

Sweat, Chocolate and Good Deeds: How to Deal With Grief

“If there’s a more helpless feeling than trying to reach someone you love who’s trapped underground, I don’t know it.”
–Katniss Everdeen in *Mockingjay* (the final book of *The Hunger Games* trilogy)

Don’t worry, new *Hunger Games* fans ... the above passage is *not* a spoiler! The main character, Katniss—revealing backstory—is describing how she felt while waiting to hear whether her father survived a mine explosion.

As many of you may know, my dad died unexpectedly of what an ultrasound indicated was ventricular fibrillation, that is, an abnormal heart rhythm caused by fluttering contractions of the ventricles. (No autopsy was performed, so I won’t *really* know until I see him in heaven.)

A young woman my age whom I met recently at our CrossFit gym is grieving the sudden death of her father, and I find myself fumbling over my words when I try offering any kind of consolation. I thought I would be better at that sort of thing.

Maybe it’s difficult for me because while thoughts of Scripture and tidbits of advice swim through my mind, I’m teaching her how to perform a barbell clean and one-arm dumbbell snatch. Or maybe it’s because I know deep down that the kindest, warmest hugs and sincerest words of comfort barely make a dent in the ice-hard cloak of grief.

I began this post with the quote from Katniss because when I read it a few nights ago, images and feelings from my dad’s “Graduation Day,” as I like to refer to it, flooded my brain, and I was transported back to that gentle slope where I finally said goodbye, where the angels lifted his spirit and

escorted him toward the castle of hot-pink clouds billowing in the distance. I say “finally” because, though I knew his spirit was already in heaven, I refused to stop performing CPR and commanding breath to fill his lungs. I felt so helpless, as Katniss said. I was struck with the desperate, terrifying sensation that he was trapped and that I was failing him.

In the days that followed, the Lord was more than good to me; His Spirit never left my side. I didn't feel the debilitating pangs of guilt that I feared might consume me. No, I felt peace. *Peace!* Of course I grieved, wrapped myself up in the last light-blue Oxford shirt he'd worn and cried until no tears were left. But my spirit was serene because I knew exactly where he was and that our separation would be short-lived, “a mist” on the waters of eternity (James 4:14).

It's been almost four years since Dad's “Graduation Day,” and the truth is, I still cry sometimes because I want so much to talk with him, to tell him how much I can dead lift (because he really would care more than anyone!), that I can run a near sub-7-minute mile now, and that my husband shares so much in common with him. I want to ask him for feedback on the novel I'm writing, send him a personalized poem for Father's Day and see the perfect frame he picks out for it to hang in his office.

I heard a preacher once say that we mustn't let grief turn to sin. He explained that grief has the potential to prevent us from doing the things God's called us to; it can trap us, like Katniss' father, in an underground mine of suffocating, disorienting darkness.

When I feel sadness settling over me, I've found the following five tips tremendously helpful for priming the pump for peace to flow.

1. Let it out. Bottling up emotions is never helpful. The Bible is full of examples of God's people mourning—and they

weren't discreet about it. Jacob, for instance, tore his clothes, put on sackcloth and grieved for days after his sons lied and told him his favorite son, Joseph, had been devoured by a wild animal (Gen. 37:34). Even Jesus wept after his friend Lazarus died (John 11:35). What's important to keep in mind, however, is that God is always faithful to refill our hearts with happiness. He yearns to turn our mourning into dancing and our grief into gladness (Ps. 30:11).

Invite your loving Father to comfort you while you cry. Let His Word wash over you and remind you that your sorrow may last for the night, but joy comes in the morning (Ps. 30:5).

"The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him." (Ps. 28:7, NIV)

2. Find someone to lean on. The Bible says we are to rejoice with those who rejoice and mourn with those who mourn (Rom. 12:15). Don't feel ashamed to let your spouse, a close friend or family member know that you're feeling down or depressed. Our brothers and sisters in Christ are to be encouragers for us in dark hours. Talking to them, letting them pray for you, simply having someone keep you company will strengthen and refresh you.

"Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble." (Eccl. 4:9-10, NLT)

3. Help others. Sometimes all it takes to chase away sadness is to bring someone else happiness. The Bible says we're to not only look out for our own interests but to the interests of others also (Phil. 2:4). Instead of focusing on what will make *you* feel better, seek ways in which you can bless others, even if it's by doing something small like making a phone call to an old friend or cooking dinner for the mom next door whose

kids all have the flu. Next time you're feeling low and decide to extend a helping hand, see if you aren't rewarded with a gladdened heart.

"And do not forget to do good and to share with others, for with such sacrifices God is pleased" (Heb. 13:16, NIV).

4. Work out. Exercise is a wonderful way to help heal a hurting heart. Physical activity releases endorphins that are your body's natural chemicals responsible for enhancing mood, improving sleep patterns and decreasing stress hormones. Try to work out for 30 minutes a day, three to five times a week. For an added bonus, break a sweat in the sunshine instead of indoors. Studies now show that sunshine helps the brain produce more of the mood-lifting chemical serotonin.

5. Eat chocolate (and other mood-boosting foods). Meat loaf, mashed potatoes and macaroni and cheese are all considered classic comfort foods. But eating unhealthily while you're grieving or struggling with recurring sadness will only exacerbate gloomy emotions. Try to limit refined carbohydrates, such as white breads, crackers and regular pasta. Concentrated sugars from soda, juice, sugar and other sweets cause your blood sugar to spike rapidly and then plummet quickly.

Also avoid trans fats. Preliminary research has found a link between trans-fatty acid intake and biological changes that lead to depression. It's believed these unhealthy fats cause inflammatory responses in your body that can interfere with mood-boosting neurotransmitters. Notorious for including many trans fats in their menu items are fast-food restaurants. Other sources include margarine, soups like Ramen noodles, baked goods like doughnuts, gravy mixes and salad dressings.

The Bible says that in whatever we do, whether eating or drinking, rejoicing or mourning, we're to do it for God's glory (1 Cor. 10:31). So if a neighbor brings you a dozen

glazed doughnuts—with sprinkles!—to “cheer you up,” enjoy in moderation, but don’t look to your favorite tasty treats for relief.

Below are a few foods that *truly* can bring comfort:

- **Dark chocolate.** Yes, it’s true! A recent study published in the *Journal of Psychopharmacology* found that just a few ounces of it can result in a better mood by stimulating the production of endorphins. Just don’t overdo it or you may be sad all over again because you’ve gained a few pounds!
- **Greek yogurt.** Greek yogurt is another great go-to because of its commendable calcium content. Proper calcium levels alert your body to release feel-good neurotransmitters.
- **Honey.** As most of us know, overdoing it on sugar releases harmful free radicals in our bodies. Even though honey is sweet like sugar, it’s full of beneficial compounds like quercetin and kaempferol that help clean up free radicals and reduce inflammation. Inflammation has negative effects on the brain, which can cause us to feel depressed.

“But he would feed you with the finest of the wheat, and with honey from the rock I would satisfy you.” (Ps. 81:16, ESV).

Other mood-elevating foods include eggs, asparagus, cherry tomatoes and Swiss chard.

I pray these tips are helpful to you and that you always remember that the Lord is near to the broken-hearted (Ps. 34:18).

Stay fit, stay faithful.

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Faith: A Christian Woman's Guide to Total Fitness. Her popular website can be found at [www.fithousewife.com](#), and she is the owner and a coach at CrossFit 925. Diana can be reached on Twitter.

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

10 Things Wives Want to Hear From Their Husbands

We recently posted the 10 Things Husbands Want to Hear From Their Wives from Family First's Mark Merrill. We would be remiss if we didn't reciprocate for the women. So, here they are:

1. **"Thanks for all you do for our family."** Yes, you work hard. You might even feel that your load is a million times heavier than your wife's. But your wife works hard, too—and a little thanks goes a long way.
2. **"You are a great mom and wife."** If you really want to make her day, go beyond saying "thank you" and praise her for doing a good job.
3. **"Let me do that for you."** Your wife realizes you are exhausted when you get home from work. She probably is too. So offer to help out. Start with something small, like cleaning up after dinner. Or, if you really want to score points, do the laundry or something else you normally don't do.
4. **"I love you so much."** Did you notice the extra words after "I love you?" Telling your wife you love her is a great start, but telling her *why* you love her, how *much* you love her or

that you'll love her *forever* will melt her heart.

5. "You are beautiful." No matter her age, her size or how long you've been married, a woman loves to hear that you think she's attractive. And don't just say, "You look nice." Instead, use adjectives like *great, lovely, fantastic*.

6. "Let me watch the kids." If you already watch your children regularly, good job! If you don't, think of it this way: When you offer to take care of the children, your wife gets to recharge her batteries. A wife with a recharged battery is usually more patient, kind and loving.

7. "Let's go out tonight." Take charge of your next date night. This shows your wife that you enjoy spending time with her.

8. "I'm sorry you had a hard/frustrating/disappointing day." These words let your wife know that you are aware of what's going on in her life.

9. "I would marry you all over again." In one sentence, you're telling your wife you value your life together and that you're committed to her.

10. "How can I be a better husband to you?" Hearing these words will either make your wife burst into tears, smile like a kid in a candy store or, if she's completely shocked, laugh uncontrollably. Before you ask this question, though, be ready to hear what she has to say without being defensive.

For the original article, visit .

A Messianic Jew Goes to Rome

Two thousand years ago Paul, a Messianic Jewish rabbi, concerned about how the Jewish believers were being treated by Roman believers, penned a letter to them. Last week, I had the surreal and amazing privilege of teaching part of that letter at a church in Rome.

Chiesa Cristiana Evangelica, or Evangelical Christian Church (ECC), invited me to come there and teach on Jewish roots. Rome is dominated by Catholics. Evangelicals (Bible-believing Christians) make up only slightly more than 2 percent of Italy's population, while Roman Catholics comprise nearly 90 percent.

Most evangelical churches are small and very traditional. However, ECC is large and full of life.

Fear and Trembling

As I prepared to minister, I felt a tinge of fear. After spending the past two years working on *Identity Theft*, which had me researching the history of the Roman Catholic Church, I knew that I was not supposed to simply preach a normal message. I had to address the sins of Rome. In fact, I felt quite strongly that I was to preach to "Rome" from Romans 11.

In Romans 11, Paul pleads with the Roman church to stop judging their Jewish members. They had developed a belief that the Jews were under God's judgment and no longer had a unique calling.

Paul says:

"I ask then: Did God reject His people? By no means! I am an Israelite myself, a descendant of Abraham, from the tribe of Benjamin. God did not reject His people, whom He foreknew" (vv. 1-2).

“Again I ask: Did they stumble so as to fall beyond recovery? Not at all! Rather, because of their transgression, salvation has come to the Gentiles to make Israel envious” (v. 11).

“I do not want you to be ignorant of this mystery, brothers and sisters, so that you may not be conceited: Israel has experienced a hardening in part until the full number of the Gentiles has come in, and in this way, all Israel will be saved” (vv. 25-26).

“For God’s gifts and His call [to Israel] are irrevocable” (v. 29).

Furthermore, he warns the Romans that if they continue in their judgments, they would be judged: “Granted. But they were broken off because of unbelief, and you stand by faith. Do not be arrogant, but tremble. For if God did not spare the natural branches, He will not spare you either. Consider therefore the kindness and sternness of God: sternness to those who fell, but kindness to you, provided that you continue in His kindness. Otherwise, you also will be cut off” (vv. 20-22).

Paul challenges the Roman believers that part of their calling is to reach the Jewish people by “provoking them to jealousy.”

Sadly, the Roman church (which would soon become the headquarters of institutionalized Christianity) did not provoke Israel to jealousy, but instead developed theologies that claimed the following:

St. Augustine: Believed that the Jews deserved death but were destined to wander the earth to witness the victory of the church over the synagogue.

Eusebius: Taught that the promises of Scripture were meant for the Gentiles and the curses were meant for the Jews. The church was the “true Israel.”

John Chrysostom: “It is every Christian’s duty to hate the

Jews. ... God hates the Jews and I hate them too!”

These beliefs led to persecutions, expulsions, inquisitions and even murder.

Too Bad Statues Can't Talk

Paul's Statue at the Vatican

The Roman Church outright rejected the teachings of the man whose statue stands outside St. Peter's Basilica in the Vatican. I felt that my task was to challenge these dear Roman believers to repent on behalf of the sins of their fathers against the Jews. From there, I challenged them to embrace the words of Paul and begin to be a blessing to Israel.

Fortunately, they received the word with gladness. The pastor led them in a prayer of repentance, and we blessed them by chanting the *birchat haco Hanim*—the priestly blessing from Numbers 6.

The pastor now wants to gather several churches together and have us come back to do a three-day seminar on the Jewish roots of the gospel. Praise God! If this revelation could seep into the Roman Catholic Church, it could lead to revival in Rome!

It is very easy to hate on Rome, but God entrusted some of the most awesome portions of Scripture to this city. She does have a special call to “provoke Israel to jealousy.”

Didn't Make Friends in Hell

The enemy didn't take this lying down. Immediately after this special evening, he began attacking. Within two days, right before we left for the airport (we were with a group of 30 Israelis), our bus was robbed! Computers, cameras, passports, cash and much more were all stolen.

No worries—Yeshua is Lord. We are still going back in the near

future! But I see now how much we need the body of Christ to cover us in prayer. We are just too weak as humans, and this is a spiritual battle. We are so grateful to you, who cover us in prayer, as we share this message to more and more believers.

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.

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

8 Tips on Enjoying a Lengthy Marriage

Recently, Patsy and I celebrated our 40th wedding anniversary. I didn't expect to feel so giddy, because it never occurred to me it wouldn't happen. But I do! Both of our parents "married for life." So for us, it's a core value.

However, so many men I speak to through our ministry simply don't expect to be married for 40 years. Their parents divorced. Their wife's parents divorced. They don't believe it's possible. Can you imagine the fear that creates? My generation—the baby boomers—have deconstructed the institution of marriage. Baby boomers, the state of our culture is on us!

I can't yet say how to stay married for 50 years, but here are a few things that can help you get to 40!

1. Never use the *divorce* word in arguments; it makes your partner feel like they're standing on a banana peel. If you have used it in the past, stop and never do it again!
2. Set aside a few minutes every day, make eye contact and talk about something besides running a household—your day, dreams, disappointments.
3. Tell your spouse “I love you,” and affirm something they do at least once a day.
4. Touch each other often—there is a transfer that takes place. (Think what happened when the woman touched the hem of Jesus' robe.)
5. Spend time together alone. You may both need to drop to your fourth, fifth or even sixth favorite thing to do to find something you both like.
6. Pray *with* each other. We pray for the day—it only takes one or two minutes. Meals, too.
7. Pray *for* each other. The Marriage Prayer is 68 words that capture the essence of what the Bible says about marriage. Download it for no cost at [.](#)
8. Be the same person you are at home that you are in public—one life, one way.

Patrick Morley is founder and CEO of *Man in the Mirror*. After building one of Florida's 100 largest privately held companies, in 1991 he founded *Man in the Mirror*, a nonprofit organization to help men find meaning and purpose in life. Dr. Morley is the best-selling author of *The Man in the Mirror*, *No Man Left Behind*, *Dad in the Mirror*, and *A Man's Guide to the Spiritual Disciplines*.

Israeli Woman Fights for Women's Rights in South Sudan

Ophelie Namiech, a former French national, has made Aliyah to Israel and is presently serving as the South Sudan director for IsraAID. The humanitarian organization provides emergency relief and development assistance to different countries across the globe.

In South Sudan, IsraAID is involved in development assistance for the emerging nation.

Helping to Build Israel's Future

Namiech's ultimate professional goal was to build a career that combined her love for the state of Israel with assisting the South Sudanese people.

"I made Aliyah in order to build Israel's future. I wanted to make a difference. I felt I needed to be part of Israel on the inside," she says. "It is such a pride to say that I am Israeli. It's a reason to make Aliyah. Israel was founded based on humanitarian values."

Namiech believes that by working to build relations between Israel and South Sudan and by accompanying the new state in its efforts to build strong economic and social foundations, she is strengthening the role of Israel in international development and humanitarian action (*tikkun Olam*). She says Israel has the opportunity—and the duty—to assist other friendly nations that struggled for their independence—like South Sudan—to build themselves.

Gender Atrocities

Presently, South Sudan, which gained independence in 2011, has a humanitarian crisis in the border regions of the country, as well as an internal conflict. According to Namiech, "South Sudan was 50 years in war. ... Sexual violence was used as a weapon of war, like is common in East Africa. It was not only used as weapon of war but it is also traumatized the nation. There are not studies on this, but at least two-thirds of the women have faced gender-based violence, rape, sexual violence, domestic violence, etc."

Namiech claims the international community focused almost exclusively on helping out the border regions and did not have the capital city, Juba, as a priority.

"Juba faced rapid urbanization with the massive absorption of refugees, displaced people and migrants seeking better opportunities," she says. "All of this created social and economic pressure on Juba, as well as social challenges. You have five-star hotels for internationals and then a slum area where women and children are being raped."

Namiech personally witnessed a child getting raped by five men and claimed that such things happen on a daily basis.

After IsraAID began assisting local actors in South Sudan, promoting gender equality, other NGOs joined in.

Working to Make a Difference

IsraAID seeks to train social workers, community leaders and teachers to be able to address gender-based violence on their own. Namiech claims that merely providing humanitarian assistance is not long-term thinking, since soon after, once the international actors depart, the aid also goes with them, and without being given the tools to deal with the issue on their own, the South Sudanese won't be able to effect change on their own. This is why Namiech is so motivated to provide local South Sudanese actors with the tools they need in order to make a difference.

IsraAID has successfully developed a positive working relationship between social workers, teachers and the police.

“As a result of this, there were joint programs. They are doing joint awareness sessions in schools to raise awareness on children’s and women’s rights,” Namiéch says.

In addition to assisting with collaboration between various local South Sudanese actors, Namiéch has worked with IsraAID to bring in the same Israelis who built the first women’s shelters in Israel to South Sudan to train the locals how to do it. They also bring experienced Israeli therapists to train South Sudanese therapists how to treat trauma victims.

Israel’s Unique Role

Namiéch believes that she, IsraAID and the state of Israel have much to contribute regarding promoting women’s rights in South Sudan.

“Israel has an important role to play in the community of nations. I think that Israel has amazing things to share,” she says. “It is not in Israel’s interests to be focused only on regional challenges. Because of the global world where we are living in and because Israel’s strengths, it is our responsibility to open our eyes and self and provide assistance and to accompany countries and communities who experience similar dilemmas and are striving to build a new nation.”

For the original article, visit .

Study: Children Start Watching Porn at Age 6

Kids start watching porn online from as early as the age of 6—and are flirting on the Internet from the age of 8—according to a Bitdefender marketing study of over 19,000 parents worldwide.

The antivirus company's marketing research shows that the age of kids accessing instant messaging and computer games is decreasing. Some percent of children chatting with friends via instant message and 2 percent of computer game addicts are 5 years old.

Bitdefender also reveals some children lie about their age when creating social network profiles, especially on Facebook, where they must be at least 13 to sign up. Almost a quarter of the kids in the study had at least one social network account at age 12, while 17 percent were social media users at age 10.

"Kids nowadays are acting like young adults online—just give them an Internet-connected device, and they will find a way to things parents would like to ban forever," says Bitdefender Chief Security Strategist Catalin Cosoi. "Knowing that online dangers go beyond pornography, to hacking and suicide websites, may help parents protect their kids' life on- and offline."

Bitdefender research also discovered teenagers leave instant messaging to the younger kids, as they prefer to access popular "hate" websites that allow children to post violent or racist messages.

These websites also include content that discriminates on the basis of religion or sex, and some belong to terrorist organizations.

More than 17 percent of all children accessing “hate” websites are 14 years old, followed by 15-year-olds (percent) and 16-year-olds (percent).

Weight Loss Tip: One Bite Less

Can you guess how many calories overeat per day cause a 100-pound weight gain over 20 years? This happened to me after high school. While that is a shocking amount, it’s not hard to do if you gain five pounds a year consistently!

I did the math to see how many calories overeat per year would cause a 100-pound weight gain over 20 years. Here’s my math:

1 pound = 3500 calories

5 pounds per year x 3500 calories = 17,500 calories/year

Now, how many calories overeat would that have been each day? Time to do the math again:

$17,500 / 365$ days per year = calories per day

When I saw that number, I almost fainted. I thought, “This cannot be right.”

Just by overeating 48 calories per day more than my body needed, I had gained 100 pounds over 20 years. Do you know which items equal approximately 50 calories? Let’s put this in perspective using some common foods:

- 1/3 can of soda

- 1/3 of a taco
- 1/6 slice of supreme pizza
- 7 potato chips
- 1/8 cup of macaroni and cheese
- 1 ½ tablespoons of tartar sauce
- ¾ tablespoons regular Italian salad dressing

That is not a lot of overeating, but it adds up if you do it every day. This shows you that time is the great multiplier. When multiplied over time, one little extra bite *does* hurt.

It's time to make time work for you instead of against you!

If you are having problems with overeating, make it a goal to start eating *just one bite less* than you normally would. Put it to the test for one meal each day. Once you are comfortable doing it for one meal, then you can work up to doing it for another meal, then another. Like building up muscles in the natural, you can do this to start building your self-control muscles.

Plant this Scripture in your heart, memorize it, and meditate on it: "When you sit down to eat with a ruler, consider carefully what is before you; and put a knife to your throat if you are a man given to appetite. Do not desire his delicacies, for they are deceptive food" (Prov. 23:1-3).

In this case, *you* are the ruler, since you are the one controlling what you put in your mouth. Here are some tips that can make practicing "one bite less" easier, inspired by the Scripture:

- **Eat sitting down.** Stop eating standing in front of the refrigerator, at the counter or in another location in which you are distracted. It is easy to overeat when you aren't

paying attention.

- **Appreciate every bite.** Many people say they love food, but the truth is they don't even slow down long enough to taste it. What they are really doing is seeking to stuff themselves until they can't feel anymore. God designed food to nourish your body, not to be nutritional Novocain. If you need emotional comfort, go to the Lord, not to the lard.

- **Consider carefully the foods that you are eating.** Some man-made foods just naturally make you want to overeat, which includes sweets (candy, cookies, cakes), refined carbohydrates (white breads, white pastas, white rice) and high-fat foods (chips, french fries, burgers and other deep-fried items). To maintain emotional stability, the brain must maintain a delicate balance between three chemicals: glucose (blood sugar), serotonin (a neurotransmitter associated with feelings of calm and relaxation) and beta-endorphin (the body's natural pain reliever). Processed foods disrupt that balance.

Substituting these foods with foods close to the way God made them (vegetables, fruits, protein, moderate amounts of whole grains) can help your brain to get back in balance.

I'd like to add one bonus tip. I realize now that if I had instead exercised that 50 calories off per day, then the 100-pound weight gain never would have happened after high school.

The following exercises are some that would have burned the 50 calories:

- 10 minutes of light dancing
- 10 minutes of light cycling
- 15 minutes of light walking
- 7 minutes of light aerobics class
- 7 minutes of stair-climbing

- 5 minutes of jump-roping

While it didn't take a lot for me to gain weight, it wouldn't have taken a lot to prevent it either. All it would have required was to expend just a little more energy than I was used to each day. So you see, those small choices you make every day *do* make a difference over time.

Praise God, He woke me up! I lost 85 of those pounds and have maintained that loss for several years. In my case, I was willing to make bigger changes, so it didn't take me 20 years to undo the damage.

However, if you are feeling stuck and unmotivated, then one bite less every day is a simple goal to start. This small discipline can be the start of a big change!

Kimberly Taylor is the author of *The Weight Loss Scriptures* and many other books. Once 240 pounds and a size 22, she can testify to God's goodness and healing power. Visit and receive more free health and weight-loss tips.

What Would It Take for You to Join the Uprising?

Here's what an uprising looks and feels like: Deeply felt issues and injustices produce pain, creating emotion and energy. It cooks and simmers over a period of time. That time could be months. It could be years or centuries.

Then, just as with a dormant volcano or roadside bomb, there is a trigger. There is a flashpoint. That flashpoint happens,

and corporately the people say, "It ends here."

Uprisings are powerful. They are recognized by the power they threaten. Those who are threatened need it to be crushed immediately. Think about our Jewish heritage. I am thinking about Masada, when the Romans crushed a revolt. Think about China: Tiananmen Square.

Uprisings are often crushed immediately because, if allowed to thrive and be fueled by emotion and energy, they could change the course of history. Historically, we've seen these uprisings. Some were crushed while others succeeded, like the French and American Revolutions.

Is this not the essence of famous "man" movies like *Braveheart*? Remember the famous speech in Mel Gibson's portrayal of William Wallace at the battle of Sterling? What you see is an army of free men standing in defiance of tyranny. They had deeply felt issues, deeply felt injustices placed upon Scotland by the English. You had a flashpoint. There is a pressure point of energy, emotion and courage. Then into the scene comes the man with blue paint on his face, and he speaks into that moment of decision:

What will you do with the freedom you've been given to face issues and injustices? Are you going to retreat and feel small in the face of towering situations? Years from now, are you going to experience the regrets of not seizing the moment to fight?

Or will you fight?

I think *Braveheart* is No. 1 or 2 on the "man movie list" exactly because we realize the truth of what he said. Fight, and you may die. Run, and you live. But many years from now, lying in your bed, if you've chosen to retreat, how much regret would you have and what would you give to go back to that moment in time and do it over again and risk spilling blood—because there was a cost at that moment that was greater

than your own self-preservation and your own self-protection?

You see, that is the issue. Masculinity through the centuries has abandoned self-protection, self-indulgence and self-preservation, instead fighting for a cause—something bigger than ourselves.

Gibson's Wallace speech focuses his men on seizing the moment at the plane of hesitation, bleaching the bones of millions of men throughout history who, on the threshold of victory, sat down and waited, and in waiting, they died. They didn't die physically. They died in manhood because they didn't step up. They didn't seize the moment. They hesitated. They died as a man. They became small. They went soft. They retreated. They missed the flashpoint. They did not risk fighting. Instead, they ran and retreated.

The William Wallace of *Braveheart* is a Hollywood version of manhood. My face is not painted blue and white. I don't have blood on me. I am not holding a claymore in my hands. I am not going to jump up and down, riding on a horse. I don't have a cavalry across the battlefield.

However, in the world today, we do have deeply felt, deeply personal, deeply impactful issues that are connected to you and me—issues and injustices that are active in the world at this very moment and that have been simmering for centuries. We have reached the worldwide flashpoint.

That flashpoint is men.

The broken male culture has infected every social, political, economic and religious infrastructure worldwide. The export of broken male culture throughout our world today is suffering. Our broken male culture produces suffering.

The reaction to this has been called the justice movement. The justice movement is a compassion movement for all the people in the blast zone of the suffering created by male

culture. The justice movement is the compassion movement that takes care of the people who suffering at the hands of the broken male culture.

It is a *reaction*. Causes have sprung up to fight for orphans, against prostitution, to stop human trafficking, to help domestically abused women and more. All of these are under the umbrella of the justice movement. They are all reactions to us.

These are reaction movements to the broken male culture cooperating with evil, where both men and women are saying, "Hey, we are done with that way of being. We are done with that way of living. We are done with supporting and enabling and not standing up to the way men around the world are creating suffering."

While caring for the victims is certainly noble and right, it's like cleaning up the oil rig spill in the Gulf of Mexico. Skimming the surface of the water to clean up the oil is akin to the reactions of the justice movement.

What if we could cap the well instead of cleaning up the oil?

Capping the well involves men who are changed from the inside out, who then, because of changes on the inside, begin to produce actions on the outside that are responsible.

Instead of creating suffering, they create life. Instead of enslaving, they liberate in all of its various forms.

The solution that we are talking about in this series called "Uprising" caps the broken well of broken male characters spewing for suffering. Not reacting but releasing men spiritually. When you free a man spiritually, you ignite health worldwide.

In Acts 2, we see the uprising of the church being born and how the first justice movement was birthed via God, through

the Holy Spirit, invading the lives of a group of men. He freed them spiritually, released them spiritually, and out of that, they got a new identity, a new allegiance, a new mission.

It transcended cultural masculinity. It marginalized synthetic manhood, the kind of manhood that is fostered in cultures that promote men finding significance in attitudes and actions that produce suffering.

In Acts 2, the Holy Spirit gave these guys the power to say no to synthetic manhood—self-protection, self-indulgence and self-preservation—and yes to being a champion of good and an agent of justice.

Sign up now to receive Every Man Ministries' free email newsletter.

This is the first in a series Every Man Ministries is calling "Uprising, Part 2." We discover that a rebellion is taking place against the suffering created by broken masculinity. This article—and the others that follow—take us on a journey into the broken male culture, showing us that God is our Father and He wants us to return home to His family, and, like any loving Father, He expects His sons to behave accordingly.

Kenny Luck is the founder of Every Man Ministries and the men's pastor at Saddleback Church. His 20th book, *Sleeping Giant: No Movement of God Without Men of God*, is the proven blueprint for men's ministries and was recently released through B&H Publishing. Watch and read more of Kenny's teaching at [www.everyymm.com](#). Follow Every Man Ministries now on Facebook, Twitter (@everyymm) and YouTube.

Women of the Wall Member Threatened

Unknown vandals spray-painted graffiti in an apartment building in the Talpiot neighborhood of Jerusalem on Monday, where Women of the Wall member Peggy Cidor resides. The graffiti, reading, "Peggy, your time has expired," "Peggy, we know where you live," "Torah tag" and "Jerusalem is holy," were sprayed on the stairway and door leading to Sidor's apartment.

Her neighbors called the police, and the two officers who arrived at the scene found that the vandalism was limited to Cidor's apartment. An investigation is underway.

The act is likely related to the growing controversy surrounding the Women of Wall's demand to hold prayer services at the Western Wall while performing religious rituals typically reserved for men under Orthodox Judaism, such as donning tallitot (prayer shawls) and tefillin (phylacteries).

In April, the Jerusalem District Court ruled that the group's prayer services were not illegal and that the legal term "custom of the place"—which the group has been repeatedly accused of violating—needed to be interpreted in a more inclusive manner than is currently the practice.

"Two policemen in black uniforms were banging down my door about 10 minutes ago. They wanted to talk to me. The stairway and my door have graffiti all over them. The neighbors called the police," Cidor wrote on her Facebook page.

"The one slogan that was hardest to read was 'Peggy, your time has expired,' because there is something very personal and

harsh about it," she later said in a statement.

A statement by the Women of the Wall said, "This was most likely the work of bored young men acting on their leaders' inciting orders. The real issue Israeli society faces is not what they did but rather what the leaders of the haredi public chose to do next.

"The writing is literally on the wall. We urge the rabbis to speak out, denounce this act and stop the incitement against the Women of the Wall regardless of the legitimate public debate."

The group stressed that its members only seek to "exercise [their] right to prayer in the women's section of the Western Wall, in a manner that coincides with Jewish Halachah. We regret that in a Jewish and democratic country there are those who try to prevent us from doing so with violence and threats."

Western Wall Rabbi Shmuel Rabinowitz denounced the vandalism, calling it a "heinous criminal act. This is not the way of the Torah, which preaches only peace."

"I have warned against this unjustified hatred and against any further escalation, and I pray that we can stop this situation from deteriorating further. I hope that we can devise a solution that will see the Western Wall as a source of unity, not strife; and I urge zealots to keep away from this holy place," he said in a statement.

MK Michal Rozin (Meretz), who frequently participates in the group's monthly prayer service at the Western Wall Plaza, also denounced the act, calling it "a direct result of the haredi MKs and haredi leaders' incitement."

"This act has crossed the line, and I demand police action on the matter. I urge the haredi leaders and MKs to issue unequivocal condemnation of this act and to ensure such a

thing does not happen again," Rozin said.

For the original article, visit .

The 5 Tones of a Husband

Before my wife and I got married, we dated for about six years. Overall we had good communication, but we still had our issues here and there. After a few years of dating, we were hanging out at a little fair one night and our communication started to fail and the night started to get real sour, real quick.

As she shut down more and more, I wondered what in the world I was going to do. Do I shut down? Do we call it a night and try to forget about this night ever happened? What do I do?

It was late and the night was already at its end, but I wanted to make her feel better somehow. We sat down on a lonely bench and didn't speak. I had won her a small, stuffed animal frog from a game earlier in the night; when things were going a little smoother, of course.

I'm not sure how it came to me, but I grabbed the frog and started speaking in a really cute, high pitched voice. I used the stuffed frog as the "decoy" and used this voice as my weapon of choice. After a few minutes of talking in this funny voice, she slowly started to smile. With a "win" in sight, I continued to pursue her. Within another few minutes she was laughing, the frog was a success and the voice became a favorite. God was truly looking out for me that night.

To this very day, almost 10 years later, I still use this voice as a way to make my wife laugh and win her over in

“sketchy” situations. I’m not sure where the frog ended up though ...

The main point is that we all have a tone. There are various tones that we can use to make each other happy, sad or angry. As your marriage progresses in years, these tones and our attitudes should mature so that we know when to use certain ones and when not to use others. With this in mind, I thought I would break down a husband’s tone into five categories. Feel free to add your own type of tones that has worked or not worked in your marriage in the comments.

The Regular. We know this voice as our “regular” voice. This is the tone that most people know us best by, the one you use the most and the one your wife probably likes the best.

What do I mean “likes the best?” I can tell you that in any situation that requires a real discussion, my wife hates to hear me use any voice other than my regular tone. She doesn’t want me to be funny, she doesn’t need sarcasm, she wants the real me. Most of the time I will try the funny tone, but I will be quickly told, “I’m being serious”! I make the switch back quickly.

Remember that your regular tone is the best extension of who you are; it is the most sincere, it is the most honest and it is the most trustworthy. Since we tend to use it the most, we must make sure we use it properly and protect its rights. Would you agree that your “regular tone” is your wife’s favorite?

These are important points to remember as we start to explore the other tone options.

The Funny. This tone goes back to the story at the top of this post. I never planned on having this tone in my playbook, but God had other plans. I love to use this tone around my wife when we are messing around, having fun or if I get caught

doing something stupid. This voice is a great way to get you out of sticky situations; at least it has been for me.

The real trick with this tone is confidence. Besides pulling this voice out for the occasional family member, this voice is specifically meant for my wife; although, I can see my four month old enjoying it in the near future. Don't be embarrassed when using this tone around her. This tone is meant to lighten up situations, to create some laughter in the marriage and keep you and your wife happy. Happy wife, happy life—right gentlemen?

The Whisper. I call this the “whisper,” but this can also be your soft tone. This tone is most often seen and used when your wife is having a bad day, when you walk up behind her and tell her how much you love her and of course in “intimate” moments. This is another tone that may require some confidence and experience. This tone most likely will pass on the feelings of love to your wife. Expressing love to your wife in your tone is very important in your marriage relationship. She needs to hear this tone and the feelings that come from you along with it.

Men, don't be afraid to use this! There are numerous opportunities to use this tone, with these being a few of them. Get home from work, walk in the door, wrap your arms around her and whisper how much you love her. She prepped dinner for you, you ate it, you walk up behind her and tell her softly how much you loved the food and appreciate the effort she put into it. These are just a few quick ideas; I'll leave you to figure out more. ... The trick is softer than your regular tone, and more serious than your funny tone. Is the whisper tone in your arsenal?

The Angry. Yes, the angry tone. I would vouch to say that all men have this tone and are unfortunately quite good at using it. The question is do we know how to handle and maintain this

tone? Upon first getting married, my wife and I found ourselves involved in a few heated battles. I had very little idea of how much damage my angry tone could affect her. The tone has a much deeper growl, usually followed up with intense eye and eyebrow action, and firm body language. This is far, far from the whisper tone and does not speak love.

This tone really doesn't take much confidence to pull off; in fact it's probably easy for you to do. Maybe it's too easy. This one, on the other hand takes maturity and self-control. A man needs to learn what his trigger points are and discuss these points with his wife. It will also help if the wife doesn't intentionally set off those points.

When these heavier emotions and tones are shifted into high gear, a man needs to quickly learn to gain control and tone down the situation. Realize that the regular tone may be better suited until the situation can get under control. Are you able to control your angry tone?

The Silent. I titled this last tone as the "silent" tone. It's amazing that the worst tone a man could possibly use in marriage is, well, no tone at all. In a sense, this tone is a step above the "angry." This tone tends to come into play when a husband feels ultimately disrespected and no longer thinks his words matter in the situation.

What tends to come from this? More silence. A husband could take this tone and go for days and days without speaking to his wife in any way or legitimate form. Sure hi's and byes make it, but the depth is gone. This tone can be just damaging to a marriage, when just a real conversation in your regular tone could start the process of resolution.

I struggled with this tone a ton early in my marriage. I would do something wrong, my wife and I would go at it; I would bite my lip and listen. After my lip was sore and the conversation moved nowhere, I'd enter into silent mode and be stuck there

for weeks. Men, this is not resolution and accomplishes nothing. Man up, speak up and lead your marriage to resolution. Can you relate to the silent tone?

Can you relate to each of these tones in your marriage? Share another tone or a situation in your own marriage in the comment section below.

For the original article, visit .

Manturity is a blog built on establishing spiritual maturity in today's man. The goal is to assist men in building better marriages, help men 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.