

Yeshua Not Only Bled, But Poured Out His Soul

Passover is time for us to remember the blood of the Lamb. The Torah is filled with pictures of blood. From the first animal killed for Adam and Eve's cloak, righteous Abel, Abraham's circumcision, Joseph's coat, Sinai covenant, temple sacrifices, Day of Atonement, etc.

All these graphic pictures were designed to engrave on the collective consciousness and imagination of the people of Israel the importance of the blood atonement. Blood is mentioned almost 300 times in the Tanakh (Old Testament) and 100 times in the New Covenant. At the crucifixion of Yeshua, we see the fulfillment of these symbols.

"One of the soldiers pierced His side with a spear, and immediately blood and water came out" (John 19:34). The water and the blood were both physical; yet the water also represents Yeshua's spirit, and the blood His soul.

In biblical terms, the soul is inside the blood. "The soul of the flesh is in the blood, and I have given it to you on the altar to atone for your souls for it is by the soul that the blood atones" (Lev. 17:11).

Most translations of this verse are incorrect. Read it again. It is because of the soul that the blood makes atonement. The rule of atonement is "equal replacement" or "substitution." His (pure) soul is given in place of our (sinful) soul. The soul inside the blood makes atonement for our souls. Soul replaces soul.

"Soul for soul; eye for eye; tooth for tooth; hand for hand ... wound for wound." (Exodus 21:23-25). The word here for "wound" is the same as wound or stripe in Isaiah 53:5—"by His wounds we are healed." His wound replaces our wound, and we are

healed. His soul replaces our soul and we are atoned. The blood is the carrier of the soul. When we say that the blood makes atonement, we mean the soul.

The soldiers who stood by Yeshua's cross may have had some blood spattered on them, but if they did not understand and believe in the spiritual meaning, the physical blood would not have affected their salvation. Yeshua not only "bled" on the cross, He also poured out His soul.

"He poured out His soul unto death" (Is. 53:12). As Yeshua was bleeding, His soul was being emptied from His body. His soul makes atonement for our souls. Catholics, Protestants and Jews drink wine as a symbol of sanctification in almost every ceremony. Wine represents blood which represents the soul. The key element is not the wine or the blood but the soul of Yeshua.

This revelation is personal, painful, emotional, embarrassing, shocking, intimate, nauseating, dizzying, disgusting, challenging and confrontative. It is unconscionable, unbearable; almost unbelievable. Dare we meditate on such a fearful thing as the soul of God's Son seeping out of His body, just to save us?

In 1977, I started to believe in Yeshua. I was working at the time as an arborist and tree climber. Instead of giving my heart to Yeshua, I turned back to worldly interests. At that time, I had a chain saw accident while topping a large tree. I saw my blood spurting into the air from great height while I was tied into the tree by ropes. It was a near death experience. Looking back I can see similarities to the cross and the sovereign hand of God. My soul had been singed. During the recovery period, I started to renounce the world and reconsider Yeshua. In 1978, I was saved.

The phrase "poured out" in Isaiah 53:12 is the same in modern Hebrew as infusion, like a blood transfusion in a hospital.

Atonement is a legal cancellation of punishment and also a vital soul transformation. Yeshua's soul is "injected" (as it were) into our being like a blood transfusion.

His soul touches ours and changes us totally. This soul transformation starts as a new-birth experience and continues as a sanctifying process.

For the original article, visit .

Back Manipulation May Help Relieve Chronic Pain

Osteopathic manipulation may modestly reduce symptoms for some people with chronic low back pain, a new study suggests.

The treatment involves moving out-of-line joints back into place, relaxing overused muscles and massaging soft tissue, said Dr. John Licciardone, a doctor of osteopathic medicine who led the new study.

He considers osteopathic manipulation a complementary treatment – not necessarily the only thing to do for low back pain, but something that can work as an add-on therapy for people who don't get better with painkillers alone, for example.

"I think the osteopathic approach is different (from chiropractic care, for example) in that it takes a more overarching view, so you wouldn't necessarily restrict your examination or treatment to the lower back," Licciardone, from the University of North Texas Health Science Center in Fort Worth, told Reuters Health.

He and his colleagues wanted to test the effectiveness of both

osteopathic manipulation and ultrasound therapy – a technique sometimes used by physical therapists on soft tissue injuries. The researchers randomly assigned 455 people with chronic low back pain to undergo eight weeks of either real or sham versions of each treatment method.

A few weeks after finishing treatment, 63 percent of the patients who'd had osteopathic manipulation reported a moderate improvement in their pain and half reported substantial improvement—meaning their symptoms were at least cut in half.

In comparison, 46 percent of people who'd received fake osteopathic treatments had moderate improvement and 35 percent saw substantial benefits.

Ultrasound therapy, on the other hand, was not tied to any long-term pain relief. And neither treatment significantly improved back-related functioning or the overall health of people with chronic pain, the study team wrote in the *Annals of Family Medicine*.

Licciardone said chiropractors typically use a single type of thrusting motion on the back and see some patients up to three times per week. In contrast, osteopathic care addresses the pelvis, legs and other body parts as well and emphasizes allowing recovery between sessions.

In the current study, patients received a total of six treatments over eight weeks.

The study was funded by the National Institutes of Health-National Center for Complementary and Alternative Medicine and the Osteopathic Heritage Foundation.

One back pain researcher who wasn't involved in the new study said its findings are consistent with past reports on osteopathic and chiropractic treatments.

“The consensus on most of those studies, I think, is that spinal manipulative therapy is better than no treatment and has a modest benefit over a period of time, but is not substantially better than other types of treatment including pain medications (and) exercise recommendations,” said Dr. Timothy Carey, from the University of North Carolina, Chapel Hill.

A typical osteopathic manipulation session costs about \$100, and may or may not be covered by insurance. That may be worth it, Licciardone said, for people who have already tried over-the-counter painkillers and physical therapy and are running out of non-invasive options.

“We saw the biggest reduction in pain in the people who had more severe pain to begin with, and those are the people who are going to be more likely looking for the more costly and more invasive treatments,” he said.

“Before going on to the opioid medications or steroid injections or surgery, why not give a conservative treatment like osteopathic manual treatment a try?” Licciardone suggested.

“I say (to patients), ‘Give it a try for five or six treatments, and if it’s not helping by then, give it up, because it’s not going to help,’” Carey told Reuters Health.

“It’s an option—it isn’t the only option,” he said.

Carey said one of the best things people with chronic back pain can do for their long-term health is to get regular exercise, even if it’s just walking.

Discover the 'New Wineskin' for Men's Discipleship

The Hindenburg, an airship as big as the *Titanic*, was the largest aircraft that had ever flown. After 21 Atlantic crossings, one evening in May 1937 the Hindenburg dramatically burst into flames while attempting to dock in New Jersey and fell to the ground, killing 37 people.

Why did the Hindenburg explode? Strategy Professor Richard Rumelt noted that no one had ever asked the important design question: "Does it make any sense to have people riding in a gondola, strapped to a giant sack of flammable hydrogen gas?"

In hindsight, no, of course not. The Hindenburg had a fatal design flaw. But at the time, it looked like a great idea—the smoothest ride in the sky.

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The 'Old Wineskin' of Men's Ministry

“Men’s ministry” has become the Hindenburg of the contemporary church.

Let’s say you attend a church with 100 men. After years of diligently promoting men’s ministry, you have eight men who meet in a small group early on Wednesday mornings. Another twelve men get together one Saturday each month for breakfast followed by a service project. That’s a total of 18 men in your “men’s ministry”—and that’s after many years of sweat and tears. But you’re feeling pretty good about it, so you check “men’s ministry” off your To Do List.

What’s wrong with this picture? It’s simple. What about the other 82 men?

The whole concept of traditional men’s ministry has a fatal design flaw. It’s simply this: only a small percentage of your men are ever going to join a ministry that is for “men only.” Even if you’re the greatest promoter since P. T. Barnum, you’re still never going to twist enough arms to get more than, say, 20 to 30 percent of your men into a traditional “men’s only” ministry.

But the church is filled with other men—some of whom don’t “get it,” and others who do.

First, the church is filled with men who don’t “get it.” They’re the ones who slip through the cracks. You’ll just never get them to attend the men’s only events, and the church has no other strategy to effectively disciple them. Occasionally one of them, like the Hindenburg, dramatically bursts into flames and becomes the talk of the town. But most just flounder, quietly drifting along in spiritual apathy. Literally millions of men have not become passionate disciples of Christ simply because they were left behind.

Second, and perhaps more importantly, the church is filled with men who do “get it.” These are men who are passionate about loving and serving Christ in the homes, church, and

work. They're already teaching the middle school boys, driving the church bus, serving as deacons or elders, doing "fix it" chores for widows, leading a couples' small group, singing in the choir, coaching youth soccer, ushering, or you name it.

Do we really want to be telling these men they aren't part of our "men's ministry"? They're exactly the kind of men we're trying to produce; yet we make them feel shunned because they won't participate in our "men's only" activities.

The era of "men's ministry" as an activity off to the side of the church is an "old wineskin." This kind of traditional "men's ministry" is a system perfectly designed to disciple less than 20 percent of your men.

The 'New Wineskin' of Ministry to Men

Stephen Jobs' success has always been "waiting for the next big thing." Here's the next big thing for your men.

Develop an *all-inclusive mindset*. Traditionally, when asked, "How many men are in your men's ministry?" a pastor might respond, "Eighteen." The all-inclusive mindset would say, "If we have 100 men in our church, then the size of our men's ministry is 100."

Help your leaders see that everything your church does that touches men is "men's ministry," from the worship service to ushering to helping in the kitchen. An all-inclusive ministry to men makes disciples of men right where they are. For example, you don't need your male Sunday school teachers to join a separate men's ministry. Instead, have them gather 30 minutes early once a month to discuss the challenges of being a male Sunday school teacher.

Leaders across America have discovered that in celebrating their "men's ministry" success to disciple a few men well, they have disguised that the majority of men are slipping through the cracks.

The vast majority of men in the church are not leading powerful lives transformed by the gospel of Jesus Christ.

The National Coalition of Men's Ministries, founded in 1996, changed its name to the National Coalition of Ministries to Men. They recognized that the term *men's ministry* is an "old wineskin."

The traditional definition of men's ministry was "activity that happens when men are by themselves," such as a Saturday morning breakfast or a weekend retreat. Those activities certainly are part of men's ministry, but they don't include men who serve in other ways in your church, such as worship or sports activities with kids. Stop using the phrase "men's ministry;" instead, using an all-inclusive mindset, include all your men by talking about your "ministry to men."

Why did we ever think that more than a fraction of our men would be interested in "men's only" ministries? Men are busy and committed elsewhere with their children, spouses, careers. Don't let them slip through the cracks; include all the men in your church.

Suggested Applications

Gather your leaders and answer these four questions....

- What are the most meaningful ways men are already involved in our church, whether they are men's only activities or not?
- For the men in question #1, have we thought of these men as outsiders, or part of our ministry to men?
- What is a name we can give to "all" our men? Develop a new vocabulary to talk about what God is doing through all the men in your church. We'd suggest you drop the term "men's ministry" altogether and replace it with a name and slogan for your men.

Here are some examples that capture the all-inclusive concept:

1. First Men: No Man Left Behind
2. Real Men: Whatever It Takes
3. Kingdom Men: Training Men for the Battle

This way you can describe how God is at work through men in every area of your church. For example, your pastor could say from the front, “We’d like to thank the Iron Men who work with our elementary school children every Sunday morning—they do a great job.”

This goes a long way in communicating to all your men that they are all in this thing together. It will take a few years to convince all the men, but eventually they will see that you really are “for them” in however they decide to connect and serve.

What are some practical ways we can build an all-inclusive mindset in our church? For example, at your next new member’s weekend, have at least one member of your leadership team go and meet all the men and invite them to take a next step.

The new wineskin is the all-inclusive mindset: However many men we have in our church, that’s the size of our ministry to men. The key question is whether or not we are doing a good job to disciple them right where they are.

Pat Morley is the 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 non-profit organization to help men find meaning and purpose in life. Dr. Morley is the bestselling author of *The Man in the Mirror*, *No Man Left Behind*, *Dad in the Mirror*, and *A Man’s Guide to the Spiritual Disciplines*.

Intimidation Can't Stop Believers from Spreading Jesus' Good News

I have lived in Israel for 10 years and I gladly report that no one has given me the slightest trouble about my faith—*until now*.

I have shared the good news with Orthodox Jewish hitchhikers, seeking to get from Tel Aviv to Jerusalem, with secular Israelis curious as to why I would leave the other promised land to come to a land filled with terror and \$8 a gallon gas, and with many friends with whom God has given me favor who are curious as to what led to my belief in Yeshua—but none of them have ever reacted negatively towards me.

However, last week I engaged an Orthodox Jewish woman who blogs on one of the more famous English websites in Israel. I was intrigued by an article she wrote whereby she shared how deeply touched she was when she had dinner with two American pastors who visited her West Bank settlement. She seemed genuinely jealous of these men and their walk with God and grieved that traditional Judaism has not done enough to attract young people.

“And so, as I floated home I couldn't help but feel that those people made me want to sit around a Christmas tree with them and drink eggnog.

“And then it hit me—why many of our youth go “off the derech,” off the religious path, some even embracing other religions, and yes, some even joining the ranks of “Jews for Jesus.”

“Perhaps we can learn something from our Christian Evangelical Zionist friends.”

Oh, she made it clear that she would never convert and despite her love for these pastors she lamented she did understand that “Christianity is a missionary religion.” But still, it was clear to me that she felt the presence of God on these men.

I sought to engage her in the comments area of her blog. She again, firmly, made it clear she was not open and expressed disdain for Messianic Jews. Part of me wanted to just let it go, being happy that these wonderful pastors had made such an impact on a Jewish woman.

On the other hand, I wanted to see if she was interested in intellectual honesty... in other words, how can you say that evangelical Christians are swell, but Messianic Jews are deceitful criminals? Theologically, we believe the same thing—as Messianic Jews, we live as the Jewish disciples did—as Jews. Of course, this is the crux of the issue in her mind; you can’t mix *Jesus and Jewishness*.

I was gentle, but sought further dialogue. I also posted her article on my personal Facebook page, encouraging people that these pastors had made Romans 11:11 come to life:

“...because of their transgression, salvation has come to the Gentiles to make Israel envious.” (Rom. 11:11b)

I hadn’t really thought about it for a week or so, when suddenly I get a private message from her on Facebook.

Ron Cantor: This is copy write infringement. You are using my article to further your illegal missionary work in Israel. TAKE IT DOWN from your page, before I take legal action. (emphasis mine)

At first, I felt a cold wave of fear. She was going to sue me! Of course, it didn’t matter that she had no case; intimidation doesn’t play by the rules. Intimidation is a spirit. We can see it when King Saul seeks to kill David, and when Jezebel

threatened Elijah.

Just one day prior, the prophet was overseeing what was supposed to be a national awakening. Now, as he was given her message—that she was going to kill him (1 Kings 19)—the Bible says he ran for his life and even asked God to kill him.

Once I recognized this was a spirit of intimidation, I began to pray and with my words I rebuked the intimidation and then responded to the fear-laced message.

Dear (Name Withheld), I am in a quandary. I would be happy to take the link down. But you see, you have threatened legal action, falsely accused me, called my work Illegal, seem to misunderstand the laws of Israel (there is freedom of speech... I think?) and also seem to not understand that when you blog and said blog has links to repost, that you cannot monitor who reposts and then take legal action against the re-poster. Furthermore, my facebook page is not a part of my 'illegal' work, but Ron Cantor's personal page. I post all kinds of stuff there. I am not profiting from your blog, but expressing an opinion...

If you would simply rewrite me and kindly request for me to remove it I will do so speedily. I would feel like a 'fryer' (In Hebrew a 'fryer' is someone who lets others take advantage of him) to cower to intimidation...

As an American, I am sure you value freedom of speech. I would never seek to silence you, please don't seek to silence me. Disagree? No problem. But calling my actions illegal in the only democratic country in the Middle East is very unsettling...

I do understand that you are upset and it is not my intention to upset you. So please, just send me a friendlier note and I will take it down.

This did not lead to a gentle request for me to take down the link, but rather to further threats..., and then public threats

on Facebook.

After I told you that I consider proselytizing to be a form of war against the Jews, you just declared war... You Just p***ed off the wrong gal. You have no clue who you're dealing with here.

But the moment [Messianic Jews] attempt to infiltrate our people with their theological poison, they will rue the day their Messianic words ever crossed my path.

Once again, I could feel the spirit of intimidation seeking to silence me. Knowing she was backed by a famous rabbi and his community had me wondering how many people hostile to Yeshua were reading this? Again, I rebuked the intimidation again.

You might think, *"What's the big deal? What is a little ole blogger going to do to you?"* But you must understand, I know of Messianic Jews who have been kidnapped or beaten or sued or attacked or harassed in many other ways, and I really had no idea what connections she had or what she was actually threatening. And in Israel, you can't blend into the gentile world—there is no gentile world! Friends of mine have had their pictures plastered over neighborhoods, telling people to "beware of the missionaries." Who knew how difficult she could make my life?

I wrote her back publicly, once again explaining that threats and intimidation will not work. Indeed that is what the Sanhedrin tried to use against the apostles, when they warned them not to teach in the name of Yeshua.

Then they called [the disciples] in again and commanded them not to speak or teach at all in the name of Yeshua. But Peter and John replied, "Which is right in God's eyes: to listen to you, or to Him? You be the judges! As for us, we cannot help speaking about what we have seen and heard." (Acts 4:18-19)

Furthermore, I explained that she had now slandered me by

claiming that I was involved in illegal activity and that if anyone had a legal case, it was me against her. I explained to her that many Messianic Jews have been violently attacked over the years (Ami Ortiz had a bomb blow up in his face), and in that light, she might not want to threaten me in a public forum.

I went on to say that Freedom of Speech is not just for some people, and my daughters serve in the military just as her son, risking their lives for this country (while 60,000 Orthodox Men boycott army service) and there wasn't anyway I was going to let someone tell me I have less rights in this country than they do.

Having said that, while I can debate all day long, it is not always the most Godly attribute. Even though part of me really wanted her to take me to court (what a platform to share the gospel), I did feel that it was insensitive to her to post something on my page that she wrote, knowing now that it was against her expressed will. I wrote her one last time.

Shalom [Name Withheld], after praying about this I have decided to take it down. Not because of your threats (at this point I could bring legal case against you for slander) but because it was insensitive to you and I have no desire to cause you pain. But for your over the top response, I would have taken it down immediately.

She responded quickly, thanking me. And that was that.

What have I learned from this experience?

1. We can never give in to intimidation. Peter and John did not, and the Lord used them for many years afterwards. Intimidation is primarily a spirit of fear rarely backed up by any true action.

- 2) These people truly see us (Messianic Jews) as evil people. Rabbis go around the world teaching that we have horns and are

liars and deceivers. The Chief rabbi of Ashdod said we are worse than Nazis. That probably hurts more than anything. Fellow Jews look at me like I am some prowler seeking to kidnap their children. In the same way that Arab children are taught from an early age that Jews are evil (without having an real connection with Jews) Jewish children are taught that the goal of Messianic Judaism is to destroy Judaism and it is merely a marketing tool to “get Jews in the Church.” This woman revealed a deep seated hatred for Messianic Jews, that appears to be based solely on what she has heard—not actual dialogue with Messianic Jewish. This is why I seek interaction. I admit that I am naïve and I think if I just explain the Jewish Roots of the New Testament, they will understand. While it is not illegal to share the Gospel here in Israel, she and many like her truly believe it is.

3) While we are seeing fruit in secular Tel Aviv, it is going to take a worldwide prayer effort for the orthodox Jews to embrace Him. They will (Zech. 12:10, Matt. 23:39) but it is going to take prayer.

How would you have handled this?

Footnote: I want to be clear. I understand why most Orthodox Jews are antagonistic towards the message of Yeshua. Two thousand years of anti-Semitism, often to the point of murder, by the hands of so-called Christians has done its damage to the authentic message of love and forgiveness. Had it not been for a visitation from God, I may feel just as this blogger does!

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). Ron 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, will be released on April

16th. Follow him at @RonSCantor on Twitter.

Don Colbert: Beat Down Stress With The Word

You don't have to live with headaches because God can heal all your pains and problems! His Word says, *"Jesus traveled throughout Galilee teaching in the synagogues, preaching everywhere the Good News about the Kingdom. And he healed people who had every kind of sickness and disease"* (Matt. 4:23-24).

His plan for your life has no place for headaches. Learn how to eliminate your headaches through good nutrition, exercise, vitamins, and spiritual steps of faith.

Uncover the Source

There are two basic categories of headaches—migraine and tension. These will be our focus right now.

Do you know where the pain is coming from? There are no pain-sensitive nerves inside the brain so it has to come from somewhere else. But where?

Migraines

These headaches are caused by dilation of the blood vessels in the head and typically affect only one side. Nausea and/or vomiting usually accompany these episodes. About 10 percent of all men and 20 percent of all women have experienced a migraine during their lives but they can actually begin in adolescence.

There are three types of migraines. With a common migraine, there are no associated visual disturbances but lasts longer and usually the nausea and vomiting are worse than the other two types.

A classic migraine follows a brief episode of symptoms such as dizziness or visual disturbance.

With a complicated migraine, you may have no pain but it causes neurological signs such as double vision, unsteadiness, dizziness and speech problems. Increasing the levels of serotonin may help gain immediate relief and may assist relaxation even under times of stress.

Tension Headaches

Nearly everyone has felt the discomfort of a tension headache! These are far more common and make up about 90 percent of all headaches. You may experience any, some, or all of these symptoms:

- Dull ache at the back of the head, neck or forehead
- Pressure around the head
- Sore neck
- Knots in the upper back.

These headaches are often caused from:

- Stressful periods in a person's life
- Inadequate sleep
- Food allergies
- Constipation
- Poor diet
- Hormonal changes
- Repressed emotions.

If you are experiencing any of these types of headaches, your body is trying to tell you that there is a problem and you need to do something about it soon!

Relax and Exercise

Exercise can dramatically reduce the stress that causes headaches. Stress is the most powerful contributor to migraine headaches. It causes adrenaline to be released in your bloodstream, which gets your body ready for “fight or flight,” and also causes vessels to constrict. As adrenaline levels decrease, blood vessels are more likely to dilate, which can trigger a migraine.

Did you know that your body produces natural painkillers? They are called endorphins. They can be released into the body through exercise or even something as simple and stimulating as laughter.

Here are suggestions to help alleviate headaches:

- Simple stretches
- Aerobics
- Hot and cold packs
- Biofeedback
- Deep breathing
- Acupuncture
- Good posture
- Frequent breaks
- Regular and uninterrupted sleep.

You may want to try some of these or different combinations, but they will definitely reduce the discomfort that you have been experiencing!

Good Nutrition Brings Good Health

If you suffer from migraines, you will want to keep a food diary. When you experience a headache, make a list of the foods you have eaten in the two hours prior to the onset. You might be surprised to see patterns develop as you plan your recovery.

Avoid Dietary Enemies

- Chocolate
- Red wine, brandy, sherry and beer
- Fermented foods such as soy sauce, pickles and sauerkraut
- Aged cheeses, sour cream and yogurt
- • Pickled meats
- Dried fruits such as figs, raisins and dates.

Other preservatives and ingredients to avoid would be:

- Sulfites
- Yellow Dye No. 5
- MSG
- NutraSweet.

You can improve the quality of your life by watching what and when you eat and drink. Usually people who suffer from migraines and tension headaches are significantly depleted in certain vitamins and minerals.

A Closer Look at Nature

Herbs and supplements can dramatically reduce headache symptoms. Here are a few that can help you defeat migraines:

- Magnesium – A mineral that maintains the tone of your blood vessels.
- Fish oil – Decreases a dangerous form of fat that may trigger migraines.
- Feverfew – Prevents and relieves migraines for many, vasodilating substance and maintains blood vessel tone.
- 5-HTP – An amino acid useful in preventing migraines.

When taking any new supplement, please consult your personal physician first!

Organic Headaches

Sometimes there are organic problems that may cause a headache. It is easy to overlook the obvious and that is why these possible causes are listed:

- Sinus
- Eyestrain
- Dental problems
- TMJ (temporal mandibular joint)
- Birth control pills
- Cigarette smoke (actually smoking or even second-hand smoke)
- Changes in barometric pressure
- Perfumes
- Sunlight, fluorescent light or computer monitors
- Traveling at high altitudes

All of these may cause problems and are simply overlooked as potential triggers to headaches. Identifying the source of your problem is more than half of your battle.

Painfree Living

Finding healing comes from finding the Healer and that is part of who He is! Learn to meditate on God's Word because it is a powerful weapon against the effects of stress.

You can experience two of the most powerful forces on the earth today—faith and prayer. God has great plans for you—just ask Him.

*The preceding is an excerpt from **Don Colbert's** book, The Bible Cure for Headaches.*

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

Biological Changes Affect New Fathers, Too

Some recent research studies have found biological changes in new fathers—even at the hormonal and brain cell level.

One study in Israel tracked levels of the hormone oxytocin in first-time parents during the early months of parenting. Oxytocin is known for its correlation to moments of strong connection. New moms, for example, will experience high levels of oxytocin during moments of affectionate parenting such as hugs, caresses, baby talk or simply gazing into the baby's face.

New fathers also show a surge in oxytocin, but their higher levels are triggered by more stimulatory parenting: tossing the baby in the air or pulling him up to sit, or stimulating discovery and laughter. The researcher concluded that higher oxytocin levels are “related to the type of behaviors from which mothers and fathers derive the most reward.”

Much of the available brain research takes place on animals that tend to mirror human patterns of forming pair bonds and co-parenting. One study looked at behavior among mice, and concluded that males with new offspring develop new brain cells and neurons when they are physically present with their pups that do not form when they are absent.

Then, looking at primates, researchers have found that the brains of new fathers are different—they develop more neuron connections in areas of the brain associated with caretaking and bonding.

Another study of degu rats discovered that babies' brains

developed normally if the father rat stayed in the nest, but broke down at the level of synapses—in areas of the brain that influence decision-making and emotions—when the father was removed. More on these studies.

We might hesitate to draw strong conclusions based on hormone and brain studies—especially when they involve rats and monkeys. Nevertheless, these findings are consistent with what we have found to be true: *fatherhood changes a man*. That tiny, wrinkly bundle that mostly eats, cries, sleeps and poops holds a powerful fascination for a new dad.

That's why a man in his mid-twenties, eager to make his mark in the world, will make it his business to spend thirty minutes making sure the new car seat is secure in the back seat of his sports car. That's why, in a few months or years, he'll trade in the sports car for something more practical. And that's why he will likely become more sensitive, possibly more responsible, and will probably reign in some of his career ambitions in favor of saving more of his time and energy for his home life. It's true: fatherhood changes us for the better.

More importantly, *involved fathers change the world for their children in important ways*. There are many words we use to describe a father's powerful influence, but we often come back to these two: *unique* and *irreplaceable*. There are negative effects when dads are absent and overwhelmingly positive results when they are involved. Non-custodial fathers, stepdads and grandfathers all make critical contributions to children's development.

So, dad, don't take the day-to-day opportunities with your children for granted. Savor those rushes of hormones that help make fathering so rewarding. It's those joy-filled moments that create memories and build unique and irreplaceable connections between fathers and children.

Action Points

- If you're a new dad, soak in all the great moments and emotions of this stage in your fathering. Dive in, learn to meet your child's needs, build a strong bond with your baby. More tips.
- If those early years of fatherhood are a distant memory, try to recapture some of the wonder and commitment that you had then. Look at photos or old baby items, watch videos or reminisce with a spouse or family member.
- Ask your children's mom or another close friend, "What changes did you notice in me when I became a dad?"
- Set aside time every day to help your child develop an aptitude or skill, whether it's rolling a ball back and forth with your infant or helping your older child practice a sport or finish his homework.
- Express the unique father side of parenting with your child, which is typically more active and adventurous than mom's approach. (Just make sure you're doing what's age-appropriate and watching out for your child's safety.)

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

The Latest Technology Protects Israel's Skies

In February, members of the Homa Administration in the Defense Ministry's Administration for the Development of Weapons and Technological Infrastructure, together with the U.S. Missile Defense Agency, conducted the first test of the new Arrow 3 missile interception system.

The IDF website conducted an exclusive interview with Israel Air Force Col. Tzvika Haimovich, to discuss the development of the new system and the upcoming challenges for Israel's air defense.

As commander of the Active Air Defense Wing, Haimovich is responsible for the Iron Dome, David's Sling and the Arrow missile defense systems that protect Israeli skies against ballistic missiles.

"Monday's [February 25] test launch was part of a series in the development process for our weapons systems—Iron Dome, David's Sling and Arrow—what we call in the Air Force, the 'multi-tier concept'," Haimovich said.

Haimovich described the logic of the multi-tier concept in dealing with different types of rockets and the different threats that they pose.

"The upper tier consists of the Arrow system, dealing with long-range ballistic missiles, while the lower tier deals with short- or medium-range rockets," he said, describing the Arrow system as "the master defense weapon of the upper tier."

The Arrow missile defense system is considered the most advanced of its kind in the world. It is also the world's first national missile defense system, meaning it is capable of defending the whole of Israel from long-range ballistic missiles. The system therefore plays a strategic role in countering long-range threats like those from Iran.

Col. Haimovich lauded the development of the third generation of the Arrow system as a breakthrough for Israel's air defense.

"It is a very significant milestone in the development of this new technology. In fact it is an absolutely new system—a new launcher, but also a new approach. It is a breakthrough into completely uncharted waters, stretching the range of

interception to new heights, even into space. It also enables us to deal with more significant threats in the future," he said.

While he expressed satisfaction at the success of the recent Arrow 3 test launch, Haimovich emphasized that the road ahead is long until the system's newest generation is fully operational.

"The Arrow 3 is a multi-year project currently in development, and we are only at the beginning of its process. I see it being fully integrated into the (Air Defense) Command three to five years down the line," Haimovich said.

Meeting the need for constant advancement, while simultaneously implementing changes in operational activity is a fine balancing act.

"There is a constant tension in the active air defense sphere between the need to use and utilize the systems that we have operational here and now, while simultaneously improving them for the future; we have the same operators working on both developing the systems and operating them—that's our biggest challenge," Haimovich said.

It is during combat, however, that the systems are truly tested and the Air Defense Command is able to gain firsthand evidence of where it can make improvements.

"Naturally, when you gain operational experience with the system, you find out what additional needs it has and are thus able to make significant improvements. That's why this process of missile defense development is an ongoing one," he said.

Haimovich was clear in his emphasis of the human advantage, alongside the technological one, as a key component to Israel's defense.

"I am confident in the systems' capabilities, and moreover, in

the soldiers operating them. We have people whose commitment to the defense of this county is outstanding. Therein lays our true strength," he said.

The commander praised the level of cooperation with the U.S. military, which played a central role in the development of the Arrow system.

"It is a one-of-a-kind partnership that propels our capabilities to new heights. The cooperation succeeds not only due to the professional knowledge that the two militaries exchange but because of the great relationships between the people working together."

For the original article, visit .

Fathers, Speak Life To Your Family

When a father speaks, his children are profoundly impacted by his words. We need to be extremely careful *what* we say and *how* we speak to our children.

Our words can have a powerful impact on a child in the positive. They can have a tremendous negative impact as well.

I travel each week speaking in churches, teaching seminars and conducting FivestarMan Encounters. I can't estimate how many times I have prayed for grown men and women who are still controlled by the loose words that a person of authority spoke over them when they were a child.

Not long ago, while ministering in a church, I felt the Holy Spirit prompt me to pray for a couple. I asked them to come

forward and asked permission to pray for them. They agreed.

As I laid my hands upon their foreheads while praying, my mind began to see scenes of the woman's childhood. She was thirteen years old, she was joyfully dancing around in her bedroom, laughing and playing, when her father came by the room and began to speak harsh and angry words over her. He bruised her spirit. It was that moment – that very instance – that caused her to withdraw into a cocoon spiritually and emotionally.

She began to accept that a father was mean, controlling, harsh and angry.

When I described the scene that played out in my mind, the woman uncontrollably burst into tears. Sobbing and wrenching before me, she allowed the pent-up emotion of decades to come forth.

I then turned to her husband, and spoke a word over him. "Without knowing that this occurred in her young life, you have also used harsh words and outbursts of rage to control your wife." He confessed to me that he didn't know why he had done this and that it was out of his normal character to do so, but he admitted that he did speak to his wife this way to get what he wanted.

That couple was delivered from that horrific pattern in their marriage that day. The husband pledged to never again use harsh, angry words to control his wife. She released her father in forgiveness, and she committed not to allow that moment from so many years ago to control her life from that day on.

"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs ..." (Eph. 4:29).

Effective Communication

Don't use inappropriate language. Unwholesome talk means words that are demeaning, harsh, hurtful or sarcastic. Words have the ability to root within a person—to putrify within a person's soul.

Speak kind and comforting words. Carefully select your words. Words should be personally helpful for the listener.

Speak words that build up. Words have the ability to be constructive or destructive to a person.

So, if you have spoken unwholesome words, repent for speaking them, revoke the effect of them and replace them with positive affirmations that replace their ill effect.

“I know that His command leads to eternal life. So whatever I say is just what the Father has told me to say” (John 12:50).

*For the original article, visit [Fivestarmen.com](#). Fivestarmen was founded in 2008 by **Neil Kennedy**. He has passionately promoted God's Word for 25-plus years of ministry. He is known for practically applying biblical principles that elevate people to a new level of living. As a business, church, ministry and life consultant, Neil has helped others strategize the necessary steps to reach their full potential.*

Connect With Israel Through Your Seder

The Passover seder is a special experience, a unique observance quite fitting for the Jewish people who pride ourselves on the preservation of our history; both our success and our suffering, through our collective memory.

Each culture celebrates with unique customs that reflect its adaptation to life in different countries all over the world. These customs enrich our understanding and appreciation of the holiday, and they point to the diversity of age-old Jewish traditions that evolved from the cultures in which they were nurtured.

In Israel, each of these Diaspora cultures continues to be represented on Seder Night—Leil HaSeder – □□□□ □□□. Yes, here in the homeland we only have one, while around the world it is celebrated with two recountings of the Exodus story.

Could it be that, in addition to the halachic reasons, this is so that every Jewish home around the world should have that extra reminder of their home so far away?

Every child in Israel has been singing about the arrival of spring and Pesach for weeks, helping to clean the gan and taking part in a traditional seder. Every restaurant, car and home goes through a spring cleaning—regardless of how observant one might be. It is tradition. It is our history. And even the most secular Israelis will find themselves at a Passover seder of some type.

As we turn another page of the Haggadah, how can we remind ourselves that this is the story of our return to Israel? Must it wait until the very, very end for the declaration of “next year in Jerusalem?” And since we all know how tough it is to find the time and money to get to Israel, can we somehow fulfill this declaration of commitment from wherever we may be in the world?

Haggadah of Independence:1950s

We sing of the release of the nation of Israel from slavery, we recount the passing over of the angel of death of the houses of the children of Israel. But within the text itself, it is easy to forget that the questions being asked cannot only connect us with this ancient history, but also with our

wanderings and our journey as a people en route to our destination—our ancient home in the land of Israel.

Not only should we think, “how are we to remember the plagues and our escape from bondage,” but we should remember as well the land of freedom to which our destiny is bound.

“Just as in my youth we had a ‘matzah of hope’ to carve out time from the historic ritual to remember the contemporary challenges of Soviet Jewry, we need to use this most popular Jewish ritual to delight in the miracle of Israel’s surviving—and thriving.” —*Virtual Citizen of Israel Gil Troy*

As you prepare for your seder night(s), take a moment to consider how you and your family can bring a touch of Israel to your seder ceremony.

Add a reading, or any of the unique Passover traditions celebrated in Israel’s diverse culture as evidence of the ingathering of the exiles—from Egypt, Ethiopia, Morocco, Poland, everywhere. Or reflect upon the meaning of Israel to you today. At your seder, awaken a pride in the state for which the exiles from Egypt could only dream.

Do as the Iraqi!

Children hoist bags over their backs and reenact the journey through the desert. One child asks, “Where are you coming from?” “From Egypt,” replies another child. “Where are you going?” the third child asks. “To Jerusalem,” the fourth child smiles.

Honor a Moroccan Tradition

While at the seder, the Moroccan Jews pass a seder plate over the head of each person as they recite a Hebrew phrase about fleeing Egypt as a slave. Incorporate this into a nightly ritual for any dinner during the week of Passover.

Many, if not most Israelis, have a passion for ecology. Thus was born the “ecological seder.” A combination of a

celebration of nature, of earth and our obligation to it, the story of Passover can indeed be intertwined in a most interesting way with the geographical, geological and ecological significance of the land of Israel.

Israel has opened her doors to refugees from a number of countries seeking asylum from their native country, or having returned to land from which they believe they—as descendants of the tribes of Israel—are linked. Take a moment with your family to reflect on both the meaning and challenge of Israel's role as a haven for refugees, considering our long history as refugees ourselves.

However you choose to celebrate this important historical event in our nation's history, let it always serve as a reminder of the freedom we have achieved by having returned home to the land that the nation of Israel dreamed of on their journey home, and our connection to our ancestral land from near and far.

Just as we are to learn of the Passover story and the exodus from Egypt as if we were there, so, too shall we share in the connection to Israel from our corner of the world as if we are there.

For the original article, visit .

Let Sex Be God's Gift, Not a Worldly Curse

You see before you a three-year-old toddler in the tub. He's taking a bubble bath. His mom is tenderly watching over him.

In the course of his bath, he moves some bubbles away. There's something there. He discovers his testicles. He looks up at his mom, then looks down and says: "Mom are these my brains?"

Fast forward. I'm in my mid 30s. I'm at the airport, getting on a plane with my favorite magazines in hand for the flight. We go through the whole boarding thing. I sit down and put my bag underneath the seat in front of me. I start flipping through the magazines. I'm scanning some of the articles.

I turn the page. SMACK! I'm hit in the face with a picture. I don't know if it's a real photograph or an airbrushed cartoon. I can't tell if it's real or fake, but it's this vixen right there on the side of the page. Obviously it's an advertisement for men, in a magazine aimed at guys, especially businessmen. It's a woman, a racy portrait.

She is wearing sexy lingerie. She's on the ground and she's got two little horns coming out of her head. She has a pitchfork, and there is only one word on the page. At the top of the page, it says: "Curious?" This picture would have been considered pornography in the 1950s, but not now in the enlightened era of progress we are currently living in.

On the bottom of the page, there's a URL.

When I think about the whole issue of sex, sexual formation and men, I go back to my initial story.

"Mom, are these my brains?"

Advertisers and culture believe that to be true, wholeheartedly. They have the bottom-line profit reports to prove it. If you buy into their cultural view of women, in so many ways the translation is "sucker." People are making so much money off of something that was meant as God's gift to husbands and wives.

Sexuality. Sex. It *is* God's gift to us. Advertisers know that

sex and sexuality are not only a gift, but that it can also be a curse. The reason we are talking about this—and it's so silly that we don't talk about this more, especially in churches, men's groups and in common culture—is because there is so much shame connected to it; and yet there is so much powerful goodness connected to it.

Sex is such a powerful force because is it one of the greatest gifts from God. That is also why it's attacked by the Dark One. All of God's gifts are targeted by him for counterfeiting or corruption, and this is one of the most powerful gifts He's given. It affects us on every level. But when misused or abused, it can become a tool for terrible destruction.

When I think about the kaleidoscope of sex and society, a couple of things stand out. There is the sexual development of our sons and daughters. Our sons are becoming men and husbands and fathers. There's the sexual expression of our sons and daughters, our wives and ourselves as men in so many sexual contexts: internal sexual expression, the mind, who we are, our attachment to it, external expression, external acting out, sexual practice ... There is a plethora of sexual brokenness. There is no doubt about that. I have never counseled a man who hasn't been hurt or who doesn't have some regret somewhere underneath the waterline of his life in connection to this issue.

There is no disputing that sex is a powerful force: economically, technically, externally, spiritually and relationally. There's sexual addiction, sexual slavery, sexual violence and more. It's really very silly that as the church, we are not leading the way in this area.

The biblical word for male is "zachar," which means piercer. The word for female in the Genesis account means "the pierced one."

When you think about male, female, sexuality and the

sacredness of that created order, of course sin would bring distortion to it for you. Satan wants to distort it for you. The culture wants to distort it for you based on their godless misunderstanding of it.

It doesn't matter whether you are single, recently married, married for a long time, or single again. You are a sexual being. You are created by God and given the gift of sexuality. You have to be able to think about it, act on it and integrate it in a healthy way. If you are NOT thinking about it, acting on it and integrating this aspect of your life in a healthy way, the only alternative is to integrate, think about or act on it in an unhealthy way.

We have to get out in front of this because sexuality is central to masculinity. It is a critical part of our health and life, our very well-being. It is also the source of huge guilt, shame and consequences that blast forward through generations. Small sexual thoughts and actions lead to huge sexual consequences and brokenness of relationships.

Just ask Bill Clinton, Tiger Woods and General David Petraeus. Ask your buddy. It's huge in our lives, and because it combines the physical, mental and spiritual, we're going to talk about it. We're going to go after it pretty aggressively.

I hope in this first part of "The Sex Series," you can just sit back and relax. I want to tee it up so that we can get some of these issues on the table. I have to say that if you are not talking about sexuality, then it is the 800-pound gorilla in the masculine room. Here's why:

- It's the way God made you anatomically.
- It's the way God intended for you to use it spiritually.
- It's how to restore health in broken relationships that are unhealthy, hurtful, unproductive, self destructive, immature and secretive, all of which is part of the battle.

Talking about it is healthy for you, single man, as you prepare to get married, or if you have the desire to be married again. It's healthy to talk about it, married man—no matter how long you've been married.

Note: This is the first in a four-part series Every Man Ministries is calling "The Sex Series," where God's men receive the best from God's gift of sexual intimacy. Sex is physical, mental and spiritual and God wants us to use this gift in the way He intended it to be enjoyed. This series will help you understand sex through the lens of Scripture. It will teach you to understand what God expects from his sons when it comes to sex and sexual intimacy.

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 [. Follow Every Man Ministries now on Facebook, Twitter \(@everymm,\) and YouTube.](#)

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