

# How You Can Influence Your Daughter's Self-Esteem

How does your daughter see herself? How about your wife? I [wrote about something similar](#) last month, but this deserves more attention.

There's a fascinating video put out by Dove—aimed at women—that explores the idea “You're more beautiful than you think you are.” Before I continue, watch the video. (It's really worth 6 minutes of your time.)

I'm not in the target audience for this campaign, but as a father it was eye-opening, for sure. I have to ask myself, *If my daughter described herself for a sketch artist, how would that drawing turn out—and how would it be different if I described her?*

I'll probably never fully understand the pressures girls and women feel in our culture related to their appearance and how that affects their self-image. But a few things I know without a doubt.

First, physical appearance is a big deal to girls and women. And with the way they are portrayed in the media, they surely feel very little room to be less than perfect when it comes to their faces and their figures. Focusing on any perceived flaws impacts how they feel about themselves as people. None of us would want our wives or daughters to feel that way, but it's easy to understand why they would.

I say it's tragic, because appearances don't reflect the real character of a person.

It also reminds me that our wives and daughters are probably less secure than what they may show. If they seem confident

and cheerful, that doesn't mean they don't need plenty of affirmation from us! As husbands and fathers, we have a lot of influence on how the women in our lives view themselves, and we need to be all about affirming them—many times, every day.

I won't say affirming their physical appearance isn't important. It is, for sure. But we should focus even more on affirming our wives and daughters in terms of their character and what they mean to us. That helps to build them up inside and fosters the kind of inner strength that helps them maintain a high self-worth no matter what other signals they're getting from the culture.

The Dove campaign is powerful and insightful, and as fathers it should motivate us even more to help our children focus on the right things. Ultimately, don't we all want our kids to learn to place less value on a person's appearance and more on what's inside—a person's heart?

We can play a big role in this area, and once again, let me point you to our ebook, [\*5 Things Every Child MUST Get From Dad\*](#), which goes into detail about five things your daughter needs from you and five things your son needs. One section in the ebook hits today's topic very well:

“Go ahead and compliment your daughter when she has taken care to look attractive, just as you would a son who has intentionally spent time making sure he looks handsome. But more important is your ability to compliment her other qualities, like emotional strength, sense of humor, loyalty, intelligence, and courage. Make it clear that what you love most about your daughter are her non-physical qualities, and that even without her physical features, you would still love her just as much.”

If you haven't yet, you should download the ebook and read more about ways to show love and affirmation to your daughter.

But don't let your response end with reading something—this

blog or our ebook or something else. Do something! Start a new habit in the way you express affirmation to your daughter—and your son.

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

- Talk with your children about what makes a person “attractive.” How much of it is purely physical, and how much is about character?
- Have three or four specific virtues in mind for the next week—such as loyalty, courage, kindness and respect. Really look for those in your child, and be ready to point out examples you see.
- Be creative and make sacrifices if necessary to find a shared activity that you and your daughter both enjoy. Make plans to do it regularly.
- Make it clear to your bride and your children that your love and commitment to them will never change and has nothing to do with their physical appearance.
- Set an example and join your children in healthy activities—walking, running or some other exercise.

What are your reactions to the Dove video? How do you affirm your daughter for her inner beauty? Leave a comment below.

You can see more about Dove’s “Real Beauty Sketches” project [here](#).

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*inspires my children.*

*For the original article, visit [fathers.com](http://fathers.com).*

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# **Israeli Official to Syria: Interference Will Prompt Israel to Retaliate**

The fog of uncertainty surrounding the airstrike on the international airport in Damascus on May 3, attributed in foreign reports to Israel, is becoming somewhat clearer with the publication of up-to-date satellite photographs showing the precise targets and the damage they sustained.

A senior Israeli official, meanwhile, told *The New York Times* in a story published on Wednesday that if Syrian President Bashar Assad retaliates against Israeli attempts to stem the transfer of weapons to Hezbollah, “he would risk forfeiting his regime.”

The satellite photos of Damascus International Airport reveal that the air strike was aimed at the airport’s main cargo bay, where Iran Air planes often dock to unload their cargo. The target, according to intelligence sources speaking to the foreign media, was a shipment unloaded from an Iran Air plane, which had landed a while earlier.

According to the reports, the shipment included Iranian-made Fateh-110 surface-to-surface missiles, which were offloaded and stored in one of the two hangars in the vicinity.

In another satellite photo, part of a sanctions report on Iran Air from September 2012, an Iran Air plane can be seen in the

vicinity of the cargo bay, near the hangar that was attacked nearly two weeks ago on Friday, May 3. Iran Air has an office in Damascus, and its planes make three shipment flights per week. The airline's last cargo flight took place one day prior to the attack.

The senior Israeli official, who declined to be identified and who was reportedly briefed by high-level officials on Israel's assessment of the situation in Syria, told *The New York Times* that "Israel is determined to continue to prevent the transfer of advanced weapons to Hezbollah. The transfer of such weapons to Hezbollah will destabilize and endanger the entire region.

"If Syrian President Assad reacts by attacking Israel, or tries to strike Israel through his terrorist proxies," the official said, "he will risk forfeiting his regime, for Israel will retaliate."

The official added that Israel has until now refrained from involving itself in the Syrian civil war and would maintain this policy as long as Assad doesn't attack Israel, directly or indirectly.

In Jerusalem, the Israeli government confirmed the veracity of the *New York Times* report. Deputy Foreign Minister Zeev Elkin, who accompanied Prime Minister Benjamin Netanyahu on his recent visit to Russia, where he discussed the impending sale of S-300 anti-aircraft missiles to Syria, said that the government "had a pretty good idea" who the senior official who spoke to *The New York Times* was.

Elkin stressed that the report did not constitute a threat, saying, "We are not threatening him, but we do have our clear red lines. We will not intervene in the Syrian civil war, but we have very clear positions, and the transfer of any game-changing weapons is a red line ... and we will do everything necessary to stop them."

For the original article, visit [israelhayom.com](http://israelhayom.com).

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# How to Live as Sons and Daughters of God

Satan wants us to see ourselves as slaves and orphans, not sons and daughters of our heavenly Father. The marketplace wants to make us slaves who are living from performance instead of our hearts.

In Luke 15, we find the story of the prodigal son. Jesus tells this story of a son who asked for an early inheritance, then floundered it away through a sinful life. Once he realized his sin, he repented. The father welcomed him back and did not even make mention of the son's sin. He rejoiced over the return of his son.

This is a picture of the unconditional love of our heavenly Father. The prodigal son's brother, however, was a picture of a son living as a slave. He lived to please the father through his performance. His works made him feel entitled to preference, and he was angry with the father's unconditional acceptance of the wayward son. The elder son's pride revealed he was not living as a son but a slave. We are all susceptible to this attitude.

Before we were born again into God's kingdom, we were all slaves and orphans. However, all of us are adopted as sons and daughters when we receive Christ into our lives:

"Now I say that the heir, as long as he is a child, does not differ at all from a slave, though he is master of all, but is under guardians and stewards until the time appointed by the father. Even so we, when we were children, were in bondage under the elements of the world. But when the fullness of the time had come, God sent forth His Son, born of a woman, born

under the law, to redeem those who were under the law, that we might receive the adoption as sons.

“And because you are sons, God has sent forth the Spirit of His Son into your hearts, crying out, ‘Abba, Father!’ Therefore you are no longer a slave but a son, and if a son, then an heir of God through Christ” (Gal. 4:1-7).

Living as a son is the key to living a victorious Christian life. Joseph lived as a son, not as a slave. His father Jacob doted on him. In fact, his father gave too much favoritism to his son, attracting spirits of envy and jealousy that almost resulted in murder.

Even when Joseph was made a slave in Egypt, he still lived as a son. A slave would have become bitter and would have retaliated for his circumstances. However, Joseph entrusted himself to his Father, as evidenced by his behavior. He was thrown four difficult tests, and he passed each one of them with flying colors. He passed the test of betrayal by forgiving God and his brothers. He passed the sexual temptation by fleeing Potiphar’s wife and going to prison for his righteousness. He passed the perseverance test when he was forgotten after giving a dream interpretation to the cupbearer. And he passed the stewardship test when he refused to repay all those who had betrayed him and became a faithful steward over the resources of Egypt.

Joseph lived 81 years after being elevated from the prison cell. He could never have passed those tests had he not lived as a son. The one thing he always wanted more than anything else was to see his father again. The father-son connection was strong in Joseph, and this is why he was successful in his trials:

“And God sent me before you to preserve posterity for you in the earth, and to save your lives by a great deliverance. So now it was not you who sent me here, but God; and He has made

me a father to Pharaoh, and lord of his entire house, and a ruler throughout all the land of Egypt.” (Gen. 45:7-8)

When God delivered Joseph from prison, he took him from prison to the pinnacle of power. Many of us have taught that Joseph was second in command to Pharaoh. Actually, Joseph was over his entire household. He may not have had the title of Pharaoh, but from a spiritual position, Joseph was over the entire nation.

However, a closer examination of Scripture tells us two very important things about his advancement. The purpose of Joseph’s deliverance was “to save the lives of his brothers” for the sake of a new nation and for Joseph to “spiritually father Pharaoh.”

How could it happen that a 30-year old would father someone possibly twice his age? It is because it was a spiritual relationship. Joseph never lost sight of who he was. He never lived as an orphan or a slave. He could be a father to Pharaoh because he was a good son first. He was able to forgive and see a larger story to his life because of his position as a son that he never rejected.

This allowed Joseph to operate from an intimate relationship with his heavenly Father, to have dreams and interpret dreams and to gain supernatural marketplace strategies that would give him favor among the leaders of government because he was a problem-solver, not just a religious person. This is also why he did not succumb to the temptations that come with power and influence and wealth. He remained a steward of God’s purposes on the earth for the nation of Israel and Egypt. This is why many marketplace leaders cannot be entrusted with wealth and influence today. They still live as orphans and slaves by seeking to achieve value through their accomplishments rooted in performance, workaholism, money and fear of failure.

Joseph lived a life that others were attracted to. His life was rooted in his position as a son of his heavenly Father and his father, Jacob. Joseph's fondness of his father was expressed many times in the Scriptures. The one thing he longed for more than anything during those years of separation was to be reunited with his father. This is a picture of the spiritual son-to-father relationship.

### **God Disciplines His Own**

"If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons. Furthermore, we have had human fathers who corrected us, and we paid them respect. Shall we not much more readily be in subjection to the Father of spirits and live? For they indeed for a few days chastened us as seemed best to them, but He for our profit, that we may be partakers of His holiness" (Heb. 12:7-11).

In order to be a legitimate son or daughter, we must allow our Father to discipline us at times. Discipline is always for our profit. God's desire is that we all become more like His Son, Jesus. That requires "pruning the branch" along the way. And God doesn't prune dead branches, only those that are alive and yielding fruit. This was true of His own Son: "Though He was a Son, yet He learned obedience by the things which He suffered" (Heb. 5:8-9).

So, are you living as a son or daughter, or as an orphan? God wants to demonstrate His love to you as your heavenly Father. Why not ask Him to show you how to live as a true son or daughter?

"I will be a Father to you, and you shall be My sons and daughters," says the Lord Almighty (2 Cor. 6:18).

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## **‘Christian Palestinianists’ Rebuked by Calvary Chapel Movement Founder**

In a dramatic showdown last week within the Calvary Chapel movement, the leadership of the California-based association of churches distanced itself from an event held at North Coast Calvary Chapel that featured a presentation by Palestinian activists.

Called “Hope for the Holy Land,” the seminar program aims to present the Palestinian narrative to church audiences. Observers are saying that what made the North Coast event such a flashpoint was the fact that, since its inception, Calvary Chapel has been staunchly pro-Israel.

Israeli officials and American Jewish leadership have long known that Calvary Chapel is a staunch supporter of the Jewish state.

Calvary Chapel remains so, as evidenced by Chuck Smith’s public rebuke, which aired last week, just ahead of the Friday event, which spotlighted discussions by Sami Awad, Lynne Hybels and Mae Cannon.

Sponsored by the relief organization World Vision, “Hope for the Holy Land” purports to offer a balanced, nuanced view of

the Arab-Israeli conflict. Some who attended the North Coast event say the presentations were heavily tilted toward the Palestinian view, which claims the “occupation” is responsible for Palestinian suffering.

On May 9, one day before the North Coast event, Smith, who founded the Calvary Chapel movement 40 years ago, denounced the decision of North Coast to hold the event. On his *World News Briefing* via HisChannel, Smith made it clear that North Coast’s approach to this issue was an anomaly for Calvary Chapel.

“I’m really shocked,” he said. “I understand that one of the Calvary Chapels down in the San Diego area is having these fellows who are really friendly to the Palestinian cause, and anti-Israel, and they’re having them to speak there at a church that is affiliated with the Calvary Chapels. I just have such a difficult time with that, to try to understand why a pastor would have an anti-Israel speaker, in these days.”

Calvary Chapel is an ongoing supporter of the Jewish state, especially since mainline American churches have traditionally supported the Palestinians and a growing number of evangelical churches and ministries seem to be willing to listen to the Palestinian Christian perspective (as espoused by Awad and his family), which differs little from grievances long aired by the Palestine Liberation Organization and its modern manifestation, the Palestinian Authority.

Despite requests to cancel the event, North Coast Calvary Chapel proceeded on Friday, May 10, and Awad, Hybels and Cannon presented their views.

*Standing With Israel* will have updates on this story as information becomes available.

For the original article, visit [balfourpost.com](http://balfourpost.com).

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# U.S. Ovarian Cancer Rates Continue to Fall

Ovarian cancer rates in the U.S. began to decline faster in 2002 around the time many older women went off hormone replacement therapy, according to a new study.

That year, the Women's Health Initiative (WHI) found that estrogen or estrogen plus progestin hormone therapy, prescribed for the symptoms of menopause, was linked to an increased risk of breast cancer, stroke and heart attack.

In a new analysis using census data, researchers found that ovarian cancer rates were falling by about one percent each year before 2002, then dropped by more than two percent per year.

The findings don't mean there's a cause-effect relationship between ovarian cancer and the hormone treatments, lead author Hannah Yang of the National Cancer Institute in Bethesda, Maryland, told Reuters Health by email.

But the association is compelling, she said.

"Understanding exposures, such as (hormone therapy), within at-risk populations is useful for overall cancer prevention and control strategies, particularly for tumors that are difficult to treat, such as ovarian cancer," Yang said.

She and her colleagues used cancer incidence in North America data combined with census data to compare the yearly percent change in ovarian cancers from 1995 to 2002 and from 2003 to 2008. They found a significant change in the rate for women over 50, but not for younger women, according to results in

the Journal of Clinical Oncology.

Overall, for women over 50, rates decreased by 21 percent from 1995 to 2008, from 38 cases out of 100,000 women to 30 out of 100,000.

There were more than 22,000 cases of ovarian cancer diagnosed in 2012, with 15,500 deaths, Yang said.

“Therefore, a two percent annual decline equates to a significantly reduced number of new cases and deaths related to ovarian cancer,” she said.

### **Mounting Evidence**

“I think that there is mounting evidence that hormone replacement therapy, estrogen alone and combined with progestin, increases risks of ovarian cancer,” Dr. JoAnn Manson, chief of the Division of Preventive Medicine at Brigham and Women’s Hospital in Boston, told Reuters Health.

“But unless a woman has a family history of ovarian cancer, it will still be a relatively small part of the benefit risk equation,” said Manson, who was not involved in the study but was a principal investigator for the WHI.

“Compared to the risk of breast cancer, cardiovascular disease, severity of symptoms, the risk of other adverse events, or quality of life benefits, it’s really going to factor in a limited way as far as making the decision,” she said.

The new results come on the heels of research into the risks of stopping hormone therapy while menopause symptoms are still disruptive (see Reuters Health story of May 1, 2013 here: [reut.rs/10s8Anv](http://reut.rs/10s8Anv)).

“The paper does not provide definitive information that (hormonal therapy) accelerates or promotes the growth of ovarian cancer, but it does provide an additional reason for

women to be cautious about their choice to consider taking it," Dr. D. Lawrence Wickerham, who helps run a National Institutes of Health-funded cancer research project in Pittsburgh, told Reuters Health by email.

"Women who are already taking (hormone therapy) should be diligent about obtaining their follow-up examinations and may wish to discuss with their health care provider whether or not to continue the therapy," said Wickerham, who was not involved in the study.

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## **What You Don't Know About 'Duck Dynasty'**

Yep. I like *Duck Dynasty*. My son, Mark Jr., introduced me to it. It's fairly wholesome—doesn't have the profanity, sex, violence and crudity of many other TV shows.

A&E would like to tell you *Duck Dynasty* is about money, family and ducks, but if you were to ask any member of the cam-clad, duck-hunting Robertson clan what their motto is, they would say, "Faith. Family. Ducks." Their faith in God is the foundation upon which their family rests.

The antics of *Duck Dynasty* are certainly entertaining. Inside jokes and playful banter are marks of their close and loving family.

What I also love is the fact that every episode ends with their family praying around the dinner table. But it hasn't

always been this way.

Long before the *Duck Dynasty* was created, Phil, the family's patriarch, kicked his wife and kids out of the house in a drunken rage. Months later, he begged for his family to return.

His wife, Ms. Kay, a sassy Southern lady, agreed to return on the condition that he quit carousing with his rowdy friends and give up drinking altogether. Phil committed to this, but most importantly, he committed to God soon after.

This newfound understanding of life completely changed the Robertson family. They have devoted their lives to living generously. Their business, Duck Commander, made them millions, but they pour money back into helping the less fortunate all over the globe.

To me, *Duck Dynasty* is primarily about the power of family, the power of forgiveness, the power of faith—and a whole lot of humor, to boot. I encourage you and your kids to watch it together.

And in case you haven't seen it yet, here's an interview with Jase Robertson about how his faith keeps him grounded.

Mark Merrill is the president of [Family First](#). For the original article, visit [markmerrill.com](http://markmerrill.com).

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## Top 7 Reasons for a Trip to

# Israel

This summer marks our 30th year as pastors at King of Kings in Jerusalem. Ann and I still pinch ourselves that we get to do this!

From time to time, I've toured the Israel with newbies—and often they're pastors. It's fascinating to get a fresh look at Israel through their eyes and to watch their childlike excitement.

I've heard them ask, "Why I didn't come years ago?" A few have even confessed they'd unwittingly told some lies in their sermons because of ignorance about the land of the Bible.

I'm going to give you my top seven reasons you really need to visit Israel, especially if you're a pastor and/or Bible teacher.

**1. The pages of your Bible will be even more alive and real.** This is where Abraham trekked, Joshua battled, David reigned and the Son of God lived, died, rose and ascended.

After seeing the land and people of Israel, you'll teach the Bible with more accuracy and confidence. Well-known pastor Mark Batterson from Washington, D.C., came to Israel for the first time this year. He tweeted, "One revelation from our trip to Israel? I read the Bible wrong! Just knowing the geography adds nuances of meaning. Text + context = aha!"

After you've scanned the topography, heard the sounds, breathed the air and smelled the scents, you'll paint the backdrop of a biblical narrative with more vivid colors.

As a serious Bible teacher, you've probably spent thousands of dollars on theological education. You've invested in building your library. And you continue to spend money on resources to keep you current. So you know the value of investing money in

the best tools of your trade. Here's a thought: Amortize the cost of this trip over 50 years of ministry, and it's peanuts!

George O. Wood, the general superintendent of the Assemblies of God, just preached for us at King of Kings. He's been to Israel more than 40 times! He's initiated a program to enable every Bible student in the denomination to get to Israel at least once in their lives.

**2. A visit to Israel will enable you to pray more intelligently for the Middle East.** Israel is the epicenter of a conflict as old as the patriarchs. CNN and Fox can't convey the whole picture. But coming to this land will enable you to better understand the realities.

A visit to Israel will enable you to meet with Jews and Arabs. Coming to know the faces and names, as well as their stories, will inspire you to "pray for the peace of Jerusalem" (Ps. 122:6).

**3. If you make a point of visiting the local believers, you will hear fresh and exciting testimonies of God at work in Israel today.** Many will tell you how the Lord revealed Himself in a dream or vision. Local ministry leaders can share how the body has grown tenfold in the last 20 years.

Getting to know the body in this land will introduce you to ways you and your church can partner with local ministries—and in turn receive blessings (see Gen. 12:3).

**4. A trip to Israel will inspire you and increase your level of faith for your nation.** The blessing of God is on Israel. Its very existence is a miracle you've got to see with your eyes to believe. Friends who return to Israel every few years marvel at the progress since their last visit.

Israel is a shining example not only of how to *survive*, but also *thrive* against all odds. With limited natural resources, a microscopic piece of real estate and the existential threats

of war and terrorism, the only explanation of Israel's success is God.

**5. Israel is teeming with history and culture.** Whether visiting archaeological sites, roaming the museums or spending an evening with the Israel Philharmonic, you will be enriched.

**6. Israel is a great place for a vacation.** You're going to spend money on a vacation anyway, right? We have one of the most ideal climates in the world. If you come in the winter, it's possible to ski the snow-peaked Mount Hermon in the morning and swim with dolphins along the coral beaches of the Red Sea in the afternoon. We have three remarkable seas—the Med, the Red, the Dead—and, of course, the Sea of Galilee, around which the Lord did much of his public ministry.

**7. You could even visit Israel for free.** Yes, I said free. Most travel companies offer a free trip for every seven to 10 people you bring with you. Now what's your excuse? I am convinced that a visit to Israel is a wise investment in your ministry and those you serve.

Have you been to Israel yet? What were some highlights? Did it enhance the quality of your ministry? If so, how? I'd love to hear from you.

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*Along with his wife, Ann, **Wayne Hilsden** has served as lead pastor of King of Kings Community in Jerusalem, Israel, since 1983.*

*For the original article, visit [waynehilsden.com](http://waynehilsden.com).*

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# 4 Signs Your Workout Needs a Facelift

There's this little thing called entropy at work in the universe, a pesky law of physics whereby everything gradually declines into a state of chaos and disarray. Until the cosmos is restored and made perfect once again—as Acts 3:21 and Revelation 21:1 tell us—we will be laboring to maintain order in every area of our lives.

Children need disciplining. Our spirits need refreshing. Our bodies need healing. Our minds need renewing. Our relationships need rekindling. And let's not forget the furniture that needs dusting, the lawn that needs mowing and the hair that needs cutting (or coloring!). And, like it or not, workouts need revamping ... which brings me to today's post.

Two years ago, I knew my workout routine needed a makeover. I'd been doing the same old thing for eight years: spending 80 minutes in the gym either attached to some swanky machine, pumping out rep after rep, or running or cycling indoors with my iPod or a magazine blocking out the world. The initial infatuation I'd felt for fitness in high school was fading fast.

I remember thinking: *Will this be how every workout will be for the rest of my life? I don't think I can keep this up forever!* I'm so thankful I was introduced to [CrossFit](#). It was exactly what I needed to renovate my routine and recharge my fitness batteries, not to mention make me my fittest.

Today I want to share a few of the signs that helped me realize I needed to make a change before I came down with an affliction informally known as Workout Burnout. If you find that you're experiencing these so-called "symptoms," I don't

necessarily want you to believe that I'm prescribing CrossFit classes as your remedy.

I *do*, however, encourage you to think outside the box and be open to exercise activities that perhaps you've never tried, even the ones that seem "too intense," "too challenging," or "too scary." Such an endeavor might be just what your body needs.

### **Sign No. 1: You're Bored**

Stressing out during squats by thinking of what's next on your to-do list after your sweat session is over is definitely a sign that your workout fire needs stoking. Even innocuous thoughts regarding what you'll cook for dinner or what your weekend plans are shouldn't be occupying your mind, at least not for long. Instead, you should be focusing on proper form and technique, as well as your breathing. In addition, if you're constantly looking at the clock or your phone or scouring magazines for something to keep your mind off the tedium of your routine, you need to kick the intensity up a notch or try something altogether new.

### **Sign No. 2: You Talk Too Much**

Are you working hard or hardly working? Merely going through the curling, pressing, pushing, rowing and running motions does not guarantee that you're getting a good workout. When on your preferred cardio machine, be it a recumbent bike or a hilly road, you can use the "talk test" to determine if you are in the aerobic zone or if you're just ... zoned out.

To determine if you're actually challenging and strengthening your heart, you should be able to say a short sentence, catch your breath and then say a few more words. And you should be sweating! Working out in the aerobic zone will improve your heart's ability to pump blood and will increase your lung capacity, which in turn lowers your heart rate.

When you circuit train or do high-intensity training such as CrossFit, you want to be in the anaerobic or “performance” zone. You want to perform your exercises at 80-90 percent of your maximum heart rate, which you can easily estimate by subtracting your age from 220. If you’re able to converse and breathe as you would in a quiet cafe, you’re definitely not in the anaerobic zone.

Interval training at this level will increase your V02 max, which is the maximal oxygen uptake, or the maximum volume of oxygen that can be utilized in one minute during maximal or exhaustive exercise. It is measured as milliliters of oxygen used in one minute per kilogram of body weight. Those who are fit have higher V02 max values and can exercise more intensely than those who are not as well conditioned. Numerous studies show that you can increase your V02 max by working out at an intensity that raises your heart rate to between 65 and 85 percent of its maximum for at least 20 minutes three to five times a week.

I will mention that talking comfortably isn’t an absolute no-no, but to ensure you’re pushing your body to grow and adapt to become stronger and fitter, you need to put the phone away or tell your workout partner you can chat after your session over a protein shake or wheat grass shot.

### **Sign No. 3: You’re Sitting Too Much**

Whether sitting at the pec deck to perform rear delt flys or reclining at the incline leg press to work the quads, I’m of the opinion that people sit too much during their workouts. These seated exercise generally target just one muscle group at a time, unlike more dynamic, multi-joint, *compound* exercises that hit multiple muscles at once. A great example of a compound exercise is the squat, which engages many muscles in the lower body and core, including the quadriceps, the hamstrings, the calves and the glutes.

Isolation exercises, as the name implies, isolate one muscle group at a time.

Examples include bicep curls, tricep extensions and hamstring curls. These exercises are frequently used in physical therapy clinics and rehab centers in order to correct a specific muscle weakness or imbalance that often occurs after surgery, illness or injury.

Compound exercises are generally preferred and recommended for healthy individuals who want to get the most out of a training program. Here are a few reasons why:

- More calories burned during exercise
- Simulates real-world exercises and activities
- Allows you to get a total body workout in less time
- Improves coordination, reaction time and balance
- Improves joint stability
- Decreases the risk of injury during sports
- Keeps your heart rate up and provides cardiovascular benefits
- Allows you to exercise longer with less muscle fatigue
- Allows you to lift heavier loads and build more strength

#### **Sign No. 4: You're Not Getting Stronger or Looking Fitter**

This really could go without saying, but if you're eating properly, working out consistently and still not getting stronger or looking fitter, it's time for a makeover. I had been using the same weight loads and had the same so-so stamina and endurance for years before I checked out of the gym and into a CrossFit box. Now I'm stronger than ever and have achieved better muscular balance throughout my body.

I hope this has been helpful to you. Don't be discouraged if you identify with one or all of these signs—there is a cure! I'll be back soon with suggestions for how you can makeover your workout and climb out of your fitness rut.

If you have any questions or would like some feedback on your current training regimen or tips for starting a new one, please contact me through my website, [fit4faith.com](http://fit4faith.com), or send me a tweet @Dianafit4faith. If you have time, please check out my Blog Talk Radio program on this topic [here](#).

Stay fit. Stay faithful.

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For the original article, visit [fit4faith.com](http://fit4faith.com).

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## **Report: Syria in Possession of Russian S-300**

Prime Minister Benjamin Netanyahu met with Russian President Vladimir Putin in Russia on Tuesday in an effort to dissuade him from selling advanced anti-aircraft S-300 missile batteries to Syria.

But could he be too late? According to the London-based Arab paper *Al-Quds Al-Arabi*, Russia has already transported the missiles to Syria, Israeli media outlet *Walla* reported Tuesday.

According to the report, attributed to a Syrian military official, the missile batteries are not yet operational, and are currently under full Russian supervision.

The Russian missile system is also capable of intercepting drones and cruise missiles. Its deployment in Syria would undermine Israel's aerial superiority in the region.

Israeli officials have already asked Russia repeatedly to stop supplying Syrian President Bashar al-Assad's regime with such "game-changing" weapons.

Despite the civil war in Syria, Russia has rejected Western demands to halt such sales, arguing that Russia has not violated international law. The Russian arms deliveries have included air defense missiles and artillery systems, but Moscow has so far held off on providing Damascus with the advanced S-300 batteries.

The powerful weapon has a range of up to 200 kilometers (125 miles) and the ability to track and strike multiple targets simultaneously with lethal efficiency. It would mean a quantum leap in Syria's air defense capability and pose a strong challenge to any possible aerial campaign. Israel also fears that advanced Russian weapons could fall into the hands of Hezbollah, a key Syrian ally in neighboring Lebanon.

Israeli Tourism Minister Uzi Landau accused Russia on Monday of destabilizing the Middle East by selling weapons to Assad's regime. "Anyone who provides weaponry to terror organizations is siding with terror," Landau said.

Speaking in Warsaw on Friday, Russian Foreign Minister Sergey Lavrov said that Russia was completing the delivery of air defense systems to Syria under earlier signed contracts, but avoided specifying whether the S-300 batteries are among them.

Earlier this month, Lavrov met with U.S. Secretary of State John Kerry, and they announced they would host an international conference during which Syrian government officials and rebels would be offered the chance to name an interim government.

On Friday, Putin met with British Prime Minister David Cameron in Moscow for talks that also centered on Syria.

Cameron said the two were committed to developing a proposal for a Syrian transitional government. The British leader didn't say if the missile issue was discussed, but Russian news agencies said Moscow had insisted it would honor all earlier signed contracts.

The business daily Kommersant, without citing a source, reported Monday that Putin told Cameron during the talks that the S-300 will be delivered to Syria. But Vyacheslav Davidenko, a spokesman for Russia's Rosoboronexport state arms trader, refused to comment on the issue Monday.

Russia media have reported that Moscow signed a contract for the delivery of the S-300s to Syria a few years ago, but shelved it under pressure from Israel and the West.

Igor Korotchenko, a former colonel of the Russian General Staff who now heads the Center for Analysis of Global Weapons Trade, said the decision on the S-300 delivery would have to be made by Putin himself.

"It may lead to a new round of confrontation with the West," he said. "It will have a serious impact on the balance of forces, depriving Israel of its air superiority."

Korotchenko added that Syrian crews will have to spend up to one year in Russia training on how to use the S-300 systems. "Without that, the delivery would make no sense," he said. "It's a complex system, and only highly qualified crew can handle it."

Russia has been a key ally of Assad, joining forces with China at the U.N. Security Council to shield his regime from international sanctions.

The Syrian civil war, which began as a popular uprising

against Assad in March 2011, has killed tens of thousands of people and displaced several million. The two sides are deadlocked, though the regime has scored recent military gains against the rebels.

Israel carried out a number of airstrikes in recent months aimed at halting the transfer of key weapons to Hezbollah, according to foreign reports. In January, Israel destroyed a shipment of anti-aircraft missiles bound for Hezbollah, and earlier this month, it destroyed Iranian-made guided missiles also believed to be headed to Hezbollah. Israel has not officially confirmed carrying out the strikes.

For the original article, visit [israelhayom.com](http://israelhayom.com).

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## 7 Traits of Kids With Good Character

We all want our children to possess character traits like peacefulness, patience, kindness, gentleness and self-control. But when we set out to teach them how to live these ideas daily, it can be difficult.

The concepts may seem too broad or vague. Kids do better with a specific directive or challenge. So we came up with some ideas to help instill those habits at an early age.

**1. Love.** Kids understand the affectionate and fun part of love, but do they understand that really loving someone means being willing to sacrifice for them and put them first sometimes? Challenge your child to let a friend or sibling “go first” when it’s time to do something fun, enjoy a treat or even get in line at school. Learning to put personal desires

aside and want good for others is a sure sign of love!

**2. Peacefulness.** Dads of girls report lots of “girl drama” swirling around their child’s social set—constant hurt feelings, retaliation, accusations and, well, drama. Before the next sleepover or group playdate, instruct your child to be the place where it all stops, and work to minimize the conflicts. It may mean sticking up for a child that gets bullied or mistreated, or refusing to participate in gossip. Often, all it takes to stop trouble before it starts is one child who reminds others of what’s right.

**3. Patience.** Oh, this one is tough! And the younger your child, the tougher it will likely be. Kids have a hard time waiting through a shopping trip or a lengthy sermon at church without fidgeting and complaining. Before the challenging event begins, remind your child that patience is important, and encourage them to try to make it all the way through the event without complaining. Then it’s like a game with a defined goal of making it to the end. You can even offer acceptable ways for them to distract themselves from the wait (like doodling or reading) and an incentive for making it to the finish line.

**4. Kindness.** If kindness is what you want for your children, give them a specific way to recognize a need and offer kindness to another. It might be looking around the playground and seeing if anyone is left out or playing alone and then asking them to join their group of friends. It’s such a simple gesture, and it trains your child to think of others and take action.

**5. Gentleness.** This can be harder to explain until you’ve encountered an example of a lack of gentleness. For instance, if you catch your child saying something harsh or hurtful (even if it’s truthful), stop them and say, “That wasn’t very gentle and could hurt someone’s feelings if they heard you say it.” Then either instruct them to refrain from commenting on

the topic at all (like on the appearance of others, except to pay a compliment) or demonstrate a gentler way to communicate the idea.

**6. Self-Control.** This one overlaps with patience to some extent. One of the greatest character traits your child can exercise is that of self-control. Learning to monitor and police their own behavior is essential to good relationships and success in life. Challenge your child to count to five before responding in word or deed to things that make them angry or excited. In that five seconds, remind them to ask, "Is this really what I want to do/say? Is it the right thing to do/say?"

**7. Faithfulness.** In a world where commitments often have a shorter shelf life than a loaf of bread, training your child to be faithful is crucial. One good training ground is household chores. Your child should be reminded that those are his responsibilities and that he should be faithful to complete them—others are counting on him! To neglect what you've promised to do is to be unfaithful. Friendships are another arena to learn about faithfulness. Encourage your child to invest in good friends and to resist casting them aside the moment someone more interesting comes along.

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