) to the high priest.

There are no eight (or seven) promises of atonement. *This is a scam.*

### **Jewish Outreach**

What is most sad about this to me, a Jewish believer living in Israel trying to reach my people, is that this garbage will do far more harm than good. Paul said to the Romans, “because of [Israel’s] transgression, salvation has come to the Gentiles to make Israel envious.”

This con will do nothing to provoke Israel to jealousy. But if unbelieving Jews see it, they will be further convinced that the Jesus these preach is not for them. Sad.

**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, Identity Theft, was released April 16. Follow him at @RonSCantor on Twitter.

---

## **The Power of Pressing On: A CrossFit Testimonial**

I want to share with you a testimonial from one of our athletes at CrossFit 925. Alicia Ynostrosa is a marvelous example of an individual who, though initially intimidated by

the prospect of starting a high-intensity fitness program like CrossFit, has made tremendous strides through patience, persistence and a positive attitude.

She has transformed herself into an outstanding athlete—and someone you would never guess was once unable to make it through a warm-up without taking frequent breaks.

We all know there is no silver bullet for obtaining the strength, stamina and physique we desire. The only existing side-effect-free method for achieving our fitness and weight loss goals is to, simply put, train hard and eat smart.

Since Alicia joined our gym in February of this year, she has made remarkable progress by consistently attending classes, taking recovery days and resting as needed, pushing herself outside her comfort zone, and eating healthily at least 80 percent of the time. I know you'll be inspired by her story:

*As a full-time working mom of three young girls—two of which are 3-year-old twins—I always had a million excuses for not working out or eating properly. I could just feel the pounds packing on my body and became very disappointed in myself.*

*I started noticing these awesome Facebook pictures of a friend of mine who was going to this “CrossFit place.” I thought she looked amazing. In the photos, I saw resistance bands being used to do pull-ups with, women lifting barbells—with weights on them—over their heads, medicine balls being launched up to 9- and 10-foot targets, and something called “burpees” that I think I'd seen football players do. Then I noticed the gym was right here in my neighborhood. I had no excuse not to try CrossFit out, and after the New Year, I decided I'd give it a shot.*

*When I first began, I really had no idea what I had gotten myself into. My first day, I couldn't complete the warm-up because I had made the fatal mistake of not eating breakfast beforehand. The next time I went, I made it through the warm-*

ups successfully but had to do a modified version of the workout and thought it'd be impossible for me ever to do a WOD as it was prescribed. (I didn't have a clue what a "WOD" even was. By the way, it means "Workout of the Day.") After the workout, I couldn't descend stairs without feeling pain from soreness, nor could I lift my girls into their car seats. (Literally, my husband had to do it for me!)

Despite feelings of failure, I decided to keep at it. I had to prove to myself that I was stronger than the lie that I was inferior or "just not cut out for CrossFit." I knew deep down that I could be strong, healthy and happy about my appearance and no longer disappointed in myself. I must say it was also a huge incentive to attend after having met such a neat person to encourage me: Coach Diana. Having coaches that are 100 percent committed to helping you succeed and who constantly encourage you to reach higher and push harder (always with proper form!) is such a blessing.

I have done the gym thing, boot camp, indoor cycling, etc., but have never experienced such a desire to genuinely want to work out like I do now. There was just something about CrossFit that kept enticing me to return to the box (CrossFit-speak for "gym"), and that attraction hasn't let up yet! The fact that every day is a new "adventure" keeps it motivating; there's always something new to learn or improve upon, and the camaraderie among athletes is invaluable.

When Alicia first began, she couldn't perform a parallel "air" squat. Now, she goes below parallel with ease!

My favorite aspect of all is, in fact, the small community atmosphere and the incredible coaches that continuously encourage and assist us, not only while at the box, but on their personal time as well. What other place can you walk out of and have the coach ask you, "So, which day are you coming back?" Talk about accountability! Better yet, I have lost quite a few pounds and inches and have gained substantial

*muscle and strength. I have made my way through some extremely challenging WODs and finished many that I once would have deemed physically impossible for me to do.*

*CrossFit 925 has provided me that little haven to get away to, to step into and spend an hour totally on myself, and yet ultimately for my family as I seek to be a stronger, fitter mom and wife. I step out feeling exhausted on some days, full of endorphins on others, but always fulfilled.*

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

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

---

## **Yom Kippur: Should Israelis Pray for Backbone and Stability?**

As we enter the holy day of Yom Kippur, it is clear we are not really in control. Our health, happiness and security are vulnerable to whim and miscalculation, to the sudden, unexpected and absurd. Life is fragile and unpredictable, especially in the Middle East.

We have irredentist Palestinians, Egyptian Islamists, Syrian chemical weapons, Hezbollah's missiles and the Iranian nuclear project to cogently remind us of our vulnerability.

So as you settle back in the synagogue pew or your living room armchair to contemplate life on the Day of Atonement, you

might want to pray for stability—for a predictable year.

Join me in the following prayers:

Pray for our soldiers lying in ambush opposite Hezbollah fighters on the Lebanese border or jihadi fighters on the Egyptian border. Pray for quiet.

Pray for the residents of the Golan Heights, whose homes are minutes away from the civil war that is raging in Syria. Pray for Israelis in Judea and Samaria, who have been outlawed by the world, boycotted by the EU, demonized by the Israeli left and are subject to a rising number of Palestinian attacks.

Pray for the residents of Tel Aviv, now well within enemy missile range.

Pray that the recent release of Palestinian terrorists (and the next planned releases) do not come back to haunt us.

Pray that Prime Minister Benjamin Netanyahu sticks to his self-declared red lines in the current negotiations. Pray that Netanyahu is given the stamina and courage to make the difficult but right decisions with regard to Iran. Pray that we don't get caught (again) flat-footed and surprised by an enemy assault.

Pray for Jerusalem, that it remain under Israeli control. Pray that we have the national backbone to reassert our sovereignty in the face of increasing Palestinian Authority encroachment throughout the city and on the Temple Mount.

Pray for U.S. President Barack Obama's backbone. May the Lord grant him one.

Pray that you never have to walk into a pediatric oncology hospital ward. Pray for friends and strangers alike who spend their days and nights in these tragic places. Ask G-d to keep you and your children out of emergency and operating rooms, cardiac units and psychiatric wards.

Pray that you do not become a victim of this country's more than 74,000 annual burglaries; 28,000 annual traffic accidents, including 300 fatalities; 21,000 car thefts; 22,000 crimes against the elderly; 15,000 incidents of serious violence; or 150 non-terrorist murders.

Pray that classroom violence—experienced by 1 out of every 3 school children—does not affect your son or daughter and that they get to be part of the lucky 48 percent of Israeli kids who actually complete high school matriculation.

Pray for rain.

Pray for all the incredible volunteers in our society who run thousands of nonprofit organizations devoted to social welfare, making Israel one of the most altruistic societies in the world. May they all be strengthened and rewarded!

Pray for the patience and humility that we need to treat our elderly parents as we would like our children to treat us.

Pray that all the international businessmen and government officials who visit Israel to marvel at our high-tech triumphs will one day be equally impressed by our moral and spiritual accomplishments.

Pray for a “good news” media, for the emergence of Israeli journalists who make a point of highlighting and showcasing the beauty of Israel's society.

Pray for more amazing archaeological discoveries, like the Torah scroll gold ornaments unearthed near the Temple Mount last week and the Hebrew inscriptions from the Canaanite period found in the Ophel last year, which demonstrate to the world our rootedness in this land.

Pray for all the Israelis who aren't praying—those gambling the day away in Greece, cycling aimlessly through Tel Aviv or, unfortunately, just plain turned off by this country's noxious

mix of religion and politics. Pray for Jews who are in synagogue but who pray only for themselves.

Pray that we can tame our tendency to all too often harshly judge and stereotype each other.

Pray for your own faith and spiritual world. May it be enriched and deepened.

Pray, if you can, like Rabbi Yishmael Ben Elisha, the high priest who, according to legend, was granted an audience with G-d and asked to bless the Almighty. "May it be your Divine will," intoned the priest, "that your mercy overcome your anger; that you treat your children with compassion and forbearance; and that you judge them with leniency." Amen.

**David M. Weinberg** is a spokesman, speechwriter, columnist and lobbyist who is a sharp critic of Israel's detractors and of post-Zionist trends in Israel.

---

## **How to Stay Above the Perilous Line Between Marriage and Divorce**

On very rare and special occasions, we will see a couple celebrating their 50th anniversary. So many things have to fall into place for a couple to make it that long together that it can nearly be considered a miracle only God could have bestowed.

Not only does the couple have to fight off all the sharp, poison-tipped arrows of life, but just the simple fragile nature of the human body makes it very hard for both to make

it that far. It is pretty safe to say that, on their wedding day, most couples visualize being that pair that grows old so gracefully together.

Statistics say the odds are stacked against them, but it is a victory that can be won. It requires great passion from both in the marriage, and it demands a steadfast resolve to be the exception and not the rule.

Here are eight key ingredients to creating a strong, robust marriage that can go the distance:

**1. Time management.** Every quality recipe starts with a base and, in a strong marriage, time is the base—the solid foundation that will not crack under the pressures from outside. Time must be managed in the proper way to achieve success at whatever our prime objective is, and that is especially true in our marital relationships. We must be present and actively participating. Why is the phrase “We just drifted apart” so often heard? Time not well-spent.

**2. Communication—talk to her.** Communication is everything to a woman. It is the spark to all things in the relationship for her, including the romantic part. Love without communication will not sustain. There are many ways to do this, so that does not mean if you are a man of few words, you can't still have your own unique forms of communication. However, words had better be present, because if your wife feels isolated and alone in the marriage, soon you will too.

**3. Full respect.** A man that respects his wife doesn't belittle or demean her. Many marriages include one partner that is a bully in the union, and it goes both ways. If happiness as well as longevity are the goal, then healthy respect for the feelings and opinions of your spouse is essential.

**4. Take ownership and responsibility.** A fully grown man carries the burden of responsibility for his family. No matter the financial circumstances or personality traits, in the end

it is the husband that is the head of the household. Along with the title comes the great responsibility required of it. A great many men like the title but hate the actual duty. Responsibility can't be delegated. Blame can't be assigned elsewhere, and childish attempts to point fingers only lead to destruction. A man leads his family with a generous and kind spirit, and he has the heart of a warrior to protect it. The buck stops with you in all cases.

**5. Compassion and sympathy.** Arthur H. Stainback says, "The value of compassion cannot be overemphasized. Anyone can criticize. It takes a true believer to be compassionate. No greater burden can be borne by an individual than to know no one cares or understands." Your bride needs your deepest compassion and sympathy along your journey together. She will follow you to the ends of the earth if you give her this.

**6. True romance.** To be a romantic husband means far more than anything that goes on behind closed doors. Intimacy, friendship and a pure bond between you both of deep respect for the other person is what creates true romance. Physical meets mental in a perfect union of exactly the type of love that will make it to 50 years. If you have these connections, they will sustain you through the hard times—the years when your children prohibit much physical intimacy, the days when you feel beat up by the world but know there is always one person who has your back. This is what is meant by two becoming one.

**7. Self-sacrifice.** Being second is not an easy thing to do. It takes humility, lack of envy in your heart and, most importantly, a desire to lead with only the bigger picture in mind. It doesn't mean you neglect your own needs to the point that you vanish, but it does mean placing the needs of your wife and family above your own—because they actually are your own. There are many examples that could be listed for this, but use your imagination to fit your own circumstances. A smile put on the face of a loved one is a million times more

valuable than anything of a temporary or material nature. It is the difference between fool's gold and the real thing.

**8. Healthy lifestyle.** Obviously if you are going to make it to a 50th anniversary, it's going to require using these strategies. But it will also mean that you both share good health into your later years. Put away the bad habits. Cut out the senseless anger and stress. Eat well and exercise. Peer deep into the future and think about what you want to see in it. Anything you come up with will need you to be healthy.

**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**.

---

## **Michael Oren: American Support for Israel Remains Strong**

During his term as Israeli ambassador to the U.S., Michael Oren found himself faced with a rapidly changing America, a Middle East on fire and an Israel that had to deftly navigate between the seismic changes taking place in both locations. But looking at the polls, which continuously show high support for Israel among Americans, Oren is satisfied, saying they show that support for Israel in American public opinion is

“the highest it’s ever been.”

“At a time when the Middle East is turbulent, Israel is an island of stability,” Oren says.

Oren says his greatest challenge as ambassador was “dealing with the new situation in which everything is dynamic, where circumstances change significantly and very quickly, both in the U.S. as well as the Middle East.”

The outgoing ambassador, whose successor is Ron Dermer, elaborates on those dynamics in the following interview he did with Israel Hayom.

**Israel Hayom: Are American citizens apathetic toward the Middle East and Israel?**

**Michael Oren:** Israel always interests the American citizen, but there is a weariness over the Israeli-Palestinian conflict. The economic crisis has led America toward a deepening isolationism. Still, this has not had an effect on our long-standing, deep strategic alliance with the U.S. We’re talking about a special relationship in all of its aspects, beyond the strategic ties.

**IH: How are the changes in the U.S. affecting the political scene?**

**MO:** The results of the 2012 elections are more significant than the results of the 2008 elections. There is a new political reality in the U.S. different than what we knew some 30 years ago. The changes are happening, but the support for Israel within American society remains strong. This attests to our success in reading the changing winds there and acting accordingly. This has huge significance, as it has direct influence on the administration’s support for protecting Israel, including diplomatic support at the United Nations and other international forums.

Israel enjoys bipartisan support in Congress, and this allows us to achieve many things—for instance, in American influence on the Europeans to include Hezbollah on their list of terror organizations, as well as what I consider one of the most significant achievements of my term as ambassador here: The American decision to assist in funding the Iron Dome system to the tune of about \$1.5 billion over the past four years. This decision came after many hours of meetings with senior congressmen and women as well as opinion pieces in the American media.

**IH: What is your take on the criticism against President Barack Obama that he has acted mistakenly and hesitatingly in the Middle East, directly weakening the West's clout in the region?**

**MO:** The changes that have rocked the Middle East over the past few years are very fluid and very flammable. Nobody has a monopoly on an error-free term in office. It's very hard to chart a policy that buffers against all the changing variables in the Middle East. I think that in general, with regard to Egypt and Syria, our positions were very close to those of the U.S. It is clear to the Americans that, in Egypt, it is important to safeguard the peace agreement [with Israel]. On Syria, the Israeli position is crystal clear: Israel is not interfering in the civil war in Syria, and we do not interfere with the decisions that the Americans take regarding action there.

[During my time as ambassador], there were friendly and open meetings between Obama and [Prime Minister Benjamin] Netanyahu, and sometimes there was even humor in them. There were good discussions between two pragmatic leaders, both very educated and intelligent, and [they] spent a lot of hours together discussing fateful issues.

However, there were disagreements, and there was criticism of Israel, but this was essentially over tactics. The

disagreements are over two central issues: the way to achieve a permanent solution with the Palestinians and what is to be done to stop Iran from obtaining nuclear weapons. Looking back, the gaps between the two sides have been significantly reduced. On the negotiations with the Palestinians, the Americans have dropped their demand for a settlement freeze over the Green Line, and today there are negotiations whose beginning was made possible without preconditions.

**IH: What other issues of disagreement did you have to deal with during your term?**

**MO:** Our relationship with J Street, a left-wing Jewish group that defines itself as pro-Israel. I appeared before the group, and the question that came up again and again is, Why are we demanding that the Palestinians recognize us as a Jewish state? Because the left in the U.S. perceives this to be a tactical demand, an attempt to place obstacles in the path of the peace process. I explained to them that this is actually the foundation of any peace deal: the mutual recognition of both sides of the national identity of the other. There is no peace without the recognition of the other. It was supremely important to lay out our position and explain that we are sincere and serious about wanting to reach a peace deal.

In his 2009 Cairo speech, President Obama drew a link between the establishment of the state of Israel and the Holocaust, a link that is closer to the Arab narrative. Over the years he has corrected this narrative. During his recent visit to Israel, he spoke about a 3,000-year-old connection between the Jewish nation and the land of Israel, about the roots of the Jewish state and about Israel as a Jewish state. This is the official position of the administration today. The fact that the Americans accept our version is extremely significant.

---

# 8 Tips on How to Lower Your Blood Pressure

These days, everyone wants to know how to lower blood pressure. Well, hypertension, or high blood pressure, may be the medical condition patients deny most frequently.

Everyone wants to believe that he or she only suffers from “white coat syndrome”—that is, their blood pressure is perfect except in the doctor’s office.

“The worry makes the reading high!” a typical patient protests. “Otherwise, I’m just fine.”

Doctors used to think the same thing and would pay little attention to slightly elevated blood pressure readings. Now we’ve found that “white coat syndrome” is in fact highly predictive of long-term problems with hypertension.

Once I was among those who denied my own hypertension. My readings were normal or only slightly elevated during my checkups. I had reason to suspect, though, that during my stressful workdays, my blood pressure was anything but normal. Still, I let my hypertension go years without treatment.

I never took my blood pressure seriously until I found myself in the hospital with a “widow-maker lesion” in the left anterior descending artery, which supplies half or more of the blood to the heart’s left ventricle.

The trouble is, a single, isolated reading is an insufficient gauge of a person’s blood pressure. I should have taken the time to keep a blood pressure diary over a two-week period, taking readings morning and night and at odd times as well.

That's the best way to know whether there's a problem with hypertension.

So, if you have a problem with hypertension or know someone who does, please take the time to read how to lower blood pressure below. It just may save your life!

## **Dr. Chauncey Crandall's 8-Step Plan on How to Lower Blood Pressure**

**1. Put down the salt shaker and learn to season your food with herbs and spices.** Try curry, fennel and garlic, for instance. Eat fresh food—real food—as often as possible, not prepackaged food that can sit on a shelf for months or even years and still be “edible.”

Salt intake can be balanced, in part, by making sure you have enough magnesium, potassium and calcium in your diet. These reduce the ill effects of salt. Magnesium dilates, or widens, blood vessels and is used on pregnant women who have high blood pressure. The dosages of these substances, however, are hard to calibrate. Magnesium can be taken until it causes diarrhea; then lower the dose. Calcium and magnesium are best when taken together. Be careful, though, because too much potassium—that is, excessive amounts—can be lethal to your kidneys. All of these substances should be taken in consultation with your doctor.

**2. Get down to your ideal body weight.** If you want to avoid or stop taking drugs for hypertension, this is the most significant thing you can do. A loss of 10 pounds usually equates to the normal dosage of one medication. Many who suffer from hypertension see this condition completely vanish when they reach their ideal body weight—what you weighed, or close to it, in high school or college.

Once again, exercise is crucial. Your cardiovascular system is alive and constantly changing. Exercise builds up the heart in the right way and helps restore elasticity to the arteries.

The sequence of putting the cardiovascular system under exercise stress and then taking that stress away brings down blood pressure to what it would be if the person merely rested.

**3. Reduce stress.** This is often the key to eliminating hypertension. Exercise is one means of stress reduction. Talking over life's challenges with one's family and friends is also tremendously helpful and will greatly lower one's stress levels.

**4. Stay away from stimulants.** This includes coffee, tea, soda, alcohol and cigarettes. You simply cannot smoke. Your doctor can advise you as to whether your hypertension warrants cutting out all stimulants or if you can still enjoy a cup of coffee in the morning. Many people sip diet sodas throughout the day. These have caffeine and can raise blood pressure significantly.

**5. Get enough sleep—at least 8 to 10 hours daily.** Sleep deprivation is a leading cause of hypertension because it puts the body under stress. If your loved ones complain about your snoring or especially your snorting and snuffling during the night, you may be suffering from sleep apnea—a rapid cycle of waking up many times at night, periods during which the heart may stop. Sleep apnea puts the body under tremendous stress and causes secondary hypertension.

**6. Live below your means.** This keeps you from being constantly stressed out about finances. You will find that living below your means translates into lower stress.

**7. Don't forget to have fun!** Enjoying social times, particularly with people you know well, helps you cope with stress. Keeping a quiet time each day is also very important, whether that means time alone or, much better, in prayer.

**8. If your physician prescribes medication, take it!** Take your medication at least until you can change your diet and

exercise patterns to achieve an ideal body weight. That will obviate the need, in many cases, for continuing such medication.

Many people feel energetic when their blood pressure is high and listless or fatigued when it returns to normal. I try to prescribe medication so that the person's blood pressure returns to normal not all at once but over a short span of time. This allows the person to adjust to what a normal blood pressure feels like. Most people whose hypertension is treated adequately and with a gentle hand feel much better as a result.

Employ every weapon available to win the blood pressure battle!

**Chauncey W. Crandall, M.D., .,** *chief of the cardiac transplant program at the world-renowned Palm Beach Cardiovascular Clinic in Palm Beach Gardens, Fla., practices interventional, vascular and transplant cardiology. Dr. Crandall received his postgraduate training at Yale University School of Medicine, where he also completed three years of research in the cardiovascular surgery division. Known as the "Christian physician," Dr. Crandall has been heralded for his values and message of hope to all his heart patients.*

*For the original article, visit .*

---

## **A Guide to Writing a Love Letter to Your Wife**

Your words can speak life or death to your wife and marriage. However, some of what you say verbally can be forgotten over

time. But words you put on paper can last forever. When was the last time you wrote a love letter to your wife?

Recently, my wife and I attended a marriage conference. During the conference we were asked to write love letters to each other. But not just random "Roses are red, violets are blue" type stuff. We were provided a guide to help us put into perspective our marriage, each other and God's role in our marriage. The results we got from doing this were amazing! Every married couple should take the time to do it as well. Below is a guide to help you write a love letter to your wife.

**1. Spend time alone in prayer.** Before you sit down to write, kneel down to pray. God created marriage, and He should be included in all aspects. Thank God for your wife, and give praise for her good attributes. Confess that you haven't been the best husband you can be. Admit any negative feelings or thoughts, and ask God to help you with them. Ask God to help you see your wife as the beautiful woman He created. Finally, pray about your roles, and ask for help in fulfilling them.

**2. Write your thoughts in the form of a letter.** After praying, it is time to write. Write your thoughts in letter form. Think back to when you first met and what attracted you to her. Think of how you now complement each other. Think of the areas you have let her down and areas in which you need to improve. Think of your commitment in all these areas from this point forward, and list some ways you will fulfill this commitment.

**3. Share and discuss your love letter with her, and pray with her.** Read your love letter to your wife. Discuss it, express the commitments you made during your prayer time and pray together.

**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**.