

The Man Book

Daniel G. Hickey

Thanks to all who read my article on [The Art of Manliness](#). If you're ever interested in talking further about this feel free to reach out to me at daniel.hickey@sbs.org. You have a brother on this journey of manhood. Iron sharpens iron.

This is a copy of my Man Book that you are welcome look at. I have another document that I use as my primary Man Book which has some more personal reflections, prayers, goals, etc. I hope you find this a helpful resource.

A Manifesto

May 2011

I had an epiphany recently, though it was not so much a lightning bolt as it was a gradual realization. The genesis of this revelation was a steady yearning in the deeper waters of my soul that in recent days has slowly risen to the surface and into the light of recognition. It was an epiphany for which I am thankful, since I am confident I could not have reasoned it on my own. God in His love and perfect timing placed this desire within me, a desire that, I suppose, more often descends on the hearts of older men, perhaps regretful over a wasted life.

I paused for a moment last week and took stock of my life. At twenty-five years of age science would say I have lived one-third of my life. That figure seems odd because life appears to be only just beginning for me, what with the ink on my college diploma just three years old.

As I considered my place in life, the habits I was building, the people I was surrounding myself with, my interests, my hopes and dreams -- I reasoned that they are no longer in the distant future, things that would eventually arrive with the inevitable passage of time. I considered for the first time that the image I have of myself twenty-five years from now would not simply come to fruition by happenstance, but through intentional, purposeful living that starts today, when most my age are still basking in the warmth -- and shortsightedness -- of youth.

So, the question remains, who do I want to be when I am fifty-years-old? What kind of man do I want to be in another twenty-five years?

- I. A devoted man of God

2. A loving husband
3. A good father
4. A loyal friend
5. An inspiring teacher
6. A healthy man
7. A lifelong learner
8. A selfless man
9. A thankful man
10. A man who leaves a legacy

The Five Love Languages **Gary Chapman**

- Whatever the quality of your marriage now, it can always be better.
- People behave differently when their emotional love tanks are full.
- We can recognize the in-love experience for what it is -- a temporary emotional high -- and now purpose “real love” with our spouse. It is a love that unites reason and emotion. It involves an act of the will and requires discipline, and it recognizes the need for personal growth.
- That kind of love requires effort and discipline. It is the choice to expend energy in an effort to benefit the other person, knowing that if his or her life is enriched by your effort, you too will find a sense of satisfaction.
- Love is the attitude that says, “I am married to you, and I choose to look out for your interests.”

Words of Affirmation

- Verbal compliments are far greater motivators than nagging words.
- I am amazed by how many individuals mess up every new day with yesterday. They insist on bringing into today the failures of yesterday and in so doing, they pollute a potentially wonderful day.
- We can choose to live today free from the failures of yesterday. Forgiveness is not a feeling; it is a commitment.
- Even though my feelings of hurt may linger, I will not allow what happened to come between us.
- Love makes requests, not demands.
- When you make a request of your spouse, you are affirming his or her worth and abilities.
- A request creates the possibility for an expression of love, whereas a demand suffocates that possibility.

Quality Time

- Quality conversation focuses on what we are hearing.
- We must learn to listen if we want to communicate love.
- My objective is not to defend myself or to set you straight. It is to understand you.

Acts of Service

- You seek to please her by serving her, to express your love for her by doing things for her.
- What we do for each other before marriage is no indication of what we will do after marriage.
- Criticism and demands tend to drive wedges.
- Each of us must decide daily to love or not to love our spouses.
- My spouse's criticism about my behavior provides me with the clearest clue to her primary love language.
- Perform a major act of service like organizing the garage and post a sign that reads, "To ___ with love" and sign your name.
- Ask your spouse to tell you the daily acts of service that would really speak love to her.

Love Makes the Difference

- "On a scale of zero to ten, how is your love tank tonight?"
- Love doesn't erase the past, but it makes the future different.
- When she comes down from the obsession of the in-love experience, she will hardly even miss it because her emotional love tank will continue to be filled.
- Meeting my wife's need for love is a choice I make each day.
- You couldn't pay me enough to vacuum a house, but I do it for love.
- Love is something you do for someone else, not something you do for yourself.
- I may have enemies in other areas of my life, but with my spouse I feel secure.
- True love always liberates.
- In the security of love, a couple can discuss differences without condemnation, conflicts can be resolved. Two people who are different can learn to live together in harmony. We discover how to bring out the best in each other. These are the rewards of love.

Life's Little Instruction Book

H. Jackson Brown, Jr.

1. Watch a sunset at least once a year
2. Learn to make great chili
3. Be forgiving

4. Buy whatever kids are selling on their front lawns
5. Build fires
6. Donate blood
7. Take lots of pictures
8. Write thank you notes
9. Keep a tight rein on your temper
10. Support a charity
11. Know how to change a tire
12. Join a softball league
13. Fly Old Glory on the Fourth of July
14. Take time to smell the roses
15. Be kinder than necessary
16. Commit yourself to constant self-improvement
17. Have impeccable manners
18. Take family vacations
19. Look at the stars
20. Stay in shape
21. Don't burn bridges
22. See problems as opportunities for growth
23. Tithe
24. Never underestimate the power of love
25. Live your life so that your epitaph could read, "No Regrets"
26. Be bold
27. Listen to street musicians
28. Take the scenic route
29. Take care of your reputation
30. Share the credit
31. Go down swinging
32. Become someone's hero
33. Compliment three people every day
34. Look people in the eye
35. Sing in the shower
36. Be the first to say, "Hello"
37. Live beneath your means
38. Drink champagne for no reason at all
39. Never give up on anybody. Miracles happen every day.
40. Surprise loved ones with little unexpected gifts
41. Admit your mistakes
42. Hug children after you discipline them

43. Forget the Joneses
44. Stop and read historical roadside markers
45. Don't top people with your stories
46. Never deprive anyone of hope; it might be all they have
47. Give people a second chance, but not a third
48. Never take action when you're angry
49. Do battle with prejudice and discrimination wherever you find it
50. Let people know what you stand for--and what you won't stand for
51. Be insatiably curious
52. Become the most positive and enthusiastic person you know
53. Don't worry that you can't give your kids the best of everything. Give them your very best.
54. Don't forget, a person's greatest emotional need is to feel appreciated
55. Swing for the fence
56. Don't allow the phone to interrupt important moments
57. Don't waste time grieving over past mistakes. Learn from them and move on
58. Be a good loser
59. Praise in public; criticize in private
60. Be willing to lose a battle in order to win the war
61. Seek out the good in people
62. Every day show your family how much you love them with your words, with your touch, and with your thoughtfulness
63. Never underestimate your power to change yourself
64. Judge your success by the degree that you're enjoying peace, health, and love.
65. Never underestimate the power of forgiveness
66. Get all repair estimates in writing
67. Don't procrastinate
68. Read to your children
69. Sing to your children
70. Get your priorities straight
71. Do more than is expected
72. Every person you meet knows something you don't; learn from them
73. Conduct family fire drills
74. Don't be afraid to say, "I don't know"
75. Never compromise your integrity
76. Set short-term and long-term goals
77. Pay the toll for the car behind you

1. When starting out, don't worry about not having enough money. Limited funds are a blessing, not a curse. Nothing encourages creative thinking in quite the same way.
2. Never walk out on an argument with your wife
3. Every day look for some small way to improve your marriage
4. Save an evening a week for just you and your wife
5. When you and your wife have a disagreement, regardless of who's wrong, apologize. Say, "I'm sorry I upset you. Would you forgive me?" Those are healing, magical words.

The Road Not Taken

Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;
Then took the other, as just as fair;
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,
And both that morning equally lay
In leave no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.
I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I --
I took the one less traveled by,
And that has made all the difference.

Winston Churchill

I like a man who grins when he fights.

To Do List

1. Visit Ireland
2. Run a marathon

3. Attend a North Carolina/Duke basketball game
4. See Michelangelo's Pieta (6/13/11)
5. Attend a World Series game in Yankee Stadium (10/28/09)
6. Publish an article in *Sports Illustrated*
7. See a great white shark in the wild
8. Go on an African safari
9. See the Sistine Chapel (6/13/11)
10. Marry my best friend (8/3/12)
11. See the Caribbean (Feb. 2014)
12. Publish a photograph (6/28/12)
13. See a football game at Notre Dame
14. See Billy Joel in concert (12/17/15)
15. Visit Australia
16. See an induction at Cooperstown
17. Write a book
18. Go on a missions trip (July 2013)
19. Become a father (10/17/15)
20. Take a cross country road trip
21. Go deep sea fishing
22. Own my own house
23. Take our kids to Disney World
24. Vacation in a house on the beach
25. Visit San Torini
26. Read 1,000 books
27. Save someone's life
28. Whisk Jami off for a surprise vacation
29. Buy Christmas presents for a less fortunate family
30. Live in another country for a month

C. S. Lewis
The Horse and His Boy

Do not dare not to dare.

Maximus
Gladiator

What we do in life echoes in eternity.

Robin Lingle

Respect everyone. Fear no one.

St. Patrick's Breastplate

Christ in the heart of every man who thinks of me,
Christ in the mouth of every man who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

Albert Schweitzer

The tragedy of life is what dies inside a man while he lives.

Abraham Lincoln

Whatever you are, be a good one.

Juba

Gladiator

You have a great name. He must kill your name before he kills you.

Hickey Clan Motto

Honor Virtutis Praemium
Honor is the reward of virtue.

Gordon Clan Coat of Arms

Do well and let them say.

Michelangelo

I am not a painter.

Mark Twain

Twenty years from now, you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

Jim Elliot

He is no fool who gives what he cannot keep, to gain what he cannot lose.

Resolutions 2013

1. Pray with Jami ✓
2. Tithe regularly ✓

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| 3. Have devotions consistently | ✓ |
| 4. Continue working out consistently | ✓ |
| 5. Read at least 26 books | ✓ |
| 6. Call Mike more | ✓ |
| 7. Stay in better contact with friends | ✓ |

William Wallace
Braveheart

Every man dies; not every man really lives.

Winston Churchill
Speech to the Harrow School, 1941

Never give in, never give in, never, never, never -- in nothing, great or small, large or petty -- never give in except to convictions of honour and good sense. Never yield to force; never yield to the apparently overwhelming might of the enemy.

ee cummings
my father moved through dooms of love

because my father lived his soul
love is the whole and more than all.

Psalm 1

Blessed is the man
who walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;
but his delight is in the law of the Lord,
and on his law he meditates day and night.
He is like a tree
planted by streams of water
that yields its fruit in its season,
and its leaf does not wither.
In all that he does, he prospers.
The wicked are not so,
but are like chaff that the wind drives away.
Therefore the wicked will not stand in the judgment,
nor sinners in the congregation of the righteous;
for the Lord knows the way of the righteous,
but the way of the wicked will perish.

Wild at Heart

John Eldredge

A Battle to Fight

- “As part of Christ’s army, you march in the ranks of gallant spirits. Every one of your fellow soldiers is the child of a king.” -- William Gurnall
- The battle is against temptation, fear, indifference.
- The battle is won in the Word.
- Part of the battle is lifting other brothers up.
- Satan fears you. You are a huge threat to him.
- “Resist the devil and he will flee from you.” (James 4:7)

A Beauty to Rescue

- Let her know she is worth fighting for.
- I must know that I can give, and give, and give and never give her enough; she needs God as well.
- Sometimes it will be a battle. Satan always desires to attack what is good and beautiful. Just remember that she is worth the fight.

An Adventure to Live

- “Don’t ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive.” -- Gil Bailie
- Follow after God and life will never be mundane.
- Life is unknown but we must trust in God and ask Him for guidance.
- We must have a heart to be led and a willingness to follow.
- Obey God and the next chapter of life will open up.

Ulysses

Alfred Lord Tennyson

It little profits that an idle king,
By this still hearth, among these barren crags,
Match'd with an aged wife, I mete and dole
Unequal laws unto a savage race,
That hoard, and sleep, and feed, and know not me.
I cannot rest from travel: I will drink
Life to the lees: All times I have enjoyed
Greatly, have suffered greatly, both with those
That loved me, and alone, on the shore, and when

Thro' scudding drifts that rainy Hyades
Vext the dim sea: I am become a name;
For always roaming with a hungry heart
Much have I seen and know; cities of men
And manners, climates, councils, governments,
Myself not least, but honored of them all;
And drunk delight of battle with my peers,
Far on the ringing plains of windy Troy.
I am part of all that I have met;
Yet all experience is an arch wherethro'
Gleams that untravelled world where margin fades
For ever and forever when I move.
How dull it is to pause, to make an end,
To rust unburnished, not to shine in use!
As tho' to breathe were life! Life piled on life
Were all too little, and of one to me
Little remains: but every hour is saved
From that eternal silence, something more,
A bringer of new things; and vile it were
For some three suns to store and hoard myself,
And this gray spirit yearning in desire
To follow knowledge like a sinking star,
Beyond the utmost bound of human thought...

There lies the port; the vessel puffs her sail:
There gloom the dark broad seas. My mariners,
Souls that have toiled, and wrought, and thought with me --
That ever with a frolic welcome took
The thunder and the sunshine, and opposed
Free hearts, free foreheads -- you and I are old;
Old age hath yet his honor and his toil;
Death closes all: but something ere the end,
Some work of noble note, may yet be done,
Not unbecoming me that strove with gods.
The light begins to twinkle from the rocks:
The long day wanes: the slow moon climbs: the deep
Moans round with many voices. Come, my friends,
'Tis not too late to seek a newer world.
Push off, and sitting well in order smite

The sounding furrows; for my purpose holds
To sail beyond the sunset, and the baths
Of all the western stars, until I die.
It may be that the gulfs will wash us down:
It may be we shall touch the Happy Isles,
And see the great Achilles, whom we know.
Tho' much is taken, much abides; and tho'
We are not now that strength which in old days
Moved earth and heaven, that which we are, we are;
One equal temper of heroic hearts,
Made weak by time and fate, but strong in will
To strive, to seek, to find, and not to yield.

Edmund Burke

The only thing necessary for the triumph of evil is for good men to do nothing.

Family Traditions

Journals

- Five year journals
- Start a journal for each child when we find out we are pregnant, write in it as they grow, and give it to them for a special birthday or event
- A love letter book to Jami. Gave it to her on Valentine's day 2012. Fill it with my love over the course of our life together.

Jami

- Write a letter to her on our wedding day and seal it until our 25th anniversary.
- Always make our anniversary and Valentine's Day unique and special.

Events

- Initiation at age thirteen. Give them a Bible and a journal to write their history in.
- Pumpkin and apple picking every fall.
- Make the whole birthday week special. They pick the dinners all week, the movies, etc.
- I pick up everyone's favorite snack the night before a snow storm.
- Stop for Ralph's Italian Ice the first time we see it open.

Holidays

- 1st day of summer: beach and BBQ
- Thanksgiving: go around the table and say what we are most thankful for

- Christmas: tree lighting in town, cut down a tree, take a trip into the city to see our tree, Christmas Eve drive through town, presents on Christmas morning (stockings first), help those less fortunate
- Mother's Day: breakfast in bed, flowers, dinner out, no chores or errands for mom

The Way They Should Go (Prov. 22:6)

- Psalm 19:14 jar
- Special Day

Ozymandius **Shelley**

I met a traveller from an antique land
 Who said: "Two vast and trunkless legs of stone
 Stand in the desert. Near them on the sand,
 Half sunk, a shattered visage lies, whose frown
 And wrinkled lip and sneer of cold command
 Tell that its sculptor well those passions read
 Which yet survive, stamped on those lifeless things,
 The hand that mocked them and the heart that fed.
 And on the pedestal these words appear:
 'My name is Ozymandius, King of Kings:
 Look on my works, ye mighty, and despair!'
 Nothing beside remains. Round the decay
 Of that colossal wreck, boundless and bare,
 The lone and level sands stretch far away."

Lessons from Pete Maravich

1. Be creative.
2. Strive to be the best.
3. Love what you do.
4. Only God can fill the void in your life.
5. Be a good son.
6. Be a good husband and father.
7. Reconcile.
8. Leave a legacy.

"I want to be remembered as a Christian, a person that serves Jesus to the utmost, not as a basketball player."

Things to Teach My Kids

1. Jesus loves them and died for them.
2. How to throw a baseball, football, frisbee, etc.
3. How to play basketball.
4. Love the Yankees.
5. Respect the flag.
6. Use names on people's name tags.
7. How to skip a rock.
8. Love the beach.
9. How to bodysurf.
10. How to take pictures.
11. Love reading.
12. Have a firm handshake.
13. Appreciate the little things.
14. Respect everyone.
15. To be lifelong learners.
16. To dance like you don't care what people think.
17. Respect police, firefighters, and military personnel.
18. Save mementos.
19. How to build a fort.
20. How to make a snowman.
21. What their great-grandfathers were like.
22. To be charitable.
23. That they are loved unconditionally.
24. The joy of opening a pack of baseball cards.
25. The fun of jumping in a pile of leaves.
26. To be compassionate.
27. To take chances and not be afraid to fail.
28. To stand up to injustice.
29. To get excited about little joys.

Men I Admire

1. Dad
2. Mike
3. David
4. Grampa
5. Pop Pop
6. Mr. Pileggi

7. Robin Lingle
8. Eric Liddell
9. Terry Fox
10. Thom Brownworth
11. Stephen Zarlengo
12. Theodore Roosevelt
13. Louis Zamperini
14. Bryan Stevenson
15. Dean Smith
16. Seth
17. Jeff Adams
18. Lou

Samson

1. God has a destiny for your life: Samson was called to be a savior. (Judges 13:5)
2. Seek the Lord for direction: Manoah prays, seeking direction for his future son, Samson. (13:8)
3. Obey the Lord: Manoah gives an offering to the Lord (13:9)
4. God's spirit in us is powerful: Samson kills a lion with his bare hands after the Spirit of the Lord comes upon him. (14:6)
5. Anger can be righteous: Samson is cheated and gets revenge when the Spirit of the Lord comes upon him. (14:9)
6. Be courageous: Samson, knowing the Lord will be with him, allows himself to be captured by the Philistines, then kills one thousand men when the Spirit of the Lord comes upon him. (15:14-15)
7. Do not allow a sin to take root: Samson's weakness for women led to his downfall. (16:1, 16:4)
8. Nothing must supplant God in our hearts: When Delilah becomes more important to Samson than God, his strength leaves him. (16:19)
9. Repent: Samson asks God to remember him. (16:28)
10. Give your life for something worthwhile: Samson, not allowing himself and his God to be mocked, takes down the Philistine temple, sacrificing his own life for one last victory for the Lord (16:30)

Samson was a great champion and a judge for Israel. However, he was also capable of great sin that severed his powerful connection to the Lord and derailed his life. However, he repented before the Lord and in the final act of his life won a victory for the Lord and his country. As a result, he is listed among other faithful men in Hebrews 11:32.

Lessons from Mickey Mantle

1. Persevere through setbacks.
2. Don't give up on your dreams.
3. Be humble -- keep your head down when you hit a home run.
4. Be a good teammate.
5. Don't be an absentee father.
6. Don't be unfaithful to your wife.
7. Don't develop bad habits.
8. You always have a chance to change.
9. Teach others not to repeat your mistakes.
10. Go down swinging.
11. Be a good steward of your gift.

"Sometimes I think if I had the same body and the same natural talent and someone else's brain, who knows how good a player I might have been."

Gideon "Destroyer"

1. The Lord can use us despite our weakness, it is Him who supplies us the strength: Gideon's clan is the weakest in Manasseh and he is the least in his father's house. (Judges 6:15-16)
2. Obey the Lord: Gideon follows God's call for him. (6:34)
3. Sometimes the Lord loves to do the impossible, so that we might only boast in Him: The Lord reduces Gideon's army from 32,000 to 300. (7:2)
4. Go confidently in the Lord: Gideon is bold and courageous against the Midianites despite being severely outnumbered. (7:15)
5. Glory is God's not man's: Gideon refuses the Israelites' request that he rule over them, saying God will rule. (8:23)
6. Beware of pride: Gideon makes an ephod (priestly garment) in an expression of pride and a desire to be worshipped. It becomes a snare for him. (8:27)
7. Leave a legacy: When Gideon dies the people of Israel turn away from God and toward idol worship and show no steadfast love for Gideon's family. (8:33-35)

Gideon was a great warrior, a savior of Israel, as well as a brave and faithful man of God. It is unfortunate that in his later years he may have led Israel away from God and toward idol worship with his ephod. His legacy is one that sees Israel immediately turn from the Lord after his death. In addition, Abimelech, one of his seventy sons, is an unprincipled and ambitious ruler who forcefully wrests away control of Manasseh. Gideon's life is a good reminder that we are all flawed, but that God can still use us, in the midst of our

shortcomings, when we are imbued with His strength. He is listed among the faithful in Hebrews 11:32.

Lessons from Bob Hurley

1. Challenge others to reach their full potential.
2. Don't be good at something. Be excellent.
3. Never stop improving yourself.
4. Be unflinching in your morals.
5. Don't be seduced by the fans. Don't be discouraged by the critics.
6. Be loyal.
7. Do something you believe in.
8. Don't give up, even when things get difficult.
9. Be merciful when it's warranted; be firm when it's necessary.
10. Never give up on anybody.
11. Meet challenges head on.
12. Never lose hope.
13. Remember the importance of family.
14. Share your gift.

On winning his 1,000th game: "I would give them up for one more chance with some of the kids I didn't reach over the years."

Lessons from The Last Lecture

Randy Pausch

1. It's all in how you respond to a challenge: "We can't change the cards we are dealt, just how we play the hand."
2. Dream big.
3. Teach your kids to love learning and to have an open mind.
4. Don't be deterred: "The brick walls are there to give us a chance to show how badly we want something."
5. Enjoy the gift of each day.
6. Be self-reflective: What are my flaws? What are my abilities? How do others perceive me?
7. Teachers should challenge their students: It's too easy to accept less than the best in our self-esteem centered culture.
8. What you do matters more than what you say.
9. Failure is necessary: It enables you to take risks, learn from experience, and see how you can avoid failure next time.

Lessons from Robin Lingle

1. Be humble.
2. "Respect everyone. Fear no one."
3. Never be complacent: "Good, better, best, never let it rest, until your good is better and your better is your best."
4. Atone for your mistakes: The Penn Relays "Watch Race"
5. Be a good steward of your talents.
6. It's not about the treasures of this life.
7. Be positive in the midst of trials.
8. Be a mentor.
9. Never capitulate: "Make up one-third of the distance on the first lap and two-thirds on the second lap."
10. Lose gracefully.
11. Team over self.
12. Serve the Lord in everything you do.

Joshua

1. You can only realize your destiny if you follow the Word: Joshua is told he will inherit all the land he treads upon if he does not turn from the law. (Joshua 1:2-8)
2. The Lord is with us wherever we go: God promises this to Joshua. (1:2-8)
3. Trust that the Lord will provide: God stops the Jordan River so that they can cross, a sign that He will deliver their enemies into their hands. (Ch. 3)
4. Remember God's goodness: Joshua piles twelve stones to mark where God stopped the Jordan. (4:7)
5. Our enemies melt when the Lord goes before us: The Amorites and the Canaanites lose their spirit when they hear what happened at the Jordan. (5:1)
6. Be obedient: "What does my Lord say to his servant." (5:14)
7. Have faith: The Israelites may have felt foolish marching around Jericho for seven days, but they obeyed the Lord and trusted His promise and He gave them the city. (Ch. 6)
8. Sin will keep us from victory: Israel is defeated at Ai because Achan disobeyed the Lord. (7:11-12)
9. Don't put God in a box: Joshua commands the sun to stand still. (10:12-13)
10. No problem is ever too big for the Lord: The Canaanites, Amorites, Hittites, Perizzites, Jebusites, and Hivites line up against Joshua in battle, but the Lord delivers them into his hand. (Ch. 11)
11. There is still good work to be done in our old age: Joshua is advanced in years but there is still plenty of land to possess. (13:1)

12. The Lord fights for us: Joshua reminds us of this in his charge to Israel's leaders. (23:3)
13. Pass on wisdom: Joshua's charge (Ch. 23)
14. Everything we have comes from the Lord: Joshua reminds the people of how the Lord sustained them for generations. (24:1-13)
15. "But as for me and my house, we will serve the Lord." (24:15)

Joshua was a remarkable leader for Israel. During all of his days Israel did not depart from the Lord. He was a brave warrior, he had incredible faith in the Lord, he thought of the Lord first in everything he did, he continued to serve the Lord in his old age. He was obedient. He was rocksteady as a man. He had the audacity to ask God to make the sun stand still. He left a legacy. Joshua is a hero of the faith and the quintessential model of a man of God.

Saul

1. Have humility: Saul asks why Samuel is blessing him when he, Saul, is of the tribe of Benjamin, the lowest of the tribes. (1 Samuel 9:21)
2. God has a destiny for you: Samuel tells Saul that he will reign over Israel and be a savior against her enemies. (10:1)
3. Have righteous anger: Saul's anger is rekindled when his people are threatened by the Ammonites. (11:16)
4. Praise the Lord in victory: After defeating the Ammonites, Saul and the people bring offerings before the Lord. (11:15)
5. Obey the Lord's commands: Samuel tells Saul his kingdom will not continue because he did not follow God's commands. (13:13-15)
6. Seek the will of the Lord: In his hurry to enter the fray against the Philistines, Saul tells the priest to stop inquiring about the Lord's will and enters the battle. (14:19)
7. Be a leader: Saul fails to provide for the physical needs of his troops, leaving them weak and causing them to fall into sin. (14:24)
8. If we sin against God we may not hear from Him: Saul prays to the Lord but receives no response. (14:37)
9. Disobedience has consequences: Saul is rejected by God when he does not follow orders and devote the entire Amalekite nation and its livestock to destruction. He spares the life of Agag, the king, a decision that has far-reaching consequences. More than five centuries later, Haman, an Agagite, threatens to exterminate the Jewish people in Esther 3:1. (15:9)
10. Beware of greed: Saul keeps the choice spoils for himself instead of obeying the Lord and destroying everything. (15:9)

11. Beware of pride: Saul erects a monument for himself, taking credit for the victory. (15:12)
12. Repent when you sin: Instead of repenting and falling before the Lord, Saul continues to justify his actions, saying he obeyed the voice of the Lord. (15:20)

Pastor Zarlengo
Never... Never... Never - Sept. 1, 2013

1. Never give in to:
 - a. Temptation
 - b. A task God gives you
 - c. A dream God puts on your heart
2. "Sanctified Stubbornness"
 - a. Being tenaciously attached to God's will
 - b. Jesus' example in John 19:28-30
 - i. He completes the task He is given. He never throws in the towel no matter how much suffering He has endured.
 - ii. He says, "I thirst," completing the prophecies to the very end.
 - iii. "It is finished." He never capitulates and crosses the finish line.
3. "Obstinate Obedience"
 - a. "Wait" in Hebrews means to move toward and attach to. It is not a passive word. (Isaiah 40:31)
4. David's Mighty Men (2 Sam. Ch. 25)
 - a. Adino: Killed 800 men at one time
 - b. Eleazar: Attacked the Philistines, remaining while others retreated. His hand was weary and the battle was already lost, but he stayed and fought, inspiring others and turning the tide in a victory.
 - c. Shammah: Stationed in the middle of a lentil field and defended it faithfully.

Lessons from Kino
from Steinbeck's The Pearl

1. Be satisfied with life's most important things.
2. Dare to dream, even if it seems outlandish.
3. Desire the best for your children.
4. Don't insulate yourself from community.
5. Don't allow success to change you.
6. Don't make important decisions without your wife.
7. Don't put your trust in anything but the Lord.
8. Gain strength from your wife.

9. Be courageous in the face of injustice.
10. In a time of trouble don't shut out your wife.
11. Don't fall into pride.
12. Never cause your wife to be afraid of you.
13. Don't become consumed with anything, even a good thing.
14. Defend your family at all costs.

David

1. "A man looks on the outward appearance, but the Lord looks on the heart." (1 Sam. 16:7)
2. Have courage in the Lord: David tells Saul he will fight Goliath. (17:32)
3. Have faith in the Lord's deliverance: David goes confidently into battle with the Philistine. (17:37)
4. Be bold: "You come at me with a sword and with a spear and with a javelin, but I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied. This day the Lord will deliver you into my hand, and I will strike you down and cut off your head. And I will give the dead bodies of the host of the Philistines this day to the birds of the air and to the wild beasts of the earth, that all the earth may know that there is a God in Israel, and that all this assembly may know that the Lord saves, not with sword and spear. For the battle is the Lord's, and he will give you into our hand." (17:45-47)
5. Run toward the battle: David runs out to meet Goliath. (17:48)
6. Be a loyal friend: "The soul of Jonathan was knit to the soul of David." (18:1)
7. Success comes when the Lord is with us. (18:14)
8. Our enemies fear us when they know the Lord is with us: Saul fears David. (18:29)
9. Seek the Lord's will: Before attacking the Philistines David goes before the Lord. (23:2)
10. God protects us from our enemies: The Lord delivers David while Saul relentlessly pursues him. (Ch. 23)
11. Be merciful: David spares Saul's life. (24:6)
12. Gain strength from the Lord: When his own men threaten to stone him, he looks to the Lord for strength. (30:6)
13. Remember those who helped you: David uses some of the spoils of the Amalekite victory to repay those who sheltered him and his men while fleeing Saul.
14. Seek the Lord's direction: David inquires of the Lord if he should move his family to any of the cities of Judah. (2 Samuel 2:1)
15. Be kind: David restores all of Saul's land to his grandson, Mephibosheth. He didn't have to, but through it he was able to bless someone richly. (Ch. 9)

16. Fulfill your duties: Every spring kings go out to battle, but David stays behind -- something uncharacteristic of him -- during that year's campaign against the Ammonites. (11:1)
17. Do not cover up one sin with another: David attempts to cover up his adultery twice before having Bathsheba's husband, a man of courage and unwavering loyalty, murdered on the battlefield. (11:6-25)
18. The Lord is gracious: Despite the sinful union of David and Bathsheba, the child they bear, Solomon, is called Jedidiah, or "beloved of the Lord" by the prophet Nathan who was beloved in the sense of being chosen as David's successor. (12:25)
19. Seek justice: David is angry at Amnon for raping his sister, Tamar, but does not punish him, forsaking his duties as a father and a king. (13:21)
20. Reconcile: Absalom flees from the kingdom after murdering Amnon. After three years David longs for him, but makes no effort to bring him back and forgive him. (13:39)
21. Listen to both sides of the story: David believes Ziba's story accusing Mephibosheth, a true friend, of disloyalty. David makes a rash decision before finding out if the story was true. (16:1-4)
22. God uses broken men: David is an adulterer and a murderer, but God still speaks to him and responds to his pleas to heal the land of a three-year famine. (21:1-14)
23. Remember to praise the Lord for His goodness: David's song of deliverance. (Ch. 22)
24. Do not put your trust in the things of this world: David finds security in the size of his army, not in the Lord and he incurs God's wrath. (24:10)
25. Sacrifice is part of worship: David will not give an offering to the Lord that costs him nothing. (24:24)
26. God is faithful and keeps His promises: Despite all of the sins of David and his people, God withdraws the plague, signifying the Abrahamic and Davidic covenants remain intact. (24:25)
27. Pass on God's truth to your children: Just before he dies, David tells Solomon to keep the Lord's commandments if he wants to prosper. (1 Kings 2:1-4)

Lessons from Juror Number Eight from Twelve Angry Men

1. Be compassionate.
2. Seek the truth.
3. Be firm in your beliefs.
4. Stand up for others.
5. Be polite, but firm when it's needed.
6. Admit when you are unsure of something.

7. Seek justice.
8. Take pride in civic responsibility.
9. Treat people with respect.

Life's Little Instruction Book, Vol. II

H. Jackson Brown, Jr.

1. Open the car door for your wife and always help her with her coat.
2. Discipline with a gentle hand.
3. When you see a box turtle crossing the road, stop and put it safely on the other side.
4. In disagreements, fight fairly. No name calling.
5. Remember that everyone you meet is afraid of something, loves something, and has lost something.
6. Never claim a victory prematurely.
7. Don't let your family get so busy that you don't sit down to at least one meal a day together.
8. Keep the porch light on until all the family is in for the night.
9. Don't overlook life's small joys while searching for the big ones.
10. Give people more than they expect and do it cheerfully.
11. Remember that no time spent with your children is ever wasted.
12. There are people who will always come up with reasons why you can't do what you want to do. Ignore them.
13. Never miss a chance to dance with your wife.
14. Make the rules for your children clear, fair, and consistent.
15. Make allowances for your friends' imperfections as readily as you do for your own.
16. Set aside your dreams for your children and help them attain their own dreams.
17. Learn to save on even the most modest salary.
18. Hold yourself to the highest standards.
19. Be the first to forgive.
20. Send a poor child to summer camp.
21. Everyone loves praise. Look hard for ways to give it to them.
22. Allow your children to face the consequences of their actions.
23. What you must do, do cheerfully.
24. Lose without excuses.
25. Introduce yourself to your neighbors as soon as you move into a new neighborhood.
26. Remember that a good example is the best sermon.
27. Hold your child's hand every chance you get. The time will come all too soon when they won't let you.

28. Volunteer to help a charity a few hours a month.
29. Learn to make great spaghetti sauce.
30. Be humble and polite, but don't let anyone push you around.
31. Surprise an old friend with a phone call.
32. Champion your wife. Be her best friend and biggest fan.
33. Have a list of your wife's important sizes in your phone.
34. Never say uncomplimentary things about your wife or children in the presence of others.
35. Send your mother-in-law flowers on your wife's birthday.
36. Write your pastor a note and tell him how much he means to you.
37. Write your favorite author a note of appreciation.
38. Apologize immediately when you lose your temper, especially to children.
39. When giving a speech, concentrate on what you can give the audience, not what you can get from them.
40. Don't let weeds grow around your dreams.
41. In disagreements with loved ones don't bring up the past.
42. Tell police officers, firefighters, or paramedics you appreciate what they do for the community.
43. When there is a hill to climb, don't think that waiting will make it smaller.
44. Remember that great achievements involve great risk.
45. Never risk what you can't afford to lose.
46. Perform your job better than anyone else can.
47. When someone has provided you with exceptional service, write a note to their boss.
48. Never ignore evil.
49. When friends offer to help, let them.
50. When there's a piano to be moved, don't reach for the stool.
51. Someone will always be looking at you as an example of how to behave. Don't let them down.

A Psalm of Life

Henry Wadsworth Longfellow

Tell me not, in mournful numbers,
Life is but an empty dream!
For the soul is dead that slumbers,
And things are not what they seem.
Life is real! Life is earnest!
And the grave is not its goal;
Dust thou art, to dust returnest,

Was not spoken of the soul...

Lives of great men all remind us
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sands of time;
Footprints, that perhaps another,
Sailing o'er life's solemn main,
A forlorn and shipwrecked brother,
Seeing, shall take heart again.
Let us, then, be up and doing,
With a heart for any fate;
Still achieving, still pursuing,
Learn to labor and to wait.

Theodore Roosevelt
The Man in the Arena

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.

Walt Whitman
O Me! O Life!

Oh me! Oh life! of the questions of these recurring,
Of the endless trains of the faithless, of critics fill'd with the foolish,...
The question, O me! so sad, recurring -- what good amid these, O me, O life?
Answer.
That you are here -- that life exists and identity,
That the powerful play goes on, and you may contribute a verse.

Saint Patrick

Every day I am ready to be murdered, betrayed, enslaved -- whatever may come my way.
But I am not afraid of any of those things, because of the promises of heaven; for I have
put myself in the hands of God Almighty.

Saint Francis

Lord, make me an instrument of Your peace;
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is error, the truth;
Where there is doubt, the faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy.
O Divine Master,
Grant that I may not so much seek
To be consoled, as to console;
To be understood, as to understand;
To be loved as to love.
For it is in giving that we receive;
It is in pardoning that we are pardoned;
And it is in dying that we are born to eternal life.

Socrates

The unexamined life is not worth living.

**Hemingway
In Our Time**

In the early morning on the lake sitting in the stern of the boat with his father rowing, he
felt quite sure that he would never die.

**If--
Kipling**

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,

And yet don't look too good, nor talk too wise:
If you can dream -- and not make dreams your master;
If you can think -- and not make thoughts your aim,
If you can meet with Triumph and Disaster
And treat those imposters just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stop and build 'em up with worn-out tools:
If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the will which says to them: 'Hold on!'
If you can talk with crowds and keep your virtue,
Or walk with kings -- nor lose the common touch,
If neither foes for loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And -- which is more -- you'll be a Man, my son!

Jack London's Credo

I would rather be ashes than dust!

Theodore Roosevelt The Strenuous Life

The best men I know are hated and feared by all that is wicked and depraved.

A Manifesto: Revised

Sept. 22, 2013

As my quest to become a better man continues to deepen and evolve, I thought it necessary to reevaluate my original aspirations, set forth in May 2011. This is a picture of the man I desire to be.

- I. A devoted man of God (Psalm 1)

2. A steadfast husband (Eph. 5:25)
3. A loving father (1 John 3:1)
4. A faithful provider (Luke 11:11-13)
5. A caring grandson, son, and brother (Ex. 20:12; Gen. 4:9)
6. A loyal friend (Prov. 17:17)
7. An inspiring teacher (James 3:1)
8. A healthy man (1 Cor. 6:19-20)
9. A lifelong learner (Prov. 1:7)
10. A selfless man (Matt. 20:28)
11. A thankful man (Col. 3:15)
12. A man who leaves a legacy (Matt. 28:19-20)

Aristotle

Courage is a mean with regard to fear and confidence.

MLK

Letter from a Birmingham Jail

One has a moral responsibility to disobey unjust laws.

C. S. Lewis

Courage is not simply one of the virtues, but the form of every virtue at the testing point.

Ben Franklin

Each morning Franklin pondered the question: "What good shall I do this day?" In the evening he reflected: "What good have I done this day?"

Winston Churchill

June 4, 1940

We shall go on to the end, we shall fight in France, we shall fight on the seas and oceans, we shall fight with growing confidence and growing strength in the air, we shall defend our Island, whatever the cost may be, we shall fight on the beaches, we shall fight in the fields and in the streets, we shall fight in the hills; we shall never surrender.

Invictus

William Ernest Henley

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Seneca

You are a great man; but how am I to know it, if fortune gives you no opportunity of showing your virtue?... For a man cannot know himself without trial: no one ever learnt what he could do without putting himself to the test.

Life's Little Instruction Book, Vol. III

H. Jackson Brown, Jr.

1. Watch your finances like a hawk.
2. Don't forget we are ultimately judged by what we give, not by what we get.
3. Don't compare your children with their siblings or classmates.
4. Let your children do it their own way and learn from their mistakes.
5. Remember that the word "discipline" means "to teach."
6. Occasionally let your children help you, even if it slows you down.
7. Look for the opportunity that's hidden in every adversity.
8. Become a serious student of American history.
9. On your birthday, send your mom a thank you card.
10. Be happy with what you have while working for what you want.
11. Whenever you hear an ambulance siren, say a prayer for the person inside.
12. Send notes of encouragement to military personnel.
13. When a friend is in need help without them having to ask.
14. Give your children the opportunity to participate in family decision-making; their insight will surprise you.
15. Rebuild a broken friendship.
16. Record the birthday heights of your children on a door jamb. Never paint it.
17. No matter how angry you get with your wife, never sleep apart.
18. Make your wedding anniversary an all-day celebration.
19. Call three friends on Thanksgiving and tell them how thankful you are for their friendship.
20. Learn your great-grandparents' names and what they did.
21. When you race your kids, let them win at the end.
22. Save the newspaper from the day your kids are born.
23. Remember that wealth is not having all the money you want, but having all the money you need.
24. Remember that creating a successful marriage is like farming; you have to start over again every morning.
25. Teach by example.
26. Commit yourself to a mighty purpose.
27. Live simply.

Dad

If you don't stand for something, you'll fall for anything.

Viktor Frankl

While in a concentration camp: "Love is the ultimate and the highest goal to which man can aspire."

Epictetus

If you see anybody wail and complain, call him a slave, though he be clad in purple.

Frederick Douglass

It does not matter that the wind is fair and the tide at its flood, if the mariner refuses to weigh his anchor and spread his canvas to the breeze.

A Manifesto

October 2013

1 A Devoted Man of God

- 1 Fast one day
- 2 Memorize five scriptures
- 3 Focus on how I speak

2 A Steadfast Husband

- 1 Get Jami an unexpected gift
- 2 Do the chores on Friday while she's at work
- 3 Write one love letter in her book each week

4 A Faithful Provider

- 1 Work out our budget
- 2 Figure out our monthly savings
- 3 Diversify our TIAA Cref portfolio

5 A Caring Grandson, Son, and Brother

- 1 Call Mike
- 2 Hang out with Dave
- 3 Send mom flowers on my birthday
- 4 Spend time with Grampa

6 A Loyal Friend

- 1 Call Sean Lafferty
- 2 Call Don Humpton
- 3 Pray for Phil while he is hiking on the West Coast
- 4 Call Dave Marvin

7 An Inspiring Teacher

- 1 Man time on my duty night
- 2 Write cards to Dorm Council guys

8 A Healthy Man

- 1 Be more consistent with CrossFit
- 2 No sweets (except some Reese's on Halloween)
- 3 Drink more water

9 A Lifelong Learner

- 1 Learn the order of the U.S. Presidents
- 2 Learn U.S. state geography

10 A Selfless Man

- 1 Call a nursing home and ask who I can send a card to

11 A Thankful Man

- 1 Thank you card to Tom Pryor for worship leadership
- 2 Thank you card to Chris Stratton for chapel leadership
- 3 Thank you letter to Bob Hurley for his inspiration
- 4 Thank you letter to H. Jackson Brown for his inspiring advice

Winston Churchill

If you are going through hell, keep going.

Winston Churchill

Success consists of going from failure to failure without loss of enthusiasm.

Winston Churchill

One mark of a great man is the power of making lasting impressions upon the people he meets.

Winston Churchill

Continuous effort -- not strength or intelligence -- is the key to unlocking our potential.

Lessons from Theodore Roosevelt

from The Rise of Theodore Roosevelt by Morris

1. Never grow up: He would sneak up to the White House attic between meetings to romp with his son, Quentin.
2. Be an insatiable learner: He was at home with experts in subjects ranging from ornithology and forestry, to naval warfare and metaphysics. He would average reading a book a day and sometimes up to three in a single night.
3. Have self-discipline: as a boy he largely educated himself and entered Harvard after one and a half years of vigorously preparing for the entrance exams.

4. Learn from your father: He worshipped Theodore Sr. and took any advice he gave to heart.
5. Persevere: He hunted a caribou for thirty-six hours through the snow without a tent or blanket. He also remained vigorous as a young man despite severe asthma.
6. Be the bigger man: Account of a boxing match at Harvard: "Time was called on a round, Roosevelt dropped his guard, and Hanks landed a heavy blow on his nose, which spurted blood. Loud hoots and hisses from gallery and floor were set up, where at Roosevelt's arm was instantly flung out to command silence, while his alert and slender figure stood quiet. 'It's alright,' he assured us eagerly, his arm still in the air to hold the silence; then, pointing to the time-keeper, "he didn't hear him," he explained in the same conversational but arresting tone. With bleeding nose he walked up to Hanks and shook hands with him."
7. Be well-rounded: Top of his Harvard class in zoology and political economy.
8. Be a good Samaritan: Revived and fed a tramp while touring Ireland.
9. Attack a challenge: Conquered the Matterhorn with little climbing experience.
10. Even great men doubt themselves: "I wonder if I won't find everything in life too big for my abilities."
11. You're not too young to do something great: Started "The Naval War of 1812" when he was twenty-one, completed it despite ill health, and it became a benchmark in its field.
12. Meet adversity head on: While a freshman in the New York Assembly, he heard rumors of an imminent blanket party from some Tammany Irishmen. Roosevelt strode right up to "Big John" MacManus and said, "By God! If you try anything like that, I'll kick you, I'll bite you, I'll kick you in the balls, I'll do anything to you -- you'd better leave me alone." They did.
13. Hold firm to your integrity: Does not succumb to the corrupt tactics of the Assembly.
14. Guard your character: Doesn't fall for a blackmail trap with a woman that the democrats set for him.
15. Beware of pride: The young assemblyman loved giving good copy to the newspapermen to the dismay of the more seasoned politicians.
16. Admit when you're wrong: Admitted he wrongly backed a bill that was later deemed unconstitutional -- though he didn't have to -- hurting his young political reputation.
17. Grin in the face of trials: Keeps smiling during days of fruitless buffalo hunting in Dakota.
18. Don't neglect your wife: Spent much of Alice's pregnancy hunting buffalo and campaigning, seeing her only on weekends.

19. Be a loyal friend: Comes to the defense of Henry Cabot Lodge in supporting Blaine for president.
20. Get back on the horse: He literally did after shattering his arm during a fox hunt.
21. Don't let setbacks spoil your passion: Unfounded rumors of Civil Service Commission corruption show up in the NY Post; he gets little support from President Harrison; withstands a lengthy Congressional investigation -- nothing could deflate him.
22. Fight nobly, and to the death: Wanamaker was a thorn in his side for two years as Civil Service Commissioner by dragging his feet, defaming him, and upholding the corrupt spoils system. Roosevelt finally defeated his dishonest testimony during a Congressional hearing.
23. Go beyond the call of duty: Goes on night walks as the Police Commissioner to root out delinquent officers.
24. Stick to your convictions: Citizens, colleagues, and even his own party turn against him as he enforces the law that no liquor should be sold on Sunday. Bram Stoker: "Must be President. A man you can't cajole, can't frighten, can't buy."
25. Don't back down from a fight: Cuba Libre
26. Be brave in the face of danger: Battle of San Juan
27. Get the most out of each day. An average day during McKinley's campaign:
 - a. 7:00 AM Breakfast
 - b. 7:30 A speech
 - c. 8:00 Reading a historical work
 - d. 9:00 A speech
 - e. 10:00 Dictating letters
 - f. 11:00 Discussing Montana mines
 - g. 11:30 A speech
 - h. 12:00 PM Reading an ornithological work
 - i. 12:30 A speech
 - j. 1:00 Lunch
 - k. 1:30 A speech
 - l. 2:30 Reading Sir Walter Scott
 - m. 3:00 Answering telegrams
 - n. 3:45 A speech
 - o. 4:00 Meeting the press
 - p. 4:30 Reading
 - q. 5:00 A speech
 - r. 6:00 Reading
 - s. 7:00 Supper
 - t. 8-10:00 Speaking

- u. 11:00 Reading
- v. 12:00 AM To bed

Thoreau Walden

I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived... I wanted to live deep and suck out all the marrow of life... to put to rout all that was not life.

Marcus Aurelius

Do not consider anything for your interest which makes you break your word, quit your modesty, or inclines you to any practice which will not bear the light, or look the world in the face.

Plutarch

It is part of a good man to do great and noble deeds, though he risk everything.

Frederick Douglass

The day had passed for ever when I could be a slave in fact, however long I might remain a slave in form.

Dad Ideas

1. Star chart
2. Hero of the month
3. Family newspaper
4. Read Milne's Winnie the Pooh tales
5. Read the Chronicles of Narnia
6. Record their heights on a door jamb
7. Save the newspaper from the day they're born
8. Trace their hands on each birthday
9. Ask them a list of questions on each birthday to remember who they were and what their interests were at each age.
10. Have adventures. Plan battles. Write up the accounts.
11. "Story Night": write and illustrate a story and share it with the family.
12. Hickey Olympics
13. Take them to the zoo
14. Fishing
15. Road trip

16. Visit a veterans home
17. Science experiments
18. Dinovember (make their toys come to life each night)
19. Family time capsule
20. Serve those less fortunate, especially around the holidays
21. Camping indoors
22. Magic tricks
23. Lemonade stand
24. Have a secret handshake
25. Family game night
26. Make your own pizza and movie night
27. Dance parties
28. First day of school photo
29. 8th/18th birthday time capsule
30. Wake up for a meteor shower
31. Craft a family mission statement
32. Family meetings
33. Have a secret family sign only we recognize
34. Initiation into manhood
35. Write heroic stories about them and read them at bed time.
36. Visit the local fire station
37. Comb the beach
38. Plan a treasure hunt
39. Make a movie
40. Visit the Natural History Museum
41. Wash the car/ water fight
42. Bake and decorate Christmas cookies
43. Make homemade ice cream
44. Picnic on a summer day
45. Picnic inside on a rainy day
46. Carve pumpkins
47. Have a cozy pajama day inside
48. Outdoor movie night
49. Make oobleck
50. Living room volleyball on a rainy day
51. Prizes for memorizing state capitals, country flags, etc.
52. Tealight s'mores

Altars

Throughout the Bible men of God built altars that served as a means to worship the Lord through sacrifice, but also to remember God's goodness and provision. Noah builds an altar when the flood subsides (Gen. 8:20), Abraham builds one to commemorate God's promise to give the land of Shechem to his offspring (Gen. 12:7), and David builds an altar to alleviate a plague (2 Sam. 24:25). What are the altars in my life, places I can put markers to remember the Lord's faithfulness in my life when I may need to be reminded?

1. The loving family I was born into
2. Being delivered from a ruptured appendix (Sept. 2001)
3. Finding my wife (July 2011)
4. God's strength during our trip to the Dominican (July 2013)

Lessons from William Wallace from Braveheart

1. Use your wits before resorting to force.
2. Be joyful in your wife.
3. Stand up to injustice.
4. Value your freedom.
5. Do not accept bribes or corruption of any kind.
6. Believe in the goodness of others.
7. Be courageous in battle.
8. Stay devoted to your core beliefs, even to the point of death.
9. Do not seek your own glory.
10. Disobey unjust laws.
11. Desire peace, but use force when necessary.
12. Desire unity.

MLK

Injustice anywhere is a threat to justice everywhere.

Lessons from Terry Fox

1. Run into the wind.
2. Be strong in mind when you're not strong in body.
3. Help others to hope.
4. When you fall, get back up.
5. Don't be discouraged when others don't support your dream.
6. A tremendous amount of work and preparation goes into becoming an "overnight success."
7. Have compassion for others.
8. See opportunity in challenges.

9. Don't let critics tear you down.
10. Spend your life doing something meaningful.
11. Persevere: Terry ran with a heart weakened by chemo and two tumors in his lungs.
12. Stay positive in the midst of trials.
13. Leave a legacy.
14. Give everything you have.
15. A regular person can do something superhuman.
16. Be selfless.
17. Be humble.

Bruce Vanderveer

Excerpts from letters sent to his parents upon his death:

- He was too big to leave just a memory. There seems part of him still here.
- He was a gentleman at all times. A perfect sportsman.
- I have built around him, in my mind, an ideal or model upon which I would wish a son of my own to be formed.
- I never heard a word said against bud. It would be superfluous to say more of him.
- Bud was a prince among fellows, and I count his friendship as one of the greatest privileges of my life.
- A finer man never went to his God.

November 2013

1 A Devoted Man of God

- 1 Focus on the future through intentional prayer and fasting once a week
- 2 Focus on slaying impatience
- 3 Memorize five scriptures

2 A Steadfast Husband

- 1 Get her an unexpected gift
- 2 Write a love letter in her book each week
- 3 Help with the chores each weekend
- 4 Plan a fun date night
- 5 Make time to pray with her each day
- 6 Fix our squeaky door hinges

4 A Faithful Provider

- 1 Send a magazine article in for publication

5 A Caring Grandson, Son, and Brother

- 1 Call Mike
- 2 Spend time with Grampa

6 A Loyal Friend

- 1 Call Dave Marvin
- 2 Send Kris a birthday card (11/20)
- 3 Send Kevin a birthday card (11/9)
- 4 Call Don Humpton
- 7 An Inspiring Teacher
 - 1 Send cards to students in Declamation Contest
 - 2 Send cards to students working hard
- 8 A Healthy Man
 - 1 Get back into CrossFit
 - 2 Cut back on sugar
 - 3 Stay away from processed foods
- 9 A Lifelong Learner
 - 1 Learn geography of Europe
- 10 A Selfless Man
 - 1 Send a card to a veterans home
 - 2 Volunteer somewhere
- 11 A Thankful Man
 - 1 Send a letter to a soldier
 - 2 Send a message to Dick Hoyt for his inspiration as a father
- 12 A Man Who Leaves a Legacy
 - 1 Craft a personal mission statement

Proverbs

- 1. Wisdom comes from fearing the Lord (1:7)
- 2. Trust in the Lord, not in yourself (3:5-6)
- 3. Honor the Lord with your wealth (3:9-10)
- 4. Do not despise discipline (3:11)
- 5. Guard your heart; it is the spring of life (4:23)
- 6. Be “intoxicated” with love for your wife (5:19)
- 7. Wisdom is more valuable than jewels (8:11)
- 8. To fear the Lord is to hate evil (8:13)
- 9. Be generous and your wealth will increase (11:24)
- 10. Be mindful of your tongue (12:14)
- 11. Be quick to forgive (12:16)
- 12. Speak the truth (12:17)
- 13. Be an example to others (12:26)
- 14. You love your children if you discipline them (13:24)
- 15. Be generous to the poor (14:21)
- 16. Be slow to anger (14:29)

17. Don't plan without God (16:1)
18. Submit to the Lord and He will establish your plans (16:3)
19. Pride goes before a fall (16:18)
20. Testing is refining (17:3)
21. Be a loving friend (17:17)
22. Do not isolate yourself (18:1)
23. Plow for the future (20:4)
24. Do not be vengeful (20:22)
25. Victory belongs to the Lord (21:31)
26. A good name is more valuable than riches (22:1)
27. Train your children well (22:6)
28. Don't give way to the wicked (25:26)
29. Don't hide your love (27:5)
30. A true friend wounds in love (27:7)
31. Sharpen the men around you (27:17)
32. Be as bold as a lion (28:1)
33. Know justice (28:5)
34. Work diligently (28:19)
35. Discipline brings rest (29:17)
36. There is no wisdom apart from God (30:2)
37. Speak up for those that cannot (31:8)

Lessons from Louis Zamperini from Unbroken

1. Dreams come true through hard work: He trained day and night for the 1936 Olympics.
2. Persevere in the face of malice: In 1938 he ran an NCAA record 4:08 mile despite being deliberately spiked in the foot and shins and elbowed in the ribs.
3. Be level-headed in a crisis: During an air battle over Nauru 594 holes were shot through his B-24 Super Man. He aided his injured airmen and improvised a way to brake the injured aircraft on a short runway with parachutes.
4. Stay mentally strong: To retain sanity while adrift on a raft, Louie exercised his mind, quizzing the men on a variety of topics and telling stories.
5. Never capitulate: On day 27 of his ordeal at sea, the raft is fired upon by a Japanese bomber. Louis had to jump into the water and fight off sharks in order to avoid the bullets on the six passes made by the plane.
6. Don't betray what is important to you: He refuses to be used as a propaganda tool for Japan, even though it would have meant a more comfortable living situation.

7. Don't try to heal your pain apart from God: He turns to alcohol to dull his memories of the war.
8. Don't let problems cut you off from your wife: He becomes verbally abusive to Cynthia.
9. Forgive: He is able to forgive "The Bird" when he visits Sugamo Prison.
10. Give back to others: He starts Victory Boys Camp for troubled youth -- boys that were like him when he was young.
11. Be forever young: He could still run a sub-six minute mile in his sixties and took up skateboarding at 85. "When I get old I'll let you know." He continued skateboarding into his nineties.

Pastor Zarlengo

Let my life be a sermon, then I'll add my words to it.

Resolutions 2014

1. Read 45 books
2. Begin my Masters degree
3. Be intentional about my spiritual life with Jami

Flawed Biblical Heroes

- Abraham: liar, lack of faith
- Isaac: liar (Gen. 26:7)
- Jacob: deceiver (Gen. 27:9)
- Moses: murderer, stutterer
- David: adulterer, murderer
- Paul: persecutor of Christians
- Peter: prideful, denier Christ
- Samson: lustful (Jud. 16:1)
- Gideon: fearful (Jud. 6:27)
- Elijah: suicidal (1 Kings 19:4)
- Jonah: fled from God
- Noah: drunkard (Gen. 9:21)
- Solomon: lustful

Pastor Zarlengo

Our High Calling in God - Jan. 5, 2014

1. Don't compare your call with the call others have on their lives.
2. God is the source and He has a specific destiny chosen for us. It is perfect.
3. To attain this destiny we must be obedient.

4. He is with us for the long haul (Phil. 1:6)
5. Built into every command is the power and provision to complete it, if we receive it.
6. Believe in that promise.

Daniel

1. Hold fast to your convictions: Daniel refuses to defile himself with the king's food (1:8)
2. Be courageous: He requests a time with Nebuchadnezzar to interpret his dream (2:16)
3. Praise the Lord: He praises God after He reveals the king's dream (2:20-23)
4. Point people to the Lord: He tells Nebuchadnezzar the only one who could know his dreams is God (2:27-28)
5. Don't forget your friends in your success: After being rewarded for his interpretation, Daniel requests positions of honor for Shadrach, Meshach, and Abednego.
6. Worship nothing else but God: He refuses to worship King Darius and is cast into the lion's den (6:10)

Capt. Nathan Hale

Hanged by the British for espionage, Sept. 1776

I only regret that I have but one life to lose for my country.

Pastor Zarlengo

Men of Might - June 15, 2014

1. Fathers are called to invoke might in their children, not provoke it. (Col. 3:21, Eph. 6:4).
2. Children are provoked when they are forced to do or be something they were not called to be.
3. The responsibility of a father is two-fold: (1) Lay aside their own agenda for their children so that they don't supercede God's design (2) Equip them to be what God calls them to be.
4. Fathers are to reflect the fatherhood of God. God doesn't provoke us and won't make us do something we are not called or equipped to do. (Col. 1:12, 2 Cor. 3:5-6).
5. God the Father empowers His children to do what He asks of them, just as He does with the disciples when He asks them to feed the 5,000 (Matt. 14)
6. There is a moral battle in this world and fathers must have courage to rise up and lead.

Abraham Lincoln

Nearly all men can stand adversity, but if you want to test a man's character, give him power.

Lessons from Lance Armstrong

1. Cheating in the small things leads to cheating in the big.
2. Selfishness drives away those close to you.
3. Safeguard your reputation.
4. Leaders are held to a higher standard -- and should be.
5. Admit when you're wrong.
6. Value those who support you.
7. Pursue excellence, but not at all costs.
8. Do not be wrathful or vengeful.
9. Value truth.

Lessons from Santiago from Hemingway's The Old Man and the Sea

1. Repay kindness
2. Be excellent in your work
3. Value friendship
4. Remain positive in the face of discouragement
5. Pay no mind to the critics
6. Be youthful in body if not in age
7. Endure
8. See the beauty in creation
9. Compete with honor

Franklin's Virtues

Ben Franklin, in a quest for moral perfection, charted his ability to maintain and live out thirteen virtues. Though he of course never attained the perfection he sought after, he viewed the experience as worthy: "Tho' I never arrived at the perfection I had been so ambitious of obtaining, but fell far short of it, yet I was, by the endeavor, a better and a happier man than I otherwise should have been if I had not attempted it."

I would like to pursue a similar course. While I know moral perfection is unattainable, I do believe the quest will be a benefit to my character. Here are the virtues I would like to focus on:

1. Chastity
 - a. Honesty with oneself and all of humanity
 - b. Ability to refrain from being influenced by temptation

2. Temperance
 - a. Constant mindfulness of others and one's surroundings
 - b. Self-control
 - c. Moderation
 - d. Deferred gratification
 - e. Prudence of action
3. Charity
 - a. Self-sacrifice
 - b. Generosity
 - c. Christ-like love for others
4. Diligence
 - a. Zealous in one's action and work
 - b. Steadfast in belief, fortitude and perseverance
 - c. Budgeting one's time
 - d. Guard against laziness
 - e. Upholding one's convictions at all times, especially when no one is watching
5. Patience
 - a. Enduring the unbearable with patience and dignity
 - b. Resolving conflicts and injustice peacefully
 - c. Forgiving gracefully
 - d. Show mercy
 - e. Create peace and stability
6. Kindness
 - a. Empathy and trust
 - b. Unselfish love and voluntary kindness
 - c. Positive outlook and cheerful demeanor
 - d. Compassion and friendship
7. Humility
 - a. Modest behavior
 - b. Not thinking less of yourself, but thinking of yourself as less
 - c. Spirit of self-examination
 - d. Courage to take on difficult tasks
 - e. Graciously accept sacrifice
 - f. Reverence for wisdom
 - g. Giving credit where it is due
 - h. Faithful to promises
 - i. Confront fear, uncertainty and intimidation
8. Devotion
 - a. Great love or loyalty

- b. Enthusiastic zeal
- c. Wholehearted sacrifice
- d. Passionate focus on life's purpose

Umberto Eco

I believe that what we become depends on what our fathers teach us at odd moments, when they aren't trying to teach us.

Frederick Douglass

It is easier to build strong children than to repair broken men.

Thanksgiving 2014

Thanksgiving is an ideal time to take stock of how blessed my life is. Here is what I am thankful for this year:

- 1. A loving wife
- 2. An amazing family
- 3. Having Mike home for Thanksgiving
- 4. That we want for nothing
- 5. Good friends
- 6. A warm home
- 7. A job I really enjoy
- 8. Health for myself and loved ones
- 9. The Turkey Bowl
- 10. That I know the Truth

Lessons from Pop Pop

- 1. Be faithful to God
- 2. Serve others
- 3. Have a sense of humor
- 4. Be humble
- 5. Work hard at everything you do
- 6. Save money
- 7. Go to your grandkids' graduations, birthdays, games, etc.
- 8. Experience what life has to offer
- 9. Be content
- 10. Keep your wedding vows
- 11. Tell your story
- 12. Don't define success by worldly standards

Lessons from George Bailey from It's a Wonderful Life

1. Have dreams.
2. Sacrifice for others.
3. Don't compare your life to others' lives.
4. Don't take your anger out on your family.
5. No man is an island. You have a profound impact on those around you.
6. Stand against evil in this world.
7. Recognize blessings in your life.
8. Remember the most important things in life: family, friends, love.
9. Perspective is everything.
10. Miracles happen.
11. "No man is a failure who has friends."

Resolutions 2015

1. Plan a fun and romantic wedding anniversary
2. Do some volunteer work with Jami
3. Read at least 24 books
4. Make a baseball bat with Grampa

Lessons from the Tragedy of the Essex from In the Heart of the Sea by Philbrick

1. When making a decision, a good leader knows when to heed the advice of others and when to take an unpopular course.
2. A good leader knows when to be stern and when to be compassionate.
3. Hold fast to hope.
4. Never give up.
5. It is possible to move past tragedy and find joy and fulfillment.
6. If a man can survive in an uncovered whaleboat, on the vast Pacific, on an ounce and a half of bread and half a pint of water a day, for 93 days, you are capable of wading through whatever trial you are facing.

Winston Churchill

I would willingly lay down my life in combat, rather than, in fear of defeat, surrender to the menaces of these most sinister men.

Psalm 12:8

The wicked freely strut about when what is vile is honored among men.

Lessons from the U.S.S. Indianapolis

1. Diligence in the little things matters.
2. Never lose hope.
3. Take responsibility for your mistakes.
4. Sacrifice for others.
5. The human will is capable of incredible things.
6. Seek truth.
7. Forgive yourself.

Resolutions 2016

1. Renew focus on spiritual relationship with Jami
2. Work out consistently
3. Make sure Jami and Jack know they are my priority
4. Be consistent in my devotional life
5. Read 20 books
6. Seek out those in need and be charitable

Ebenezer Scrooge

A Christmas Carol

Shaving was not an easy task, for his hand continued to shake very much; and shaving requires attention, even when you don't dance while you are at it. But if he had cut the end of his nose off, he would have put a piece of sticking-plaister over it, and been quite satisfied.

Lessons from Eric Liddell

1. Never give up: Took a fall in a 400m race and came back to win.
2. Be romantic
3. Don't take yourself too seriously
4. Compete with honor
5. Allow God to take control of your life
6. Pursue God with a passion
7. Do not judge others. Love.
8. Do not force your beliefs on others. Love.
9. Stay positive in the midst of trial.
10. Stay true to your convictions.
11. Be humble. Your accomplishments come from God.
12. Serve others.

Lessons from Dean Smith

1. Don't elevate yourself above others: "If I expect my players to be disciplined, then I have to be, too."
2. Be reliable: Dean attended AA meetings with former player Phil Ford.
3. Don't forget people: He maintained communication with his former players and assistants.
4. Be generous: As a boy he often gave away his allowance to friends who had little.
5. Believe in yourself: He never doubted his abilities even during the early lean years at Carolina.
6. Stand up to injustice: He argued against the racial bias he saw in standardized testing.
7. Be prepared: He had daily, weekly, and master practice plans.
8. Stay humble: When he stepped down as head coach he voluntarily gave up his privileged parking spot at the Dean Dome and chose to park in the far reaches of the lot.

Lessons from Frederick Douglass

Narrative

1. Strive for your goal: He scratched and clawed, did everything he could to learn how to read and write.
2. Serve others: he taught his fellow slaves to read.
3. In the midst of hardship never lose the capacity to love.
4. Hope.
5. Fight: He fought off a whipping from his master.
6. Persevere: he failed in his first escape attempt.

Resolutions 2017

1. Do something each day to strengthen my relationship with the Lord.
2. Write Jami one love note a week.
3. Strive to be more patient.
4. Pray with Jami more
5. Cook dinner at least once
6. Fast one day
7. Plan a nice birthday for her
8. Give her an unexpected gift

Altars (Updated)

These altars in my life I've erected in my heart to remember God's faithfulness and blessings.

1. The loving family I was born into

2. Being delivered from a ruptured appendix (Sept. 2001)
3. Finding my wife (July 2011)
4. God's strength during our trip to the Dominican (July 2013)
5. Jack (Oct. 2015)
6. Being given the AD job at Stony Brook (March 2016)
7. Reagan (July 2017)

Lessons from Brother Lawrence **The Practice of the Presence of God**

1. Establish yourself in God's presence through continual conversation.
2. Find satisfaction in the fulfillment of God's will.
3. Suffering or joy is equal to a soul that is resigned to God.
4. The end of every action should be an expression of loving God.
5. Continual conversation with God takes diligence at first until our inward love excites us without difficulty.
6. Do not fear difficulty. God will provide the strength to bear it.
7. Do not lean on your strength when you fail.
8. Speak with God frankly and plainly.
9. When work, even unpleasant work, is done in love of God it becomes easy.
10. Prayer should not be set aside merely for special times. Nothing throughout our day need take us out of a prayerful mindset.
11. Reject useless thoughts as soon as you perceive them.
12. Don't allow guilt to keep you from conversation with God.
13. Be as united to God in your outward employments as when you are in devotion.
14. Fear nothing. A soul perfectly resigned to God has no occasion to fear.
15. Heartily renounce everything that does not lead to God.
16. God will give you light in the midst of doubt when your only design is to please Him.
17. It does not matter what work you do for God. The most common task can please Him with the right heart.
18. Seek to please God in your work and not man (Gal. 1:10)
19. Let your prayer time not differ from any other time. The communion with God should be seamless.
20. Our goal in life should be to become the most perfect worshippers.
21. View troubles as opportunities for growth and bear them as long as the Lord desires.
22. Do not be discouraged when you fail in pursuing God. Rise when you fall and ask God for strength.

23. Be an example of the practice of the presence of God to others in the aroma that comes from your life.
24. Be with God even in times of chaos or stress.
25. Constant conversation with God leads to an irrepressible joy.
26. "Not to advance in the spiritual life is to go back."
27. In our blindness we stop the torrent of God's grace.
28. To practice His presence the heart must be empty save for Him.

Pastor Zarlengo

Escaping Sin - March 11, 2018

1. Have your time with Him. Your time will be multiplied.
2. God's word on the inside gives you victory on the outside (Ps. 119:11). Get a scripture where you're weak.
3. Say yes to God and you'll say no to sin.
4. Build in order to battle (James 4:7).
5. Listen in order to speak.
6. Thankfulness promotes faithfulness (Phil. 4:6-7).
7. Crucify your flesh to live in power. This requires someone else. Accountability. (Gal. 5:24, James 5:16)

Pastor Zarlengo

Another Chance - March 18, 2018

- Prov. 24:16: "A righteous man may fall seven times and rise again."
- You might lose the battle, but if you get up you won't lose the war.
- The Continental Army lost more battles than they won, but prevailed in the American Revolution.
- Mark departed from God's will:
 - He is the rich ruler that goes away despondent
 - He flees the Garden of Gethsemane
 - He departs from a mission trip with Paul
- But Mark gets back up, with the help of Peter's encouragement. Then pens the first Gospel.

52 Things Kids Need from a Dad

Jay Payleitner

1. Stop and catch fireflies. Create memories.
2. Be positive in a trying or stressful moment. There is strength in that resilience.
3. It's your responsibility as a father to have a vibrant relationship with God... pray for your kids.

4. Discipline out of relationship.
5. Go get the hat they left at the rest stop 30 miles back. If it's important to them it should be important to you.
6. Know their world, what they value, watch, listen to. And don't overreact if it's not all perfect. As they sample culture they'll consider, judge, accept, and reject. Just because they listen doesn't mean they endorse.
7. Answer their questions with questions. Help them be inquisitive.
8. Have little family traditions.
9. Allow traditions to evolve... no guilt.
10. A home is meant to be lived in. The memories that caused the dents in the garage door are more valuable than the door. "We're not raising grass. We're raising boys."
-- Harmon Killebrew's dad
11. Splurge sometimes. The memories are worth it.
12. Stoke their curiosity.
13. Be there for more than just the big events. Remind them of their value by surprising them at small things that matter to them.
14. Be their greatest cheerleader.
15. Come up with fun things to do. Create activities that will make memories.
16. A father's words are powerful. Use them carefully.
17. Don't get mad when accidents happen. Be the dad who the kids go to to fix the situation. Be the hero of the moment. The lesson can come later.
18. Don't yell when they lose a socket wrench.
19. Have family standards that everyone agrees to and holds each other to.
20. Do a project or activity on a Saturday afternoon.
21. Have date nights with each kid.
22. Be their sparring partner. Challenge them in a safe environment. And sometimes let them win without them knowing you let them.
23. Have fun family rules.
24. Kiss your wife in the kitchen.
25. Respect your wife.
26. Wake them for a lunar eclipse.

Mariano Rivera

Men's Retreat - April 21, 2018

- 2 Kings 5: Naaman was a mighty man but a leper.
- He had to let go of his pride to be healed.
- What is your leprosy? What is keeping you from God? Identify and attack it.
- God wants obedience. If you obey Him you will be victorious.

Pastor Zarlengo
Stones of Remembrance - April 22, 2018

- Joshua 4:1-3: "Take twelve stones..."
- Seen Stones: Remembering God's direct open intervention. A public testimony.
- Unseen Stones: Remembering God's private intervention.

1. Remembering is an act of worship (Ps. 105:5)
2. Remembering increases your faith (Ps. 77:11)
3. Remembering creates renewed trust. It is a prerequisite to the manifestation of faith (Luke 24:6-8)
4. Remembering ignites commitment (Col. 4:18)
5. Remembering unleashes thanksgiving (Eph. 1:16)
6. Remembering builds a memorial to Christ (1 Cor. 11:24-26)

- 1 Peter 2:5
 - "Living stones"
 - The witness. Seeing and hearing you causes others to remember Christ.
- Deut. 8:19: Do not forget God or you will perish.

2018 Focus

- Patience
- Being the best husband and father I can be
- Growing in wisdom

Watchman Nee

Let us Pray

- "Prayer is the union of the believer's thought with the will of God."
- A prayer uttered on earth is the voicing of the Lord's will in heaven.
- The believer asks for the Lord's will to be done.
- Prayer doesn't alter what God has already determined. It never changes anything, but achieves only what He has already ordained. Prayerlessness does effect a change as God will withhold His resolutions if His people do not prayerfully cooperate with Him.
- "All the actions in heaven are governed by the actions on earth."
- "He exalts His people by asking them to work with Him."
- God will temporarily permit Satan to be on the offensive if we forget His will and fail to cooperate with Him.
- "The true meaning of prayer is for the one who prays to pray for the fulfillment of the will of the one to whom he prays."

- Self-denial is important in prayer.
- We often see prayer as expressing what we need. We do not see it as asking God to fulfill His needs.
- “The question is now no longer whether your need is met but whether God’s will is done.”
- “Our needs should be lost in God’s will.”
- “True prayer is real work.”
- “Prayer is to God’s work as rails are to a train.”
- God wants to do many things, but His hands are bound if we do not prepare ways for Him.”
- The most important principle in prayer is entering into God’s thoughts.
- Habitually living in the Lord’s presence allows you to know His will and thoughts, which naturally become your own desires.
- “It is not we who go forth to meet God but it is God who is waiting there for us.”
- True prayer will “shake up hell and affect Satan.” Satan will seek to hinder such prayer.
- “Do you ever wonder why your prayer remains unanswered? It awaits more prayers on earth; it needs people who will patiently and humbly wait upon God.”
- “The Lord waits for us to pray.”
- God is absolute and we cannot change His will, force Him to do what He doesn’t want to do or persuade Him to go against what He wants to do.
- “We can pray out what God has desired. Then will He accomplish His work because we are one with Him.”
- “Our prayers are too thinly spread; there are too many holes by which Satan is given plenty of opportunities to slip in.”
- Each time you pray, see three aspects: (1) to whom we pray (2) for whom we pray (3) against whom we pray.
- “If ever we fall to such an extent of having no prayer burden, we will have sunk indeed into a most perilous situation, for we have already lost communication with God and He is no more able to use us in His work.”
- “The spiritual progress of a saint can therefore be judged by the emphasis to be seen in his prayer.”
- “Let us see that in spiritual warfare the weapons of flesh are utterly useless.”
- “Our weakness is most easily manifested in prayer. Nothing in the spiritual realm reveals our weakness more.”
- How do we overcome weakness in our prayer life? “We must rely on the indwelling of the Holy Spirit, who works within us with might, for He is our help in times of infirmity and ignorance.”
- Satan will constantly distract us away from prayer.

- In prayer: (1) Bring all things in our life to the Lord (2) Ask and keep on asking (3) We stand before the Lord to pray for other people (4) Pray always (5) Prayer is warfare (6) Be burdened for prayer.
- “The central purpose of prayer is to prepare for Christ a glorious church that is conformed to Him.”
- Satan desires to wear us out. It is almost imperceptible, gradual reducing. He does not strike in a great force because his work would be recognized. Even Paul labored in fruitless work for two years.

Pastor Zarlengo
Reaching - April 29, 2018

- A solitary place provides:
 - Time to privately pray
 - Time to broaden your perspective
 - Time to purposefully listen
 - Time to deeply reflect and release
- Christ withdrew to be with the Father.
- Carving out a solitary place allows you to put on the armor of God and place yourself under His sovereignty.
- Time set aside for the Lord is time where you are filled so that in turn you can give (Matt. 14:19-20).

Pastor Zarlengo
Fathers - June 17, 2018

- 1 Cor. 4:14-16: We are called to be spiritual fathers and mentors.
 - 1 John 2:13-14
 - 3 meanings of “father” in the NT:
 1. Protector - preserves life
 2. Nourisher - promotes growth
 3. Upholder - provides stability
1. Protector: Be a wall
 - a. A standard of truth
 - b. A guardian against deception
 - c. The feared Roman wall: interconnected shields that allowed them to advance on an enemy. Key: connection with other good men.
 - d. Bricks of wisdom (James 3:17)
 2. Nourisher: Be a door
 - a. Promote growth

- b. Be an encourager and empowerer
 - c. Have discerning eyes, see potential, speak truth.
 - d. Eph. 6:4: don't frustrate children with rules. Discipline with dialogue.
- 3. Upholder: Be a bridge
 - a. Lay down your life
 - b. Be selfless and sacrificial
 - c. Be a path that can support followers
 - d. Be a foundation. It takes humility because pride doesn't lay down.
 - e. 1 John 3:16
 - f. "May my ceiling be your floor."

Proverbs 8:15

By me kings reign.

Habakkuk 3:19

"God, the Lord, is my strength; he makes my feet like the deer's; he makes me tread on my high places." ... God does not promise comfort and ease. As long as we are faithful to the Gospel we will be met with challenges and spiritual warfare. But we should have confidence that God will give us sure footing. We need not fear.

Pastor Zarlengo

I Witness - June 24, 2018

- Rev. 12:10-11
- Acts 1:8: lay down your life
- Pray for someone who needs the Lord and your feet will be motivated.
- Luke 9:23: following Christ is your best witness.
- Ps. 51:12: joy will give you strength to lift up the cross.
- Passionately share your story. Your story connected to His touch is your faith story. The power is in the touch, not what you did before Christ.
- Five facets of being a witness for Christ:
 - 1. Called to be salt (Matt. 5:13). Taste of authenticity.
 - 2. Called to be an aroma (2 Cor. 2:16). The fragrance of a godly attitude.
 - 3. Called to be light (Matt. 5:14, 16). Good works being lived out.
 - 4. Called to be hands (Matt. 25:35-36). Touching felt needs.
 - 5. Called to be a voice (Rom. 10:14). Verbal witness for Christ.

Pastor Zarlengo

Christ in You - July 22, 2018

- Col. 1:26-27: "... Christ in you, the hope of glory." Not "with you," but "in you."

- Christ in you:
 - His voice: written and spoken. God's voice is dominant inside you. Not your own, not Satan's, not society's.
 - His mind: how we think and feel.
 - His power: casting out demons, healings, etc.
 - Whatever is truly inside you you've digested and will manifest itself in a number of ways.
- The invincible Christ lives in you. We are not meant to be ordinary.
- If you need victory in your life, consider who is in you. "I can't. You can. Help me let you."
- The spirit of surrender is the spirit of victory.
- Sometimes mountains are moved. Sometimes He will give us the strength and wisdom to get over one.
- Physical sustenance, oxygen, medicine must get on the inside for us to survive. So too must Christ get on the inside.
- The tabernacle and the temple were dwelling places for God. We are now the temple (1 Cor. 3:16). The Greek word for "temple" used there means "Holy of Holies", not the entire temple. God abides in us. We are being built as dwelling places for God.
- Everything flows from the heart: thinking, feeling, speaking, behavior.
- 3 realities of hope:
 - 1. Courage
 - 2. Confidence
 - 3. Cheerfulness (Rom. 12:12)
- "I am crucified with Christ..." You don't lose your identity; it's enjoined with His.
- Like a hand inside a glove, Christ is the force in us that leads us to victory.

Pastor Zarlengo

A Difficult Day - Aug. 5, 2018

- When we are in the midst of an exceptionally trying day or circumstance, follow Jesus' example on the cross.
1. Forgiveness: Jesus forgave His captors while still hanging on the cross.
 2. Take opportunity to reach: "Today you will be with me in paradise." In His trial Jesus thought of the thief beside Him and made sure His mother was provided for. Don't become self-centered.
 3. Be honest with what you're feeling: Put God before your questions. "Why have you forsaken me?" Feelings should serve us not master us.
 4. Get help: "I thirst." Acknowledge your need.

5. Focus on the bigger and more eternal task: "It is finished." See beyond your present circumstance.
6. Commit the challenge into God's hands: "Into your hands I commit my spirit."

JFK

If we stand still, freedom stands still.

Corrie Ten Boom

When you are covered by His wings, it can get pretty dark.

The Meaning of Marriage

Tim Keller

- "Marriage is a major vehicle for the gospel's remaking of our heart from the inside out."
- Only if you have the Spirit in your life will you be able to face the challenges of marriage. Our spouse cannot fill up a tank that only God can. If God does not have the proper place in our life, we will be unfulfilled by our spouse.
- Spouses must serve one another and you can choose to do that with joy or resentment. The ability to serve requires the Holy Spirit.
- Self-centeredness is an enemy to marriage. When facing a problem, first diagnose the base of it and it will likely be self-centeredness or an unwillingness to serve.
- "Seek to serve one another rather than to be happy, and you will find a new and deeper happiness."
- When we dive deeply in the Word, when we are immersed in His promises, encouragements, and counsels, we would be equipped to face any challenges.
- Marriage is covenantal in a vertical and horizontal direction. To break faith with your spouse is to break faith with God. "Real love desires permanence." (Song of Songs 8:6-7)
- Remain "tied to the mast." Ulysses, when passing the isle of the Sirens, lashed himself to the mast, knowing he would be tempted.
- To be fully known and fully loved, in full light of our flaws, is like being loved by God.
- Love cannot be just about emotion. Acts of love lead to love.
- Every marriage has dry spells. When those come, remember that marriage is a covenant and a commitment. Deciding to love in those times lessens the dry spells and increases our love.
- "He loved us, not because we were lovely to Him, but to make us lovely. That is why I am going to love my spouse."

- The goal of sacrificial love in marriage is “to sanctify her” (Eph. 5:26) and to bring her to be “holy and blameless” (5:27).
- What is marriage for? Helping each other move toward our future as new creations before God.
- Falling in love is to look at your spouse and get a picture of the person God is creating and wanting to be a part of that.
- We are not finished statues when we enter marriage, but raw blocks of marble. Michelangelo said of creating the David, “I looked inside the marble and just took away the bits that were not David.”
- Paul urges us to help our spouse love Jesus more than us. The more joy I get from Christ the more joy I share with my family.
- No other person or thing should get more love, energy, and commitment than your spouse.
- Marriage can be harmed not just by bad things, but by good things that become too important.
- Marriage brings out the worst, revealing the faults that were hidden, like a truck driving over an unsound bridge. Marriage brings you into confrontation with yourself, not your spouse, and shows you a realistic picture of who you are. This is not discouraging, but the road to liberation if we give our spouse the right to help wash and cleanse us.
- A flaw in our spouse is not our real, permanent love. That is the part that will be cleansed away with the help of Christ. Give your spouse the right to hold you accountable (Heb. 3:13).
- Love your spouse in a way that she will find the most emotionally valuable and powerful. Send love in a way that she can comprehend.
- The problem of marriage: the one person who holds your heart is more deeply hurt by your sins than anyone on the planet. Without grace, truth and love can’t be combined. We must forgive before we confront, not seek to injure.
- A basic skill of marriage: tell the truth without self-righteousness and superiority, but with joyful forgiveness. This takes humility.
- Spiritually discerning spouses see what God sees in you. They know that as great as their spouse may look now, when they stand before God it will make now look like rags.
- You are incomplete without your spouse: Eve was made from Adam’s rib.
- Jesus redefined authority when He wiped the disciples’ feet. The husband is the head of the family, but is a servant-leader.

James Baldwin

Children have never been very good at listening to their elders, but they have never failed to imitate them.

Seven Virtues

1. Chastity (purity)
2. Temperance (forgiveness, prudence, self-regulation)
3. Charity (benevolence, sacrifice, generosity)
4. Diligence (persistence, effort, faithfulness)
5. Patience (forgiveness, mercy)
6. Kindness (compassion)
7. Humility (bravery, modesty)

A Manifesto

Revised - Sept. 1, 2018

As my quest to become a great man continues to deepen and evolve, I thought it necessary to reevaluate my original aspirations, set forth in May 2011 and revised in Sept. 2013. This is a picture of the man I desire to be.

1. A devoted man of God (Psalm 1)
2. A steadfast husband (Eph. 5:25)
3. A loving father (3 John 1:4)
4. A family builder (Josh. 24:15)
5. A loyal friend (Prov. 17:17)
6. A community builder (Prov. 27:17)
7. A leader and mentor (James 3:1)
8. A healthy man (1 Cor. 6:19-20)
9. A lifelong learner (Prov. 18:15)
10. A virtuous man (Seven Virtues)

Verses Where I'm Weak

- Watching my tongue
 - Prov. 15:4: A gentle tongue is a tree of life, but perverseness in it breaks the spirit.
 - Ps. 141:3: Set a guard, O Lord, over my mouth; keep watch over the door of my lips!
 - James 3:4-5: Look at the ships also: though they are so large and are driven by strong winds, they are guided by a very small rudder wherever the will of the pilot directs. So also the tongue is a small member, yet it boasts of great things.
- Impatience

- Prov. 14:29: Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.
- Pride
 - Gal. 1:10: For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ.

Pastor Zarlengo

The Helper - Sept. 9, 2018

- The Word of God makes the Holy Spirit visible to us. He wrote the book, so we must hear His voice.
- More time in the written word = more attuned to His spoken word
- John 16:7 - "It is to your advantage that I go away..."
- "Parakletos" - one called alongside. A helper.
- The Holy Spirit reveals truth.
- If you need help loving someone, being patient, being kind, breaking an addiction, conquering bitterness, whatever you can't do on your own the Holy Spirit can supply the power.
- "You might as well try to hear without ears, or breathe without lungs, as try to live a Christian life without the Spirit of God in your heart." - D. L. Moody
- Luke 11:11-13

Life's Little Treasure Book on Parenting

H. Jackson Brown, Jr.

- Remember that misbehavior is often a child's way of saying, "Show me that you love me."
- Let your child overhear you saying nice things about them to other adults.
- When no great harm will result, let your children do it their way even if you know they are wrong. We learn more from our mistakes than from our successes.
- Find something to praise in your child every day.
- Require your children to do their share of the household chores.
- Don't ever be too busy to give your child a hug and a kiss.
- Never begin a conversation with a child with, "You always..."
- Always be the first parent to jump into the pool with the kids. They'll love you for it.
- Don't decide anything when you are angry.
- Keep your promises.
- Never say an uncomplimentary thing about your spouse in the presence of your children.

- Give your young children the opportunity to be a part of your family's decision-making process; they will surprise you.
- The most positive thing you can do for your children is improve your marriage.
- Always acknowledge your child's wounds no matter how slight.
- Make the rules for your children clear, fair, and consistent.
- Develop a secret family sign that means, "I love you."
- Leave notes in unexpected places that tell your children how much they are loved.
- Volunteer as a family to work in a soup kitchen or homeless shelter during the holidays.
- Let your children help you work, even if it slows you down.
- Start the standing ovation at the end of school plays.
- Hug your children after you discipline them.
- Convince your children that your love is not based on their performance.

Charles Kingsley

Make a rule and pray to God to help you keep it: never, if possible, lie down at night without being able to say, "I have made one human being a little wiser or a little happier or at least a little better this day."

Helen Keller

I long to accomplish a great and noble task, but it is my chief duty to accomplish humble tasks as though they were great and noble.

Albert Schweitzer

I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who will have sought and found how to serve.

Aristotle

We are what we repeatedly do. Excellence then, is not an art but a habit.

William Wordsworth

That best portion of a good man's life -- his little, nameless, unremembered acts of kindness and of love.

MLK

He who passively accepts evil is as much involved in it as he who helps to perpetuate it.

Hillsong New Wine

In the crushing
In the pressing
You are making new wine
In the soil I now surrender
You are breaking new ground

Make me Your vessel
Make me an offering
Make me whatever You want me to be
I came here with nothing
But all You have given me
Jesus bring new wine out of me

Plato

Wise men speak because they have something to say; fools because they have to say something.

Saint Augustine

It was pride that changed angels into devils; it is humility that makes men as angels.

William Blake

Great things are done when men and mountains meet.

Aristotle

There's only one way to avoid criticism: do nothing, say nothing, and be nothing.

General Patton

Don't tell people how to do things, tell them what to do and let them surprise you with their results.

Lessons from Phil Knight from Shoe Dog

1. Frontrunners have to work the hardest and risk the most.
2. Stay curious about the world.
3. Dreams take persistence. They take risk.
4. Be undeterred by rejection and setbacks if you believe in your dream.
5. Sometimes it takes a setback, even the threat of failure, to get us on the right path for success.
6. Don't fear failure.

7. Everyone has moments of doubt.
8. Empower and encourage those around you.
9. Nothing is worth sacrificing your family for.
10. Always be honest, even when lying seems like the expedient course.
11. It's okay to go back to the drawing board.
12. Give back.
13. Seek a calling not a job.

Intentional Manhood

November - December 2018

1 A Devoted Man of God

- 1 Fast one day
- 2 Focus on praying without ceasing (Brother Lawrence)
- 3 Meditate on scriptures where I am weak

2 A Steadfast Husband

- 1 Get her an unexpected gift
- 2 Write a weekly love letter in her book
- 3 Be a helpmate with chores
- 4 Plan a fun date night
- 5 Make time to pray with her each day
- 6 Have one tech-free night a month

3 A Loving Father

- 1 Be sure to have energy for the kids even after a long day
- 2 Take Jack out for 1-on-1 time
- 3 Consider life Scriptures for Jack and Rae
- 4 Start "Special Days"

4 A Family Builder

- 1 Visit Gramps
- 2 Ask Mike how I can pray for him
- 3 Take Lou out to breakfast

5 A Loyal Friend

- 1 Ask Tim, Richard & Mark how I can pray for them
- 2 Call Don Humpton
- 3 Give Richard a copy of Life's Little Instruction Book

6 A Community Builder

- 1 Look for ways to praise and encourage my coworkers

7 A Leader and Mentor

- 1 Write encouraging notes to 50 athletes
- 2 Check in with each of my advisees

8 A Healthy Man

- 1 No snacking after 9pm
- 2 Make healthier snack choices
- 3 50 pushups/100 situps each day

9 A Lifelong Learner

- 1 Read four books
- 2 Ask men what they wish they knew as a young father

10 A Virtuous Man

- 1 Focus on how I use my speech (inward and outward)
- 2 Do one charitable activity as a family
- 3 Provide a Thanksgiving meal for a family in need
- 4 Send a care package to a soldier

Maya Angelou

People will forget what you said, people will forget what you did, but people will never forget how you made them feel.

My Obituary

Dan Hickey went to his Heavenly Father peacefully last night, surrounded by his loved ones. His life and career were defined by a profound intimacy with his God, a deep love for his family, and a passion for serving others. He married the love of his life on August 3, 2012 and, together with Jami, built a loving and joyful family.

As a father, Dan always made time for Jack and Reagan and relished each moment spent with them, whether wrestling in the living room, reading bedtime stories, or snuggling on the couch with a movie. The encouragement and support he gave his children enabled them to find and pursue their own passions, rather than live up to his own expectations. He was a father they could always go to for sound wisdom and caring advice, devoid of judgment. Through the ups and downs of childhood, adolescence, and adulthood he was their rock, someone they could rely on to be there, to know what to do, and to love them no matter the circumstance.

His was a life defined by joy in its truest form. His infectious laugh and buoyant personality was life-giving to the many who could count him as a friend. He found great fulfillment in building others up and helping them reach their potential. He had a deep affinity for living in community and took every opportunity to forge bonds with those he lived, worked, and worshipped with. Long ago he took to heart Maya Angelou's words, "People will forget what you said, people will forget what you did, but people will never

forget how you made them feel,” and Dan made people feel valued, appreciated, and encouraged wherever he went.

During his life, Dan spoke often of his desire to be a good man, to cultivate the highest virtues in his life, and, in doing so, to leave a legacy for those he left behind. How he walked and whom he touched in his roles as a husband, father, grandfather, educator, leader, and mentor, assures him of a legacy that will continue to bless and challenge others for many years to come. Quite simply, his was a life lived well and should serve as an example for anyone who desires to live with purpose and make a profound impact on the lives around them.

The Tech-Wise Family

Andy Crouch

- “If we don’t learn to put technology, in all of its forms, in its proper place, we will miss out on many of the best parts of life in a family.”
- It’s important to instill the idea that “our family is different.”
- You won’t always perfectly place tech, but the fight is worthwhile, rather than the alternative of allowing tech flood our family life unimpeded.
- We can love tech and still make radical choices to prevent it from taking over our lives.
- The key is not creating numerous rules around tech, but deciding what we truly value as a family and fitting tech into that framework.
- 3 choices to help guide our 9 family commitments:
 - 1. Choose character
 - 2. Shape space
 - 3. Structure time

1 We develop wisdom and courage together.

- Prov. 18:2: “A fool takes no pleasure in understanding, but only in expressing personal opinion.” Social media enables this kind of folly.
- Living in a family reveals our own foolishness and sin.
- Tech is very good and very helpful. But is it making us more kind, patient, creative?
- Going against the cultural grain with tech takes wisdom and courage.

2 We want to create more than we consume.

- Do the things at the center of your home require skill and active engagement or are they passive, not fostering relationship or growth?

3 One hour a day, one day a week, one week a year we turn off our devices.

- We need work and rest. This is not to be confused with toil and leisure, which tech, at its worst, contributes to. One is fruitless; one is constructive.
- It's good for children to see their parents do something challenging, fruitful, admirable, enjoyable.
- At its base tech allows us to merely consume the results of others' good work.
- Have an intentional tech sabbath built into your family rhythm to achieve true rest and to make the most of your time together. Build family traditions around this.
- "Sabbathless toil is a violation of God's intention for our lives."
- Be wary of legalism as you implement tech sabbaths (Mark 2:27)

4 We wake up before our devices and they go to bed before we do.

- Children should not sleep with phones next to them. Eliminate the distraction and temptation.
- Spend your last minutes of the day reading, talking, praying. Spend your first minutes of the day being still. Start the day with peace.

5 No screens before double-digits.

- Children are primed for physical learning, designed to explore the world through their senses. Tech can damage this.
- Learning can't be made too easy for children. Challenge and failure allows them to adapt and learn. Tech asks too little of them.
- Parents often give children tech to make their own lives easier, not their child's.
- The early years should be spent with real, difficult, rewarding learning.
- Again, avoid legalism. It's hard to completely avoid screens. Even if your kids encounter screens at school and friends' houses, radical thinking at home will be beneficial for them.

6 We use screens for a purpose and we use them together, rather than using them aimlessly and alone.

- Use tech on purpose and rarely rather than aimlessly and frequently. Use tech for a specific reason, not simply to assuage boredom.
- Avoid using tech to merely distract children into submission. Find a more constructive way to occupy them.
- The screen stays off unless we are using it together and for a specific purpose.
- You wouldn't give your children unsatisfying food. The same applies to tech.

7 Car time is conversation time.

- Every trip home from the store has the potential to build character.

8 Spouses have each other's passwords and parents have total access to children's devices.

- Tech can shortcut the longer path of wisdom and courage.
- Addictions are fed by emptiness. The greatest defense against porn and other addictions is a full life with deep relationships.
- It's impossible to keep sex completely out. We can't put our kids in a sterile bubble. Instead we can equip them with healthy immune systems that can resist and reject what is not good.
- Cultivate an atmosphere of openness so that if your kids try to hide things, they are making a conscious decision to break a family pact, rather than just blundering along with tech autonomy.
- We combat this not with rules but our dependence on one another.

9 We show up for the big events in life.

- Tech closes distance, but helps create that distance in the first place.
- Be present. Be committed to real connection.

Family Tech Use Ideas

- No tech in the first and last hour of the day.
- No phones on Sundays.
- One night a week with no tech at all.
- One week of vacation a year with no phones at all. Tech only when we're together.

G. K. Chesterton

A man and a woman cannot live together without having against each other a kind of everlasting joke. Each has discovered that the other is a fool, but a great fool. This largeness, this grossness and gorgeousness of folly is the thing which we all find about those with whom we are in intimate contact; and it is the one enduring basis of affection, and even of respect.

Thoreau

Heroes are often the most ordinary of men.

Abraham

1. Follow God's lead: God tells Abram to leave his home and go to the land He'll show him (Gen. 12).
2. Others are blessed when you follow God: God tells him all the families of the earth will be blessed through him (12).
3. You've never outlived your usefulness: Abram is 75 when he leaves Ur (12).

4. Build altars to the Lord: Abram builds an altar when God tells him his offspring will be given the land (12).
5. Do not fear: Abram has Sarai say she is his sister in order to save his life (12).
6. Protect your wife: Abram knows the implications of Sarai saying she is his sister. She will be taken (12).
7. Step up in a time of crisis: He pursues and defeats the people who take Lot's family as plunder (14).
8. God gives us the desires of our heart: God promises Abram a son (15).
9. Listen only to the voice of God: Abram listens to Sarai, doubts God, and goes in to Hagar (16).
10. Do not be afraid to petition the Lord: He asks the Lord to spare Sodom (16).
11. God delivers promises in His timing, but He is faithful: Abraham waits 25 years for Isaac after God's promise (21).
12. Trust: He trusts that God will provide the burnt offering, sparing Isaac (22).

Belgian Draft Horse

The Belgian Draft Horse is one of the strongest animals in the world. A single horse can pull 8,000 pounds while a pair of Belgians can pull 24,000 pounds, three times that of a single horse. However, if the horses are raised and trained together, the pair can pull up to 32,000 pounds, four times that of a single horse.

Theodore Roosevelt

It is hard to fail, but it is worse never to have tried to succeed.

Isaac

1. Spend time meditating with the Lord (Gen. 24).
2. Pray boldly: Isaac boldly prays for Rebekah to be healed of barrenness and she is healed (25).
3. Do not fear: Isaac says Rebekah is his sister, fearing for his life (26).
4. Worship: He builds God an altar and calls upon His name in thankfulness for His blessings (26).
5. Forgive: Isaac and Abimelech agree to a peace pact, even after Abimelech kicked him out of the land (26).

Thanksgiving 2018

- Jack's laugh
- Rae's smile
- How good a mother Jami is
- Spending time with Jack at Stony Brook games

- The kids' faces in the window when I come home from work
- Our new house
- Rae's snuggles
- Faithful friends
- Rae's nose kisses
- A house full of joy
- Community
- Meaningful work

Jacob

1. Do not gain through deception: Jacob tricks Esau out of his birthright (Gen. 25) and his blessing (27).
2. Give back to the Lord: He promises a tenth of all he is given (28).
3. Be overwhelmed with love for your wife: Working seven years for Rachel seemed but days to Jacob (29).
4. Do not cheat: Jacob cheats Laban out of the best sheep (30).
5. We are nothing before the Lord: Jacob wrestles all night with God, but is no match (32).
6. Forgiveness is powerful: Esau runs to greet and kiss Jacob (33).
7. Be generous because God is generous with you: Jacob offers much of his wealth to Esau because God has blessed him (33).
8. God keeps His promises: God continues the promise of offspring and land He gave to Abraham and Isaac (35).
9. Your greatness comes only from the Lord: Pharaoh allows Jacob to bless him, despite the fact that he himself is revered as a God (47).
10. God is faithful: Jacob never thought he would see Joseph again. Not only does he see him again, but he meets his grandsons (48).
11. Leave a legacy: Jacob blesses his grandsons (48).
12. Finish your good work: When Jacob finishes commanding his sons, he breathes his last (49).
13. Live so you are missed when you are gone: He is mourned for seven days (50).

Joseph

1. Beware pride or the appearance of pride. Be prudent with your speech: He makes his brothers angry and jealous when he tells them his dreams (Gen. 37).
2. Let people know the Lord is with you without having to say it: Potiphar recognizes the Lord is with Joseph (39).
3. Resist temptation: Joseph deflects the continual advances of Potiphar's wife (39).

4. The Lord is with you wherever you go: The Lord remains with him in prison and continues to bless him (39).
5. Boast of the Lord: He gives the Lord credit for his wise dream interpretations (40).
6. Trust in the Lord in trial: He goes from prisoner to one with authority over all of Egypt (41).
7. Push others toward repentance: Joseph does not see Benjamin and challenges his brothers as to his whereabouts, knowing he has great mercy in store if they are worthy (42).
8. Don't judge people solely on their past deeds: Joseph tests his brothers' care for Benjamin and finds them worthy (44).
9. Trust God's divine plan: Joseph tells his brothers not to be dismayed. He was sent to Egypt by God to preserve life (45).
10. God can restore any relationship: Joseph and his brothers weep with joy at their reunion (45).
11. Have unshakeable integrity in your work: He ensures all the money he takes in goes to Pharaoh (47).
12. Be wise in crisis: He guides Egypt through the famine (47).

Acts 20:22-24

I am going to Jerusalem, bound by the Spirit, not knowing what will happen to me there, except that the Holy Spirit testifies to me in every city that imprisonment and afflictions await me. But I do not account my life of any value nor as precious to myself, if only I may finish my course and the ministry that I received from the Lord Jesus, to testify to the gospel of the grace of God.

Tim Keller

Your life is not a series of random events. Your family background, education, and life experiences--even the most painful ones--all equip you to do some work that no one else can do (Eph. 2:10).

Samuel Johnson

To do nothing is in every man's power.

Dorothy Sayers

He can exact nothing from man that He has not exacted from Himself.

Isaiah 9:5

“Every warrior's boot used in battle and every garment rolled in blood will be destined for burning, will be fuel for the fire.” ... The victory over evil does not require our strength, our tools. The Mighty God has done the fighting for us.

**Longfellow
Retribution**

Though the mills of God grind slowly,
Yet they grind exceeding small;
Though with patience he stands waiting,
With exactness grinds he all.

**How to Talk So Kids Will Listen and Listen So Kids Will Talk
Faber and Mazlish**

I. Helping Children Deal with Their Feelings

- To help with feelings:
 1. Listen with full attention.
 2. Acknowledge their feelings with a word.
 3. Give their feelings a name. (“That must’ve really hurt.”)
 4. Give them their wishes in fantasy. (“I wish we could fly to Grandpa’s right now!”)
- There is a direct connection between how kids feel and how they behave.
- It helps to equate unhappy feelings with physical bruises. Hurt feelings are as real as a hurt knee and need attention.
- When a child feels their feelings are accepted, they’re more willing to accept limits.
- The more you try to dismiss unhappy feelings, the more children can become stuck in them.

2. Engaging Cooperation

1. Describe what you see or describe the problem: It’s hard to get things done when people are telling you what’s wrong with you. When we describe the problem it gives children a chance to tell themselves what to do. (“There’s a wet towel on the bed.”)

2. Give information: Information is a lot easier to take than accusation. (“The towel is getting my blanket wet.”)

3. Say it with a word: Kids dislike hearing lectures. The shorter the reminder the better. (“Towel!”)

4. Talk about your feelings: Kids are entitled to hear their parents’ honest feelings. By describing how we feel, we can be genuine without being hurtful. It’s easier to cooperate with someone who is expressing irritation or anger, as long as you’re not being attacked. (“I don’t like sleeping in a wet bed.”)

5. Write a note. (On the mirror: “Please put me back so I can dry.” -- your towel)

- Abandon the notion that your kids should behave out of a sense of moral obligation. They need to understand their feelings and behavior before understanding a value system.
- Where do kids learn to talk to their parents? Partly from how their parents talk to them.

3. Alternatives to Punishment

- Alternatives:
 1. Point out a way to be helpful.
 2. Express strong disapproval without attacking character
 3. State your expectations.
 4. Show the child how to make amends.
 5. Offer a choice.
 6. Take action.
 7. Allow the consequences of the behavior: There is a difference between punishment and consequences brought about by poor behavior/choices.
- Planning ahead can forestall problems (ex. Giving a child a list of grocery items they have to find).
- Punishment places the child's focus on feeling sorry for himself or revenge.
- Problem-solving:
 1. Talk about the child's feelings and needs.
 2. Talk about your feelings and needs.
 3. Brainstorm together to find a mutually agreeable solution.
 4. Write down all ideas without evaluating.
 5. Decide which solutions work for both of you.
- Stop thinking of the child as a problem that needs correction. It's important for children to see themselves as part of the solution instead of part of the problem.
- Stop worrying that if you're not tough enough your child will take advantage.
- By not blaming or punishing we free children to focus on taking responsibility.
- Punishment gives children a model to imitate and learn from.
- Punishment only helps children develop greater resistance and defiance.

4. Encouraging Autonomy

- How to encourage:
 1. Let children make choices.
 2. Show respect for a child's struggle.
 3. Don't ask too many questions.
 4. Don't rush to answer questions.
 5. Encourage children to use sources outside the home.

6. Don't take away hope.

- "By trying to protect children from disappointment, we protect them from hoping, striving, dreaming, and sometimes from achieving their dreams."
- It takes restraint and self-discipline to not move in with advice, particularly when we have the answer.

5. Praise

- Each time we respect a child's feelings, offer a choice, or give them a chance to solve a problem, they grow in confidence and self-esteem.
- Helpful praise: Describe with appreciation what you see or feel and the child is then able to praise himself.
- When a child's best is affirmed it becomes a lifelong touchstone that a child can return to in times of doubt or discouragement.
- Instead of scolding children, remind them of their past praiseworthy behavior.
- Demonstrate that in times of need we support rather than attack each other.

6. Freeing Children from Playing Roles

1. Look for opportunities to show children a new picture of themselves.
2. Put children in situations where they can see themselves differently.
3. Let children overhear you say something positive about them.
4. Model the behavior you'd like to see.
5. Be a storehouse for your child's special moments.
6. When your child behaves according to the old label, state your feelings and/or expectations.

- Refrain from saying, "There you go again!"
- Look for the positives in the poor role they're occupying: the fun in the mischief-maker, the imagination in the daydreamer.
- Never underestimate the power of your words on a child's life.

Tim Keller

Lord, I worry because I forget your wisdom. I resent because I forget your mercy. I covet because I forget your beauty. I sin because I forget your holiness. I fear because I forget your sovereignty. You always remember me. Help me to remember you. Amen.

Thomas Jefferson

Though I am an old man, I am but a young gardener.

2019 Focus

- Intentionally strengthening my marriage

- Growing as a father
- Serving others more
- Growing in patience
- Growing in wisdom
- How I use technology
- Getting fit

Intentional Manhood

January & February 2019

1 A Devoted Man of God

- 1 Fast one day
- 2 Focus on praying without ceasing (Brother Lawrence)
- 3 Meditate on scriptures where I am weak

2 A Steadfast Husband

- 1 Write a weekly love letter in her book
- 2 Do chores without being asked
- 3 Prioritize praying with her each night
- 4 Have one tech-free night each month
- 5 Share my 2019 focus with Jami

3 A Loving Father

- 1 Take Jack out for 1-on-1 time each week
- 2 Consider life Scriptures for Jack and Rae
- 3 Start "Special Days"

4 A Family Builder

- 1 Visit Gramps
- 2 Ask Mike how I can pray for him
- 3 Take Lou out to breakfast

5 A Loyal Friend

- 1 Ask Tim, Richard, Mark, Stephen, and Dave how I can pray for them
- 2 Call Don Humpton
- 3 Take Stephen out to breakfast

6 A Community Builder

- 1 Look for ways to praise and encourage my coworkers

7 A Leader and Mentor

- 1 Write encouraging notes to 50 athletes
- 2 Check in with each of my advisees

8 A Healthy Man

- 1 No snacking after 9pm
- 2 Run 3 times a week

- 3 50 pushups/100 situps each day
- 9 A Lifelong Learner
- 1 Read four books
 - 2 Ask men what they wish they knew as a young father
- 10 A Virtuous Man
- 1 Focus on how I use my speech (inward and outward)
 - 2 Do one charitable activity as a family
 - 3 Focus on patience in frustrating or stressful moments

Tim Keller

Lord, I want to be successful, but for many wrong reasons. Do everything necessary--even bringing into my life humbling disappointments--that will teach me to care more about being faithful than about being successful. Only then will I be freed from the pride and fear that prevent true success. Amen.

Tim Keller

Lord, I spend far too little time studying and meditating on your Word, and I have no excuse. We always make time for the things we value most. So I ask your forgiveness for not loving your Word and you as you have loved me. Teach me your truth. Amen.

H. Jackson Brown

When apologizing, never ruin it with an excuse.

Tim Keller

There is no evil that the Father's love cannot pardon and cover; there is no sin that is a match for His grace.

C. S. Lewis

The Problem of Pain

It passes reason to explain why any creatures, not to say creatures such as we, should have a value so prodigious in their Creator's eyes.

Pastor Stephen Zarlengo

How We Walk This Journey - Jan. 27, 2019

- Nietzsche in "The Parable of the Madman": God is dead. Churches are tombstones and monuments.
- Our culture continues to say, "God is dead," that man has superseded God.
- Our faith is not a monument. It is a movement. Are you moving?

- Eugene Peterson in “Long Obedience in the Same Direction”: A monument says, “At least I got this far.” A footprint says, “This is where I was when I moved again.”
- Are you a pilgrim or a tourist?
- Tourists are deflated by minor challenges, they seek only what is new, interesting, easy.
- Pilgrims seek only the next step, they persevere. They are on the journey for the long haul. Pilgrimages are done in community.
- Luke 4: 17-21: Jesus’ sacrifice set the captives free, bought back our lives.
- We cannot move unless we have life. God is not dead and our lives and movement should be a witness to that.
- What monuments are keeping me busy from following, from moving?
- What monument am I polishing that’s keeping me from a new assignment?
- Solomon kept polishing monuments. David continually sought God’s heart.
- The cross is not a monument. It’s a footprint.
- The King is calling. Will you follow?

C. S. Lewis

Mere Christianity

A Christian is not a man who never goes wrong, but a man who is enabled to repent and pick himself up and begin over again after each stumble--because the Christ-life is inside him, repairing him all the time, enabling him to repeat (in some degree) that kind of voluntary death which Christ Himself carried out.

C. S. Lewis

The Screwtape Letters

A moderated religion is as good for us as no religion at all.

Tim Keller

Without awe and wonder--fear before God--success can and usually does lead to a sense of superiority and hubris. Then the spiral begins. Pride moves you toward foolishness, such as overconfidence in your own intuition, which ultimately results in bad decisions and downfall.

C. S. Lewis

The Weight of Glory

Swimming lessons are better than a lifeline to the shore.

C. S. Lewis
The Weight of Glory

For He claims all, because He is love and must bless. He cannot bless unless He has us.
When we try to keep within us an area that is our own, we try to keep an area of death.
Therefore, in love, He claims all. There's no bargaining with Him.

Pastor Zarlengo
Surrounded - Feb. 10, 2019

- What surrounds your life? What thoughts, feelings, desires, aspirations surround your mind and heart?
- "I am the vine... abide in me" (John 15).
- What circumstances encircle you? What thoughts envelope you? What feelings engulf you? What voices encompass you?
- If you feel like you're falling apart, it may be God taking you apart before He puts you back together.
- You may be surrounded by thorns (Mark 4:18-19) or the Enemy. It may take the form of worries (from the Greek "split"), deceptions, desires.
- Help is on the way.
 - Bastogne surrounded by Nazis. McAuliffe refuses to surrender and Patton relieves them three days later.
 - 2 Kings 6:16-17: "Those who are with us are more than those who are with them."
- Chariots of fire surround you. The Lord is closer to you than the Enemy.
- "Do not fear" is the Bible's most oft-given command, "I am with you" the most oft-given promise.
- Elisha strikes the enemy with blindness in 2 Kings 6. Open your eyes of faith and it will blind the Enemy.

Proverbs 14:26

In the fear of the Lord one has strong confidence, and his children will have a refuge.

Lord, I Need You

Lord, I need You, oh, I need You
Every hour I need You
My one defense, my righteousness
Oh God, how I need You

So teach my song to rise to You
When temptation comes my way

When I cannot stand I'll fall on You
Jesus, You're my hope and stay

Pastor Zarlengo
One Touch - Feb. 17, 2019

- Matt. 8:1-3: A leper: "Lord, if you are willing, you can make me clean."
- Jesus reached out and touched him, and he was cleansed.
- Leprosy attacks the nerves, disables the body's warning system of pain. You are desensitized and vulnerable to injury.
- What is leprosy in your life? A relationship, wealth, success? Prejudice, lust?
- What makes you vulnerable to injury, deception?
- Leprosy can disfigure, destroy, and make unclean, but one touch from the Lord brings a miracle.
- Anything touched by a leper is made unclean, contagious, defiled. Who am I contaminating with my leprosy?
- Is there an area of leprosy in my heart? Pray for God to reveal it because I may be numb to it, desensitized--what leprosy does to the nerves.
- Exodus 4:6: Whatever is in your heart will find its way to your hand.
- 1 John 1:9: Forgiven and cleansed. We may be forgiven, but still in bondage if we are not cleansed.

Hemingway

The world breaks everyone and afterward many are strong at the broken places.

MLK

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

2019 Routines

1. Up at 6am (Workout)
2. First meal at 12pm. No eating after 8pm
3. Bed by 11pm (Pray with Jami & Devos)
4. One night a week with no technology
5. Weekly reflection time

H. Jackson Brown

If you're speaking at the top of your voice, you're probably losing the argument.

Intentional Manhood

March 2019

1 A Devoted Man of God

- 1 Fast one day
- 2 Meditate on how I honor the sabbath
- 3 Meditate on scriptures where I am weak
- 4 Tithe
- 5 Consider what to give up/focus on for Lent

2 A Steadfast Husband

- 1 Write one love letter in her book
- 2 Do chores without being asked
- 3 Prioritize praying with her each night
- 4 Plan one tech-free night with meaningful things for us to do

3 A Loving Father

- 1 Take Jack out for 1-on-1 time each week
- 2 Consider life Scriptures for Jack and Rae
- 3 Write in their journals

4 A Family Builder

- 1 Visit Gramps
- 2 Talk to Mike, Dave & Lou about being Mighty Men
- 3 Take Lou out to breakfast

5 A Loyal Friend

- 1 Talk to Tim, Don, Sean, Richard, Mark, Stephen, and Dave about being Mighty Men

- 2 Call Don Humpton
- 3 Take Stephen out to breakfast

6 A Community Builder

- 1 Look for ways to praise and encourage my coworkers
- 2 Pray for my coworkers

7 A Leader and Mentor

- 1 Write encouraging notes to 50 athletes
- 2 Check in with each of my advisees

8 A Healthy Man

- 1 Get up at 6am to work out each day
- 2 In bed by 11pm
- 3 Eating only between 12pm and 8pm

9 A Lifelong Learner

- 1 Read four books
- 2 Seek wisdom: Ask men what they wish they knew as a young father
- 3 Learn about my local and state politicians

10 A Virtuous Man

- 1 Focus on how I use my speech (inward and outward)
- 2 Do one charitable activity as a family
- 3 Focus on patience in frustrating or stressful moments
- 4 Make time each week for reflection on my routines, yearly focus, and intentional

manhood

Pastor Zarlengo

Liberating Laws: Idolatry // Mar. 3, 2019

- God's rules don't oppress. They liberate and give us a foundation on which to stand.
- Ex. 20:2-3: God reminds the Israelites he brought them out of Egypt immediately before He tells them He wants them to have no other gods. There is freedom in giving our allegiance only to the Lord.
- Idolatry blocks our view of God. It creates bondage.
- You don't possess idols; they possess you. They erode your identity.
- Idols can be concrete or conceptual, like approval.
- Good things can possess us just as easily. 1500 years after Moses fashioned the bronze serpent it becomes an idol for the people, forcing King Hezekiah to destroy it in 2 Kings.
- Good things can slowly evolve into an idol. A talent, a gift, a goal, a need. Idolatry can be very subtle.
- Psalm 115: You become like your idols. Paralyzed. Lifeless.
- Don't self-reflect without God. You can become depressed or prideful. Ask God to search you.
- 1 Sam. 5: The Ark goes into the temple of the Philistine deity Dagon. The idol falls down in its presence. The people put it back up. It falls again and its head and hands are shorn off. God's presence brings down idols.
- Fear can open the door to an idol. Trust in the Lord removes that desire.

C. S. Lewis

The Four Loves

As Christ sees in the flawed, proud, fanatical or lukewarm church on earth that Bride who will one day be without spot or wrinkle, and labours to produce the latter, so the husband whose headship is Christ-like (and he is allowed no other sort) never despairs.

Bonhoeffer

Life Together

- It is grace, nothing but grace, that we are allowed to live in community with Christian brethren.

- The goal of all Christian community: they meet one another as bringers of the message of salvation.
- He who looks upon his brother should know that he will be eternally united with him in Jesus Christ.
- The more genuine and the deeper our community becomes, the more will everything else between us recede, the more clearly and purely will Jesus Christ and his work become the one and only thing that is vital between us.
- Even when sin and misunderstanding burden the communal life, is not the sinning brother still a brother, with whom I, too, stand under the Word of Christ? Will not his sin be a constant occasion for me to give thanks that both of us may live in the forgiving love of Jesus Christ?
- The more thankfully we daily receive what is given to us, the more surely and steadily will fellowship increase and grow from day to day as God pleases.
- Spiritual love recognizes the true image of the other person which he has received from Jesus Christ.
- It is not the experience of Christian brotherhood, but solid and certain faith in brotherhood that holds us together.
- The prayer of the morning will determine the day.
- A Christian fellowship lives and exists by the intercession of its members for one another, or it collapses.
- There is no dislike, no personal tension, no estrangement that cannot be overcome by intercession. Intercessory prayer is the purifying bath into which the individual and the fellowship must enter every day.
- In a Christian community everything depends upon whether each individual is an indispensable link in a chain. Only when the smallest link is securely interlocked is the chain unbreakable.
- The final break-through to fellowship does not occur, because, though they have fellowship with one another as believers and as devout people, they do not have fellowship as the undevout, as sinners.
- Christ became our Brother in order to help us. Through him our brother has become Christ for us in the power and authority of the commission Christ has given to him. Our brother stands before us as the sign of the truth and the grace of God.
- When I go to my brother to confess, I am going to God.
- Sin demands to have a man by himself. It withdraws him from the community. The more isolated a person is, the more destructive will be the power of sin over him.
- Sin wants to remain unknown. It shuns the light. In confession the light of the Gospel breaks into the darkness and seclusion of the heart.

Tim Keller

Lord, I don't know why I am always surprised by suffering. Both your Word and common sense tell me that, even in good times, it is always on the way. Don't let the dark times darken my heart, but rather let them teach me wisdom. Amen.

Lent 2019

Every year it feels like Easter sneaks up on me. This year, I want to use this lenten season to position my heart to fully embrace Christ's sacrifice and experience the Cross in a new way. So, I am giving up alcohol and each time I am out with friends or at a party and can't have a drink it will remind me of Christ. I would also like to add something instead of just taking something away, so I will write forty letters to people who are important or influential in my life.

Rich Gregory

The responsibility given to the husband should not be taken lightly. It is a call to shepherd, provide, protect, and lead. It requires love, self-sacrifice, humility, and diligence. Ultimately, it looks to heaven and purposes to live each day in light of that future inheritance. In the meantime, it rests in the grace of God--knowing that the best of human relationships can be fully enjoyed only in the light of our fellowship with Him.

Bryan Chapell

The essence of parental love is recognizing that we are the dispensers of God's grace into our children's lives. They learn to identify and reverence God's character through the way we treat them both in moments of profound pride and in times of intense disappointment.

Proverbs 22:6

Start children off on the way they should go, and even when they are old they will not turn from it.

Brave Dad

John MacArthur

Being a Good Husband

- A married man's supreme responsibility is love for his wife.
- The challenge of loving your wife in the same way Christ loved the church is there is always room to grow.
- Don't speak or act in ways that may embitter her.
- If you love your wife, you'll hate anything that defiles her, including your own actions that cause her to sin.

- You should do everything you can to protect her purity.
- In a marriage you and your wife are one. In salvation she is one with Christ. So, the way you treat her is the way you treat Christ.
- Sacrifice, cast off whatever is keeping you from loving your wife as you should.

Don't Provoke Your Children

- Eph. 6:4: "Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord." Every aspect of a child's development is affected by how we apply this.
- We can provoke them by:
 - Being overprotective, restricting them, and not trusting them.
 - Comparing them to each other: "Why isn't your room as clean as your sister's?"
 - Setting unrealistic achievement goals and connecting their value and our love to their performance.
 - Failing to make sacrifices and time for them.

Discipline

- When God corrects us love is always His attitude. So should ours be.
- It's never enough to address our children's behavior. We must address their heart condition.
- No matter what a child has done, when they repent we should show the same abounding grace we've received from God.

Teaching Wisdom

- Deut. 6:7: Teach your children God's words at all times.
- Based on your interactions with them every day, would your children guess that raising them toward godliness is your first priority?
- Teach them to guard their hearts and minds (Prov. 4:23). You are the guardian of their young minds.

A Strong Father

- You are to provide courage and strength in your home.
- Your convictions, spiritual and moral, should provide certainty, confidence, and stability.
- You are called to be strong in your faith and in the things of God.
- You are to provide clear direction in the way your children should live.
- Study the Word and you'll be equipped to lead your family.

1 Corinthians 16:13

Be on alert, stand firm in the faith, act like men, be strong.

Joshua 1:5

No man shall be able to stand before you all the days of your life. Just as I was with Moses, so I will be with you. I will not leave you or forsake you.

A. W. Tozer

The Pursuit of God

Following Hard After God

- Complacency is a deadly foe of all spiritual growth.
- God waits to be wanted. Too bad that with many of us He waits so long, so very long, in vain.
- The man who has God for his treasure has all things in One.

O God, I have tasted Thy goodness, and it has both satisfied me and made me thirsty for more. I am painfully conscious of my need for further grace. I am ashamed of my lack of desire. O God, the Triune God, I want to want Thee; I long to be filled with longing; I thirst to be made more thirsty still. Show me Thy glory, I pray Thee, that so may I know Thee indeed. Begin in mercy a new work of love within me. Say to my soul, "Rise up, my love, my fair one, and come away." Then give me grace to rise and follow Thee up from this misty lowland where I have wandered so long. In Jesus' name, Amen.

The Blessedness of Possessing Nothing

- The roots of our hearts have grown down into things, and we dare not pull up one rootlet lest we die.
- Abraham's love for Isaac, his promised blessing, grew so strong that it "bordered upon the perilous." God stepped in to save Abraham by demanding a sacrifice.
- God to Abraham: "I only wanted to remove him from the temple of your heart that I might reign unchallenged there."
- After Abraham wills to sacrifice Isaac to God, God restores his son to him. Abraham then had everything, though he possessed nothing. He knew he owned nothing, that his real treasures were inward and eternal.
- We may be hindered from giving our treasures to God (family, friends, talents) because we fear for their safety. Everything is safe which we commit to Him, and nothing is really safe which is not so committed.
- To deal with this, put away all defense: Whoever defends himself will have himself for his defense, and he will have no other, but let him come defenseless before the Lord and he will have for his defender no less than God Himself. Let the inquiring

Christian trample under foot every slippery trick of his deceitful heart and insist upon frank and open relations with the Lord.

- If we are committed to the pursuit of God, sooner or later we will be tested like Abraham. At that testing place there will be just one choice and an alternative, but our whole future will be conditioned by the choice we make.

Father I want to know Thee, but my coward heart fears to give up its toys. I cannot part with them without inward bleeding, and I do not try to hide from Thee the terror of the parting. I come trembling, but I do come. Please root from my heart all those things which I have cherished so long and which have become a very part of my living self, so that Thou mayest enter and dwell there without a rival. Then shalt Thou make the place of Thy feet glorious. Then shall my heart have no need of the sun to shine in it, for Thyself wilt be the light of it, and there shall be no night there. In Jesus' name, Amen.

Removing the Veil

- God meant us to see Him and live with Him and draw our life from His smile.
- But we are guilty of a "foul revolt" and have ceased to obey Him or love Him and in guilt and fear have fled as far as possible from His Presence.
- Ransomed men need no longer pause in fear to enter the Holy of Holies. God wills that we should push into His Presence and live our whole lives there.
- Yet sometimes contentment takes the place of zeal.
- The instant cure of most of our religious ills would be to enter the Presence in spiritual experience, to become suddenly aware that we are in God and God is in us.
- What a broad world to roam in, what a sea to swim in is this God and Father of our Lord Jesus Christ.
- With the veil removed by the rending of Jesus' flesh, with nothing on God's side to prevent us from entering, why do we tarry without? Why do we consent to abide all our days just outside the Holy of Holies and never enter to look upon God?
- Answer: the presence of a veil in our hearts. It is the veil of our fleshly fallen nature living on, unjudged within us, uncrucified. It is woven of the fine threads of the self-life, sins like self-righteousness, self-confidence, self-admiration, self-love, self-sufficiency.
- The sins dwell too deep within us and are too much a part of our natures to come to our attention till the light of God is focused upon them.
- You could preach eloquently and still these sins can gain strength. Our very state of longing after God may afford an excellent condition under which those sins can thrive and grow. Self is the opaque veil that hides the Face of God from us.

- That veil is made of living spiritual tissue; it is composed of the sentient, quivering stuff of which our whole beings consist, and to touch it is to touch us where we feel pain. To say otherwise is to make the cross no cross and death no death at all.

Lord, how excellent are Thy ways, and how devious and dark are the ways of man. Show us how to die, that we may rise again to newness of life. Rend the veil of our self-made life from the top down as Thou didst rend the veil of the Temple. We would draw near in full assurance of faith. We would dwell with Thee in daily experience here on this earth so that we may be accustomed to the glory when we enter Thy heaven to dwell with Thee there. In Jesus' name, Amen.

Apprehending God

- Why do the ransomed children of God know so little of the conscious communion of God offered to us?
- Answer: our chronic unbelief. Faith enables our spiritual sense to function.
- Sin has so clouded the lenses of our hearts that we cannot see that other reality, the City of God, shining around us.
- The soul has eyes with which to see and ears with which to hear. Feeble they may be from long disuse, but by the life-giving touch of Christ alive now and capable of sharpest sight and most sensitive hearing.
- As we begin to focus upon God the things of the spirit will take shape before our inner eyes.

O God, quicken to life every power within me, that I may lay hold of eternal things. Open my eyes that I may see; give me acute spiritual perception; enable me to taste Thee and know that Thou art good. Make heaven more real to me than any earthly thing has ever been. Amen.

The Universal Presence

- We need never shout across the spaces to an absent God. He is nearer than our own soul, closer than our most secret thoughts.

O God and Father, I repent of my sinful preoccupation with visible things. The world has been too much with me. Thou hast been here and I knew it not. I have been blind to Thy Presence. Open my eyes that I may behold Thee in and around me. For Christ's sake, Amen.

The Speaking Voice

- A new world will arise out of the religious mists when we approach our Bible with the idea that it is not only a book which was once spoken, but a book which is now speaking.
- A word of God once spoken continues to be spoken.

Lord, teach me to listen. The times are noisy and my ears are weary with the thousand raucous sounds which continuously assault them. Give me the spirit of the boy Samuel when he said to Thee, "Speak, for thy servant heareth." Let me hear Thee speaking in my heart. Let me get used to the sound of Thy voice, that its tones may be familiar when the sounds of earth die away and the only sound will be the music of Thy speaking voice. Amen.

The Gaze of the Soul

- Faith is not a once done act, but a continuous gaze of the heart at the Triune God.
- The man who has struggled to purify himself and has had nothing but repeated failures will experience real relief when he stops tinkering with his soul and looks away to the perfect One.
- While he looks at Christ the very things he has so long been trying to do will be getting done within him.
- Lift your heart and let it rest upon Jesus and you are instantly in a sanctuary, wherever you are.

O Lord, I have heard a good word inviting me to look away to Thee and be satisfied. My heart longs to respond, but sin has clouded my vision till I see Thee but dimly. Be pleased to cleanse me in Thine own precious blood, and make me inwardly pure, so that I may with unveiled eyes gaze upon Thee all the days of my earthly pilgrimage. Then shall I be prepared to behold Thee in full splendor in the day when Thou shalt appear to be glorified in Thy saints and admired in all them that believe. Amen.

Restoring the Creator-Creature Relation

- The man who surrenders to Christ exchanges a cruel slave driver for a kind and gentle Master whose yoke is easy and whose burden is light.
- God was our original habitat and our hearts cannot but feel at home when they enter again that ancient and beautiful abode.
- See how God winked at the weaknesses and overlooked the failures of any Bible character who honestly tried to glorify God in his earthly walk while pouring upon His servants grace and blessings untold.
- Not perfection, but holy intention made the difference.
- God wants us all, and He will not rest till He gets us all. No part of the man will do.

O God, be Thou exalted over my possessions. Nothing of earth's treasures shall seem dear unto me if only Thou art glorified in my life. Be Thou exalted over my friendships. I am determined that Thou shalt be above all, though I must stand deserted and alone in the midst of the earth. Be Thou exalted above my comforts. Though it mean the loss of bodily comforts and the carrying of heavy crosses I shall keep my vow made this day before Thee. Be Thou exalted over my reputation. Make me ambitious to please Thee even if as a

result I must sink into obscurity and my name be forgotten as a dream. Rise, O Lord, into Thy proper place of honor, above my ambitions, above my likes and dislikes, above my family, my health and even my life itself. Let me decrease that Thou mayest increase, let me sink that Thou mayest rise above. Ride forth upon me as Thou didst ride into Jerusalem mounted upon the humble little beast, a colt, the foal of a donkey, and let me hear the children cry to Thee, "Hosanna in the highest."

Meekness and Rest

- The meek man is not a human mouse afflicted with a sense of his own inferiority. Rather he may be in his moral life as bold as a lion and as strong as Samson; but he has stopped being fooled about himself.
- He knows he is weak and helpless, but paradoxically he knows at the same time he is in the sight of God of more importance than the angels.
- In himself, nothing; in God, everything.
- He knows well that the world will never see him as God sees him and he has stopped caring.
- Artificiality is one curse that will drop away the moment we kneel at Jesus' feet and surrender ourselves to His meekness. Then we will not care what people think of us so long as God is pleased.
- Then what we are will be everything; what we appear will take its place far down the scale of interest to us.

Lord, make me childlike. Deliver me from the urge to compete with another for place or prestige or position. I would be simple and artless as a little child. Deliver me from pose and pretense. Forgive me for thinking of myself. Help me to forget myself and find my true peace in beholding Thee. That Thou mayest answer this prayer I humble myself before Thee. Lay upon me Thy easy yoke of self-forgetfulness that through it I may find rest. Amen.

The Sacrament of Living

- We who follow Christ inhabit at once two worlds, the spiritual and the natural.
- Most Christians try to walk the tight rope between two kingdoms and they find no peace in either.
- If we would escape from the toils of the sacred-secular dilemma the truth must "run in our blood" and condition the complexion of our thoughts. We must practice living the glory of God, actually and determinedly.
- The old painful duality will go down before a restful unity of life.
- Let us believe that God is in all our simple deeds and learn to find Him there.
- It is not what a man does that determines whether his work is sacred or secular, it is why he does it.

Lord, I would trust Thee completely; I would be altogether Thine; I would exalt Thee above all. I desire that I may feel no sense of possessing anything outside of Thee. I want constantly to be aware of Thy overshadowing Presence and to hear Thy speaking Voice. I long to live in restful sincerity of heart. I want to live so fully in the Spirit that all my thought may be as sweet as incense ascending to Thee and every act of my life may be an act of worship. Therefore I pray in the words of Thy great servant of old, "I beseech Thee so for to cleanse the intent of mine heart with the unspeakable gift of Thy grace, that I may perfectly love Thee and worthily praise Thee." And all this I confidently believe Thou wilt grant me through the merits of Jesus Christ Thy Son. Amen.

St. Augustine

Thou hast made us for Thyself, O Lord, and our hearts are restless until they find rest in Thee.

Michael W. Smith
Surrounded

This is how I fight my battles.
This is how I fight my battles.
This is how I fight my battles.

It may look like I'm surrounded
But I'm surrounded by You.
It may look like I'm surrounded
But I'm surrounded by You.
It may look like I'm surrounded
But I'm surrounded by You.

C. S. Lewis
Mere Christianity

People often think of Christian morality as a kind of bargain in which God says, 'If you keep a lot of rules I'll reward you, and if you don't I'll do the other thing.' I do not think that is the best way of looking at it. I would much rather say that every time you make a choice you are turning the central part of you, the part of you that chooses, into something a little different from what it was before. And taking your life as a whole, with all your innumerable choices, all your life long you are slowly turning this central thing either into a heavenly creature or into a hellish creature: either into a creature that is in harmony with God, and with other creatures, and with itself, or else into one that is in a state of war and hatred with God, and with its fellow-creatures, and with itself. To be the one kind of creature is heaven: that is, it is joy and peace and knowledge and power. To be

the other means madness, horror, idiocy, rage, impotence, and eternal loneliness. Each of us at each moment is progressing to the one state or the other.

Pastor Zarlengo

Liberating Laws: The Sabbath - Mar. 17, 2019

- Romans 14:5: shows that keeping the Sabbath is not a command but a personal conviction.
- Col. 2:16-17: Jesus is our Sabbath rest. The Sabbath is not simply a day of the week. It is a rest that comes from meeting with Christ and our brothers and sisters in the Lord.
- Mark 2:27: The Sabbath was made for man, not man for the Sabbath.
- It is a healthy rhythm to build in rest every seven days. We can also strive to find daily rest from time with the Lord.
- God wants you to remember He's the Creator and to find rest in that Truth.
- The Sabbath is more than the absence of work. It's the pursuit of His presence.
- The Sabbath is about evaluating priorities (Matt. 6:33).
- Priorities dictate direction (Matt. 6:21).
- Every day holds responsibilities, but pursue God first and your many roles will be maximized.
- A Sabbath practice:
 - Remember
 - Reflect
 - Rest
 - Refine
- How can I ensure weekly rest? What sets my Sabbath time apart from my week?

Walter Wangerin

Only when I have the courage to fully look, clearly to know myself--even the evil of myself--will I admit my need for healing.

Thomas a Kempis

There will always be many who love Christ's heavenly kingdom, but few who will bear His cross. He finds many to share His table, but few who will join Him in fasting. Many are eager to be happy with Him; few wish to suffer anything for Him. Many will follow Him as far as the breaking of bread, but few will remain to drink from His passion. Many are awed by His miracles, few accept the shame of His cross.

Thomas a Kempis

God wishes you to learn to bear trial without consolation, to submit yourself wholly to Him that you may become more humble through suffering. No one understands the passion of Christ so thoroughly or heartily as the one who has suffered similarly.

Bonhoeffer

Those who are not prepared to take up the cross, those who are not prepared to give their life to suffering and rejection by others, lose community with Christ, and are not disciples. Discipleship is commitment to the suffering Christ.

Jurgen Moltmann

The passionately loving Christ is like the brother or the friend to whom one can confide everything, because He knows everything and has suffered everything that can happen to us--and more.

Corrie Ten Boom

No matter how deep our darkness, He is deeper still.

C. S. Lewis

Mere Christianity

Whenever we find that our religious life is making us feel that we are good--above all, that we are better than someone else--I think we may be sure that we are being acted on, not by God, but by the devil. The real test of being in the presence of God is, that you either forget about yourself altogether or see yourself as a small, dirty object.

Tim Keller

When you suffer you can know you are walking the same path Jesus walked--so you are not alone--and that path is only taking you to Him.

Morton T. Kelsey

Each of us has underneath our ordinary personality, which we show to the public, a cellar in which we hide the refuse and rubbish which we would rather not see ourselves or let others see. And below that is a deeper hold in which there are dragons and demons, a truly hellish place, full of violence and hatred and viciousness. In the cross this level of our being has thrust itself up out of its deepest underground cellar so that we humans may see what is in all of us and take heed. The cross is the symbol, alive and vivid, of the evil that is in us.

Kierkegaard

Oh, marvelous omnipotence of love! But God who creates out of nothing, who almightily takes from nothing and says, “Be,” lovingly adjoins, “Be something even in opposition to me.” Marvelous love, even His omnipotence is under the sway of love!

Brennan Manning

The unconditional love of Jesus Christ nailed to the tree does not flinch before our perversity.

Hickey Family Mission Statement

In our family we commit to know and love each other, because we are known and loved unconditionally by our Father in heaven. We are quick to forgive, because Christ forgave us. We celebrate each other’s talents, because they were bestowed by God. We are honest with each other, because Christ is the Truth. We make time for each other, because God delights in loving relationships. We open our home to others, because God designed us to live in community. We fill our home with laughter and fun, because our God is a God of joy. We strive for these things because Christ is the stillpoint of our family, He is an indispensable part of our daily life together, and we seek to honor Him in how we love, support, and serve each other.

Pastor Zarlengo

Liberating Laws: Authority - Mar. 24, 2019

- Exodus 20:12: the first commandment given with a promise. There is blessing connected with submission to authority.
- Our culture has a spirit of rebellion against authority.
- Hebrew meaning of honor: weight of dignity. Respect in the Latin is “to look at.”
- Honor esteems the personhood. Respect is the recognition of position.
- Biblical submission to proper authority cultivates productivity, success, and life.
- What is Biblical submission? Appropriately aligning your will to another without the loss of identity or personality.
- What is proper authority? Authority that will not invite or require you to do anything unbiblical, unethical, immoral, or illegal.
- Rebellion creates artificial freedom.
- Satan sows rebellion through reason and logic.
- You will never speak with authority unless you are under authority (Matt. 7:29).
- Job 22:21: submission to God brings peace and prosperity.
- James 4:7: submit to God and the devil will flee from you.
- Surrender your life completely into God’s hands and you will find strength and support and your freedom maintained.

- Satan can also make you feel secure--at first--but what feels like security is him wrapping around you and constricting you. He does not hold you in a way that preserves your freedom.

Tim Keller

The sin that is most distorting your life right now is the one you can't see (Prov. 4:18-19).

Howard Hageman

"To be with me in paradise" is not primarily a promise for the future but a possibility for the present. For to be with Jesus Christ, whenever and wherever it takes place, is to be in paradise.

MLK

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.

Eberhard Arnold

Those who want to keep goods and valuables for themselves in spite of the need around them must do violence to their own hearts. God's heart is never limited in its sphere of action.

Hudson Taylor

The branch of the vine does not worry, and toil, and rush here to seek for sunshine, and there to find rain. No; it rests in union and communion with the vine; and at the right time, and in the right way, is the right fruit found on it. Let us so abide in the Lord Jesus.

John Stott

Before we can begin to see the cross as something done for us, we have to see the cross as something done by us.

Proverbs 17:17

A friend loves at all times, and a brother is born for adversity.

J. Wilbur Chapman

The rule that governs my life is this: Anything that dims my vision of Christ, or takes away my taste for Bible study, or cramps my prayer life, or makes Christian work difficult, is wrong for me, and I must, as a Christian, turn away from it.

George MacDonald

Never wait for a fitter time or place to talk to Him. To wait till you go to church or to your closet is to make Him wait. He will listen as you walk.

A. W. Pink

After grief for sin there should be joy for forgiveness.

Proverbs 27:17

As iron sharpens iron, so one man sharpens another.

2 Kings 6:16

Do not be afraid, for those who are with us are more than those who are with them.

William Wordsworth

Wisdom is oft-times nearer when we stoop than when we soar.

Chris Tomlin

The Table

Come all you weary
Come and find
His yoke is easy
His burden light
He is able, He will restore
At the table of the Lord

Pastor Zarlengo

Liberating Laws: Murder - Mar. 31, 2019

- Satan is a murderer and a liar (John 8:44).
- “If you believe a lie, something in you will die.”
- Matt. 5:21-22: Anger is connected to murder. Both incur judgment.
- Kinds of anger:
 - Constructive: motivation to create and develop. Awakens the will.
 - Destructive: controls and destroys
- Luke 6:29: Turn the other cheek. It’s no pacifism; it’s a principle of response. Don’t let the evil actions of another control your response.
- Your tongue can be a weapon of murder.
- You can murder one’s identity, reputation, dreams, confidence, talent, hope, vision, concept of God.
- Have you murdered anyone of a part of anyone?

Intentional Manhood

April 2019

1 A Devoted Man of God

- 1 Memorize 3 scriptures (2 Kings 6:16, Prov. 17:17, Prov. 27:17)
- 2 Tithe

2 A Steadfast Husband

- 1 Ask Jami what it's like to be married to me, and how I can be better for her
- 2 Leave her little notes

3 A Loving Father

- 1 Consider life scriptures for them with Jami
- 2 Spend 1-on-1 time with each of them

4 A Family Builder

- 1 Take Lou out to breakfast
- 2 Spend 1-on-1 time with David

5 A Loyal Friend

- 1 Ask my Mighty Men how I can pray for them
- 2 Reconnect with Phil Masterson

6 A Community Builder

- 1 Write notes to 5 coworkers
- 2 Invite church friends over for fellowship

7 A Leader and Mentor

- 1 Write notes to 10 coaches
- 2 Write notes to my advisees

8 A Healthy Man

- 1 Try out yoga
- 2 Focus on eating less meat

9 A Lifelong Learner

- 1 Ask men what books have been most influential on their spiritual walk
- 2 Ask men one awesome thing they've done for their marriage

10 A Virtuous Man

- 1 Focus on patience with Jami
- 2 Do one charitable act as a family

Tim Keller

Lord, I see that I don't really love my job or my comforts or my family too much. I love you too little in proportion to them. Only if I love you supremely will I love everything else well and properly. Capture my heart! Amen.

Lessons from Balaam

1. Never elevate riches over God's will: The prophet Balaam offers to seek God over whether or not to curse Israel for Balak in order to earn a diviner's fee, even though he already knows it is wrong (Numbers 22).
2. Use your gifts to honor God: He uses his spiritual gift only to honor himself (22)
3. Deal ruthlessly with temptation or it will grow harder to resist: He entertains a sin, so when Balak's offer for cursing Israel comes back stronger, it is harder to wrestle (22).
4. God will allow us trials to test us: God does not change His will, but because Balaam asks Him again if he should go with Balak, even after being clearly told "No," God allows him to go in order to deal with the wickedness in his heart (22).
5. Even if you have spiritual gifts or wisdom, you will not see if you don't seek God: He fails to see the angel blocking his way. Even his donkey is able to see it (22).
6. When we fail to seek God's will it can injure others: He strikes his donkey three times for turning from the way because he could not see the angel blocking the way (22).
7. We can't see God's handiwork with a wicked heart: He appears unimpressed by his talking donkey (22).
8. Repent when you recognize your sin: He still fishes for a way to continue on and earn honor from Balak (22).
9. Be faithful to the Lord: Even as he sacrifices on pagan altars, Balaam faithfully echoes God's blessing over Israel, knowing it would bring him no honor with Balak (23).
10. Turn to the Truth: He needs no divination for his third oracle. His eyes have been opened to true understanding (24).
11. God uses imperfect men: He is a greedy prophet for hire yet is used to bless Israel and even foretell of the Messiah (24).

Mencius

Before a man can do things there must be things he will not do.

Trust in Transition

April 4, 2019

I spoke with Richard Cowan today about his transition from Stony Brook back to Tennessee and his intentional decision to not continually ask God what is next for him and his family, and instead soak in a season in which he is fully dependent on God's direction. That desire to see the opportunity in the midst of uncertainty was encouraging and inspiring to me, as someone who struggles with placing too much trust in the

temporal. The details of where he will land are still unclear, yet he sees that as an opportunity for God to guide him in a way that is impossible when he is secure, when he falls into the daily demands of work, family, etc. He knows that he will land somewhere and that the window of uncertainty will shut, closing with it the chance to be steered by the wind of His will. So while that window is open he welcomes the opportunity to be moved and shaped by the Still Small Voice, and in that finds the peace and joy and security that no earthly thing could ever bring.

Samuel Rutherford

When I am in the cellar of affliction, I look for the Lord's choicest wines.

A. W. Tozer

It is doubtful whether God can bless a man greatly until He has hurt him deeply.

Eugene Peterson

A Long Obedience in the Same Direction

Evil is always temporary. Nothing counter to God's justice has any eternity to it.

G. K. Chesterton

Joy, which was the small publicity of the pagan, is the gigantic secret of the Christian.

Eugene Peterson

A Long Obedience in the Same Direction

Endurance is not a desperate hanging on but a traveling from strength to strength.

Pastor Zarlengo

Liberating Laws: Do Not Steal - April 7, 2019

- God is our source. The desire to steal is an affront to the trust we should have in Him (Phil. 4:19).
- Prosperity: everything we need to do His will.
- O. T. meaning of "steal": to deceive. N. T. meaning: to carry away. Deception occurs in the dark and always proceeds robbery.
- Deception is subtle and can convince us that we don't possess something we really do, or that what we do possess has no value. You won't protect something you don't think you have or that you think has little worth. Those things become vulnerable to theft.
- How many things do you have that are susceptible to theft? What has been stolen from you? A conviction, desire, dream, or hope? Your joy, peace, purity, or marriage?

- If you cheat the 12-year-old age limit at an amusement park and your 13-year-old son sees that, you've sold your integrity for \$15. You've effectively allowed it to be stolen from you.
- Don't allow anything of value in your life to be minimized.
- John 10:10: The thief comes to steal, kill, destroy.
- What has been taken from you can be restored (Joel 2:25, Jer. 29:11).
- What have you stolen from others?
- Robbery can come through withholding (Mal. 3:8).
- Jesus died between two thieves. Sin robs us of our lives.

Camus

The struggle itself toward the heights is enough to fill a man's heart. One must imagine Sisyphus happy.

George MacDonald

The Son of God suffered unto the death, not that men might not suffer, but that their sufferings might be like His.

P. T. Forsyth

Our very pain is a sign of God's remembrance of us, for it would be much worse if we were left in ghastly isolation.

John Baillie

Humility is the obverse side of confidence in God, whereas pride is the obverse side of confidence in self.

John Calvin

True knowledge of God is born out of obedience.

Eugene Peterson

A Long Obedience in the Same Direction

Obedience is not a stodgy plodding in the ruts of religion, it is a hopeful race toward God's promises... If we define the nature of our lives by the mistake of the moment or the defeat of the hour or the boredom of the day, we will define it wrongly. We need roots in the past to give obedience ballast and breadth; we need a vision of the future to give obedience direction and goal.

Psalm 133: 1, 3

Behold, how good and pleasant it is
when brothers dwell in unity!

For there the Lord has commanded the blessing,
life forevermore.

Catherine of Siena

All the way to heaven is heaven.

Westminster Catechism

Man's chief end is to glorify God, and to enjoy him forever.

Eugene Peterson

A Long Obedience in the Same Direction

It is the fusion of God speaking to us (Scripture) and our speaking to him (prayer) that the Holy Spirit uses to form the life of Christ in us.

Henry Adams

A teacher affects eternity; he can never tell where his influence stops.

Lessons from Tuesdays With Morrie

1. Suffering allows you to understand and empathize with those who suffer.
2. Look for the positive in the storm: It's painful for Morrie to slowly watch his body waste away, but "it's also wonderful because of all the time I get to say good-bye."
3. Make sure you have someone in your life who can prod you to think about what really matters in life.
4. "Once you learn how to die, you learn how to live." When we accept our finality it helps us strip away everything that doesn't matter, leaving the essentials.
5. "Aging is not decay. It's growth." Don't lament the loss of your youth; celebrate the accumulation of more knowledge and wisdom.
6. "You know what really gives you satisfaction? Offering others what you have to give."
7. Do what you can with whatever strength you have: "When I can make someone smile after they were feeling sad, it's as close to healthy as I ever feel."
8. "This disease will get my body. It will not get my spirit."
9. There is no such thing as too late in life. You can change up until the day you say good-bye.

Be Still My Soul

Be still, my soul: the Lord is on thy side;
bear patiently the cross of grief or pain;
leave to thy God to order and provide;

in ev'ry change he faithful will remain.
Be still, my soul: thy best, thy heav'nly Friend
through thorny ways leads to a joyful end.

Be still, my soul: thy God will undertake
to guide the future as he has the past.
Thy hope, thy confidence let nothing shake;
all now mysterious shall be bright at last.
Be still, my soul: the waves and winds still know
his voice who ruled them while he dwelt below.

Be still, my soul: when dearest friends depart,
and all is darkened in the vale of tears,
then shall you better know his love, his heart,
who comes to soothe thy sorrow and thy fears.
Be still, my soul: thy Jesus can repay
from his own fullness all he takes away.

Be still, my soul: the hour is hast'ning on
when we shall be forever with the Lord,
when disappointment, grief, and fear are gone,
sorrow forgot, love's purest joys restored.
Be still, my soul: when change and tears are past,
all safe and blessed we shall meet at last.

Pastor Zarlengo
Garments - April 14, 2019

- Luke 19:35-36: As Jesus rides into Jerusalem, the people throw their garments on His donkey and in the road ahead of Him,
- Garments were closely tied to one's identity, life, will. Laying down their garment was a submission to authority.
- In the Garden garments were connected to shame, covering up (Gen. 3:7).
- God makes Adam and Eve garments to cover their shame (Gen. 3:21). This is a foreshadowing of the garment of salvation that Jesus will provide.
- Is there a garment you put on that needs to be tamed? A thought, mood, belief, appetite? It may not be intrinsically wrong, but may need to come under His lordship, to be refined or refocused.
- Does a garment you put on need to be trampled or crushed? Negativity, jealousy, pride, arrogance, lust? That must be laid down at His feet.

- Hosanna is both a praise and a prayer, worshipping Jesus as Lord and looking to Him for help.
- Isaiah 61:3: "...a garment of praise, not a spirit of despair."
- "Put on Jesus Christ" (Rom. 13:14).
- Putting on the garment of God means thinking like God thinks, imitating Him, following Him. He must be in front of you.

African Proverb

Smooth seas do not make skillful sailors.

Sabbath Routines

I want to be more intentional about setting aside my Sundays for rest and rejuvenation. "The sabbath was made for man" and I want to experience that joy and fulfillment by taking time each week to remember, reflect, rest, and refine.

- Set aside time in the morning to read and pray
- Limit my phone/social media use
- Plan meaningful time with the family

Tim Keller

Lord, you asked your disciples in Gethsemane to watch and pray against temptation, but they did not. Oh, how I want to be different. Help me to discern the very first stages of temptation to lust, pride, anger, or greed--so I can turn from sin before I lose control. Amen.

Tim Keller

Avoiding temptation (Prov. 7:24-27):

1. Guard your heart (v. 25). Temptation begins with inward thoughts. We can't stop ideas and thoughts from coming, but we cannot entertain them. Rationalizing, thinking through consequences, fondling the secret allows the temptation to take root.
2. Do not stray into her path (v. 25). Avoid places, people, and situations that make it hard for you to stay on the right path.
3. Remember that spiritual destruction follows sin (v. 27). Temptation's house is a way to death. Following it grieves God and spurns Christ's sacrifice.

Jackie Robinson

A life is not important except in the impact it has on other lives.

Plato

The best way of training the young is to train yourself at the same time; not to admonish them, but to be seen never doing that of which you would admonish them.

Charles Kettering

Every father should remember one day his son will follow his example, not his advice.

William Wordsworth

Father!—To God Himself we cannot give a holier name.

Harmon Killebrew

My father used to play with my brother and me in the yard. Mother would come out and say, "You're tearing up the grass." "We're not raising grass," Dad would reply. "We're raising boys."

Euripides

Noble fathers have noble children.

Gordon MacDonald

Words have an awesome impact. The impression made by a father's voice can set in motion an entire trend of life.

The Talmud

When you teach your son, you teach your son's son.

Frank Pittman

Fathering is not something perfect men do, but something that perfects the man.

Henry Ward Beecher

When the sun goes below the horizon, he is not set; the heavens glow for a full hour after his departure. And when a great and good man sets, the sky of this world is luminous, long after he is out of sight. Such a man cannot die out of this world. When he goes he leaves behind much of himself. Being dead he speaks.

Ralph Waldo Emerson

Nothing is beneath you, if it is in the direction of your life; nothing is great or desirable if it is off from that.

Thoreau

What wealth it is to have such friends that we cannot think of them without elevation.

Ben Franklin

Be at war with your vices, at peace with your neighbors, and let every new year find you a better man.

John Rushkin

You will find it less easy to uproot faults, than to choke them by gaining virtues.

Ben Franklin

A good example is the best sermon.

John Rushkin

The highest reward for man's toil is not what he gets for it, but what he becomes by it.

Robert Louis Stevenson

You cannot run away from a weakness, you must sometimes fight it out or perish. And if that be so, why not now and where you stand?

Henry Blackaby

Experiencing the Cross

The Christian never works toward victory, he always works from victory. The victory in that war has already been won.

Romans 8:31

If God is for us, who can be against us?

Hebrews 12:5-6

My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, because the Lord disciplines the one he loves, and he chastens everyone he accepts as his son.

Henry Blackaby

Experiencing the Cross

If we keep on blaming everything negative or painful in our lives on the devil, we may very well miss the good and loving work of discipline and training God seeks to accomplish in our lives.

Henry Blackaby

Experiencing the Cross

You may be able to sin in secret, but you can't in private, because your sin will immediately affect everything around you. Your church, your family, your work--everything will to some degree be put out of joint because of your sin. You'll face obstacles that weren't there before, fresh hindrances and difficulties, and things just won't be the same.

1 John 3:9

No one born of God makes a practice of sinning, for God's seed abides in him; and he cannot keep on sinning, because he has been born of God.

Henry Blackaby

Experiencing the Cross

As long as we are in this earthly body, sin will seek to make inroads in our lives. If we're not vigilant, if we're not walking in the Spirit, we will give in, making excuses for ourselves.

Jon Bloom

Don't give up when you have failed in sin. Don't wallow, but get up and get back in the fight.

A Little Fellow Follows Me

Rev. Claude Wisdom White

A careful man I want to be —
a little fellow follows me.
I do not dare to go astray,
for fear he'll go the self-same way.
I cannot once escape his eyes.
Whatever he sees me do he tries.
Like me he says he's going to be —
that little chap who follows me.
He knows that I am big and fine —
And believes in every word of mine.
The base in me he must not see —
that little chap who follows me.
But after all it's easier,
that brighter road to climb,
with little hands behind me —
to push me all the time.

And I reckon I'm a better man
than what I used to be
Because I have this lad at home
who thinks the world of me.

Capt. James Lawrence

Don't give up the ship.

A. E. Housman
To an Athlete Dying Young

Early though the laurel grows
It withers quicker than the rose.

The Battle of Maldon (9th C.)

Courage shall grow keener, clearer the will,
The heart fiercer, as our force faileth.

W. H. Auden
As I Walked Out One Evening

You shall love your crooked neighbour with your crooked heart.

George Herbert
Virtue

Only a sweet and virtuous soul,
Like season'd timber, never gives;
But though the whole world turn to coal,
Then chiefly lives.

Scott Hubbard

If you find yourself in some dry and barren land, God has not brought you here to starve you, but to satisfy you with his steadfast love.

Marshall Segal

The way we live, down to the smallest details, teaches others how to walk by the Spirit, or it teaches them how to indulge the flesh.

John Piper

When you are full to the brim, you will spill when bumped. What do people feel: acid or grace?

Scott Hubbard

If you're discouraged in your battle against sin, remember: the war is normal. The war is winnable. The war will end.

Jon Bloom

Anything God gives us to keep us humble and dependent on Him is a great gift--even when that gift causes us pain.

John Piper

Don't waste your life on superficial things. Grow deep. Get ready to die well.

Marshall Segal

Christ came and died precisely for the things you're most ashamed of. Guilt and shame qualify you for His love.

Greg Morse

May it always be said by Christian wives of their Christian husbands, "I was his delight. His banner over me was love."

David Mathis

When we are in our worst of times, our God is at His best.

Marshall Segal

Never forget the mountains God has already moved for you--and believe He will do it again.

Greg Morse

Godly friends will wound us for our good. They'll rip open our carefully crafted excuses and stun us back to life.

John Piper

Satan devotes 168 hours a week trying to deceive you. Do you think you can maintain a renewed mind with a ten-minute glance at God's book once a day?

Jon Bloom

Pride always looks more powerful than humility on the outside. But it's not--not even close. Humility is stronger than pride like heaven is stronger than hell.

My Mighty Men

David's Mighty Men were a group of 37 warriors, identified in 2 Samuel 23: 8-38. Many of them joined David when he was at his lowest point, hiding from Saul in the Cave Adullam, and were the foundation of his great reign, helping him elevate to the crown and expanding his conquests once he was enthroned. These men were loyal to David and heroic in battle, and they risked their lives for him. In addition, these men were in distress when they joined David and became great warriors through his leadership.

We are as strong as the people we surround ourselves with--iron sharpens iron (Prov. 27:17). I will be the better for the good men I have around me, and I hope that I will elevate the men that I stand by. I want to intentionally sharpen the men in my life and I want to be sharpened by them. In that way we all become whetted arrows in the Lord's quiver, poised to impact our marriages, families, and communities for the Kingdom.

These are the men I want to lean on and help support. These are the men who I could walk into battle with, who have the ability to challenge and sharpen me, and those whom I am committed to cultivating a deep relationship with through prayer, fellowship, and accountability. "Christ can truly say to every group of Christian friends 'You have not chosen one another but I have chosen you for one another'" (Lewis, The Four Loves).

- Tim Beirne
- Richard Cowan
- Stephen Zarlengo
- Lou Pizzichillo
- Mike Hickey
- David Hickey
- Seth Pileggi

Pastor Zarlengo

Now I see - April 21, 2019

- John 9:1-7: Jesus passes by a man born blind, spits in the mud, covers his eyes, and tells him to wash.
- 2 Cor. 4:4: "...whose mind the god of this age has blinded..." Satan has made it harder for us to see and understand.
- What has blinded you? Are you in a tomb of darkness? An environment that blinds you?
 - Materialism blinds you from seeing genuine wealth.
 - Fear blinds you from seeing your future.
 - Depression blinds you from seeing your purpose.
 - Anxiety blinds you from seeing clearly.

- Jealousy blinds you from seeing your value.
- Complacency blinds you from seeing danger.
- Lust blinds you from seeing true beauty.
- Lying blinds you from seeing reality.
- Obstinance blinds you from seeing the need for change.
- Selfishness blinds you from seeing others.
- Pride blinds you from seeing God.
- At the Resurrection Christ brought His light into the world. John 8:12: “I am the light of the world...” The light of reason, revelation, life.
- Let the Risen Christ anoint your eyes to see the light.
- Matt. 27:52: “Into your hands I commit my spirit.” At that moment tombs in the area were opened and people rose.
- There is life when we commit our spirit to Him.

Aristotle Nicomachean Ethics

We are what we repeatedly do.

Tim Keller

Lord, the last of the “fruits of the Spirit,” self-control, seems to be the slowest to grow in me. I can be loving and even humble before I can get control of my tongue and behavior. I repent and ask you to show me the way forward. Amen.

Lessons from Tiger Woods

1. Don't overemphasize winning.
2. Be a sportsman: Tiger didn't acknowledge when his opponent at the US Amateur helped him avoid a penalty, which ultimately allowed him to win.
3. Be resilient: He shoots 40 on the front nine at the '97 Masters before coming back with a 30 on the back.
4. Keep a sharp rein on your tongue.
5. Have the courage to do the hard thing: He changes his swing after the '97 Masters, knowing he'd need more control to win the U. S. and British Opens.
6. You're never too big to not be kind: He rarely tipped or said thank you. He rarely acknowledged anyone else's value.
7. Avoid entitlement like the plague.
8. Strive to be great, but not at a cost to those around you.
9. Be loyal to those who helped you: He cuts people loose as soon as they are no longer useful to him.
10. Lying only compounds an issue.

11. Trust is everything in a marriage.
12. Self-Reflect. Ask yourself the questions you are afraid to ask.
13. Nothing matters more than time with your family.
14. When you don't invest in people you end up alone.
15. There is nothing on this earth that will fill The Void.
16. You've never fallen so far that you can't find redemption.

Max Lucado

You will never be called upon to give anyone more grace than God has already given you.

Matthew 12:36

On the day of judgment people will give account for every careless word they speak.

Max Lucado

Confession invites the Father to work the soil of the soul.

C. S. Lewis

I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else.

Tim Keller

Love without truth is sentimentality; it supports and affirms us but keeps us in denial about our flaws. Truth without love is harshness; it gives us information but in such a way that we cannot really hear it. God's saving love in Christ, however, is marked by both radical truthfulness about who we are and yet also radical, unconditional commitment to us.

Michael Ramsey

Thankfulness is a soil in which pride does not easily grow.

Immanuel Kant

Out of the crooked timber of humanity, no straight thing was ever made.

Henry Fairlie

If we recognize that we sin, that we are individually at war, we may go to war as warriors do, with something of valor and zest and even mirth.

John Piper

What God creates in the new birth is not a sinless Christian, but a sin fighter.

C. S. Lewis

I was made for another world.

John Piper

Our main disease is preferring other things to God.

Ben Stuart

I have never met a strong Christian who doesn't meditate on God's word every day. I have never met a weak Christian who does.

John Piper

The strength of patience hangs on our capacity to believe that God is up to something good for us in all our delays and detours.

Jemar Tisby

Sin flourishes when Christians are isolated, but it withers in the midst of community.

Fabienne Harford

Pride causes us to filter out the evil we see in ourselves. It also causes us to filter out God's goodness in others.

John Piper

God seldom calls us for an easier life, but always calls us to know more of Him and drink more deeply of His sustaining grace.

John Piper

Jesus is interceding for you today, that your faith might not fail.

John Piper

To know God's sovereignty is to become like an oak tree in the wind of adversity and confusion.

David Mathis

Christian, your time is not your own. You were bought with a price, so glorify God in your schedule.

Jon Bloom

God hides His most precious treasures in our most difficult and painful experiences.

John Piper

The rising tide of prayer precedes the flood of God's spirit.

Tony Reinke

We are not what we ought to be, not what we could be, and not what we hope to be, but still we are not what we once were.

Jon Bloom

Because discouragement is the native tongue of our fallen world, every encouraging word is an act of war.

Jon Bloom

If you're praying for a breakthrough and not seeing it, do not give up. Opposition precedes breakthroughs.

John Piper

You have to kill pleasure with pleasure. 'No' will not work in the long run. Enjoy Jesus more than sin.

John Piper

Grace is not simply leniency when we have sinned. Grace is the enabling gift of God not to sin. Grace is power, not just pardon.

Nahum 1:7

The Lord is good, a stronghold in the day of trouble; He knows those who take refuge in Him.

Pastor Zarlengo

Liberating Laws: Do Not Covet -- April 28, 2019

- God's desire for you is for you to discover true contentment.
- True contentment: to be satisfied with no higher ambition than belonging to the Lord and doing His will.
- True contentment leads to being stable, settled, and satisfied. It is true peace, shalom.
- To covet is to constantly reach, to never find peace.
- Fulfillment is more satisfying than accomplishment.

- I Tim. 6:6-7: we can bring nothing out of this world.
- Knowing the will of God, doing His will, and accepting His will brings an aroma that becomes a true witness to others.
- What chokes your ability to be satisfied?
 - Ingratitude, arrogance, comparison, greed.
 - Luke 12:15: “Be on your guard...”
- Phil. 4:11-13: “I have learned to be content...” How? “I can do all things...”

St. Ephraim the Syrian

O Lord and master of my life, take from me the spirit of sloth, faintheartedness, lust of power and idle talk. But give to thy servant rather the spirit of chastity, humility, patience and love.

Moses

1. God keeps His promises: He hears the groaning of the Israelites in slavery and remembers His covenant (Ex. 2).
2. God hears our cries: God speaks to Moses through the burning bush, saying He heard the Israelites' groaning (3).
3. God won't ask us to do something unless He supplies the strength: Moses asks, “Who am I?” and God says He will be with him (3).
4. God delights in using imperfect vessels: Moses is slow of tongue but is called nonetheless (4).
5. Disobedience has consequences: God threatens to kill Moses' son because he had not circumcised him (4).
6. Following the Lord may harm your reputation: The Israelites are angered at Moses when Pharaoh commands them to make bricks without straw (5).
7. You're never too old to be used: Moses is 80 when the Lord calls him to lead His people out of slavery (7).
8. Obey: Moses obeys even when the Lord asks him to do the absurd, like stretch out your hand and bring locusts upon the land (10).
9. Know the Lord's voice: Moses spends time with God and clearly hears from Him (13).
10. Give others hope: When Pharaoh pursues the Israelites to the Red Sea, many wish they had never left Egypt. Moses assures them of the Lord's salvation (14).
11. God makes a way when there's no way: God parts the Red Sea through Moses (14).
12. Exalt the Lord: As the Red Sea settles, Moses and the Israelites sing to the Lord (15).
13. The Lord tests: The Lord tells Moses to tell the people to gather manna only for the day so He can test “whether they will walk in my law or not” (16).

14. Be content: When measuring the required omer of manna, the people always had what they needed (16).
15. Trust: The Israelites went to bed each night with no food in their tents for the next day (16).
16. Remember the Lord's provision: Moses tells Aaron to put some manna in a jar so that the generations can remember (16).
17. The Lord provides out of impossible places: Moses brings water from the rock (17).
18. Victory comes from honoring the Lord: The Israelites beat the Amalekites as long as Moses' hands are up (17).
19. Lean on others: When Moses' arms grow tired he relies on Aaron and Hur to keep them up (17).
20. Build altars: Moses remembers the victory over the Amalekites (17).
21. Don't take on too much: Jethro tells Moses to delegate his judging responsibilities lest he wear out (18).
22. Hold your people accountable: Moses is angry with the people when Aaron fashions a golden calf and leads them to atonement (32).
23. Let your face shine: Moses' face shines after he spends time in the presence of the Lord (34).
24. Be honest before the Lord: Moses asks the Lord why He's laid the burden of His people on him (Num. 11).
25. Bring your burdens to the Lord: When the people ask for meat Moses, exasperated, tells the Lord he can't carry these people alone (11).
26. Do not seek vengeance: Miriam becomes leprous when she speaks against Moses. Moses pleads with God to remove the plague (12).
27. Advocate for others: Moses pleads with God not to kill the Israelites when they grumble after a bad report about Canaan (14).
28. Do not doubt God's holiness: Instead of drawing water by speaking to the rock Moses strikes it (20).
29. Raise up leaders behind you: Moses commissions Joshua in front of the people (27).
30. Deal ruthlessly with sin: Moses has the army slay all the Midian women who at Balaam's directive caused many Israelite men to sin (31).
31. Simple tasks become daunting when we disobey God: The eleven day journey to the Promised Land take 40 years (Deut. 1).
32. Be faithful: Moses reminds the people that God will not allow Him to enter the Promised Land. Instead of resenting Joshua, he encourages him to not fear (31).
33. God will complete a good work in you: Though Moses cannot enter the Promised Land, before he dies the Lord allows him to see it and bless the leader who will lead the people in (34).

Charles Williams

Love you? I am you.

Proverbs 16:32

Whoever is slow to anger is better than the mighty,
and he who rules his spirit than he who takes a city.

The Road to Character

David Brooks

- Character is not automatic or innate. It must be actively built.
- It takes daily examination, honestly cataloging your errors and developing strategies for how we might be better tomorrow.
- The struggle against weakness cannot be a solitary struggle.
- One of the most important determinants of character is whether you are willing to engage in a moral struggle against yourself. It should be a struggle of joy and compassion.
- In the “valley of humility” you learn to quiet the self. Only then can you reach the heights of character.
- Viktor Frankl: While the Nazis sought to dehumanize those in the camps, Frankl struggled against the insults with small acts of dignity “to strengthen the beams and pillars of your inner structure,” exercising an “inner hold.”

Self-Conquest

- Error is individual. Sin is communal.
- “To be aware of sin is to feel intense sympathy toward others who sin. It is to be reminded that as the plight of sin is communal, so the solutions are communal. We fight sin together, as communities and families, fighting our own individual sins by helping others fight theirs.”
- Large sins rarely happen out of the blue, but are the result of many small compromises. “Corruption breeds corruption. Sin is the punishment for sin.”
- “If you take away the concept of sin, then you take away the thing the good person struggles against.”
- “Since self-control is a muscle that tires easily, it is much better to avoid temptation in the first place rather than try to resist it once it arises.”
- Eisenhower’s West Point boxing coach: “If you can’t smile when you get up from a knockdown, you’re never going to lick an opponent.”
- We often write people and things off because of our own lack of willingness to put in the time and effort to help a difficult boy turn into a fine man.

- A moderate man can have both a fervent capacity for anger and a fervent desire for order. A moderate man knows how to shift his weight to keep the boat he's sailing on an even keel.
- "The best moderate is skeptical of zealotry because he is skeptical of himself."

Struggle

- Do things you know are good for you even when you don't feel like it.
- Suffering drags you deeper into yourself, allows you to see beyond your normal self.
- Suffering can even bring pleasure in its ability to take you beneath the superficial.
- Suffering gives you an accurate sense of your limitations.
- "Each struggle leaves a residue."

Self-Mastery

- "The act precedes the virtue. It is through the resistance to fear that a person develops courage."
- "Distrust anger, and even sadness and grief. Regard these things as one might regard fire: useful when tightly controlled, but a ravaging force when left unchecked."

Love

- "Love is like a plow that opens up hard ground and allows things to grow."
- "One love leads to another, one love magnifies the capacity for another."

"The things that lead us astray are short term--lust, fear, vanity, gluttony. The things we call character endure over the long term--courage, honesty, humility."

Tony Reinke

Christ hung on a cross, held in the air by nails, rejected and scorned by mankind, to break our addiction to every worthless thing.

Tim Keller

How to identify idols in your life:

1. What is my greatest nightmare? What do I worry about most?
2. What do I rely on or comfort myself with when things go badly or become difficult?
3. What makes me feel the most self-worth? What am I proudest of?
4. What do I really want and expect out of life? What would really make me happy?

Max Lucado

Your eyes look in the mirror and see a sinner, a failure, a promise-breaker. But by faith you look in the mirror and see a robed prodigal bearing the ring of grace on your finger and the kiss of your Father on your face.

John Piper

What severs the strangling vines of sin most decisively is the power of a superior pleasure, namely, Jesus' joy.

Jon Bloom

Your weaknesses are not God's mistake and they are not meaningless. They're designed to lead you to Him.

David Mathis

The repeated focus in our spiritual exercises must be Jesus, not our effort. He is the goal, not our improvement.

John Piper

Most of the time God strengthens our faith through another person. Eternal security is a community project.

Tim Keller

Jesus took away the only kind of suffering that can really destroy you.

Tim Keller

God sees us as we are, loves us as we are, and accepts us as we are. But by His grace, He does not leave us where we are.

Pastor Zarlengo

Speak Again - May 12, 2019

- Luke 7:11-15: Jesus raises a widow's son
- The woman didn't petition Jesus; she was buried in her place. But Jesus saw her (v. 13). He did not critique her lack of faith. He had compassion.
- You can be buried by confusion, anxiety, grief, pain. You may not be able to see, to lift a prayer. But God sees you.

- When Jesus told the man to arise, His voice was not just heard by those around Him, but in sheol. You cannot be so buried that His voice cannot penetrate.
- The raised man begins to speak again. There may be places in your life where you're mute. Jesus can empower you to speak again.
- What has died in your life that needs to breathe and speak again? Purpose, confidence, joy?
- He is the Lord of Life.

C. S. Lewis **Mere Christianity**

God became man to turn creatures into sons: not simply to produce better men of the old kind but to produce a new kind of man. It is not like teaching a horse to jump better and better but like turning a horse into a winged creature.

Lessons from Romans

1. You were called to be set apart (1:1).
2. Pray for others without ceasing (1:9).
3. Paul aims to serve the cultured and uncultured (1:14).
4. Be not ashamed of the Gospel (1:16).
5. Do not judge (2:1).
6. What's inside is more important than what's outside (2:28).
7. No one is righteous (3:10).
8. Rejoice in suffering. It produces endurance (5:3-4).
9. We are no longer slaves to sin (6:6).
10. I have the desire to do what is right but not the ability to carry it out (7:18).
11. Set your mind on things of the spirit, not the flesh (8:5).
12. We are heirs if we suffer with Him (8:17).
13. If God is for us who could be against us? (8:31).
14. Nothing can separate us from God's love (8:38-39).
15. Do not be conformed to the spirit of this age (12:2).
16. Love is the mark of a true Christian (12:10).
17. Bless your enemies (12:14).
18. Overcome evil with good (12:21).
19. Don't judge the faith and practices of a fellow Christian (14:1-12).
20. Do not put a stumbling block in the way of a brother (14:13).
21. The strong have an obligation to the weak (15:1).
22. Build up your neighbor (15:2)

H. A. Ironside

My brother, not a trial ever comes to you, there is not a perplexity you are called upon to face, there is not a need you will have to meet, but God invites you to come to Him about it, and you have the promise, "My God shall supply all your need according to His riches in glory by Christ Jesus (Phil. 4:19).

Tim Keller

If God wants us to identify with the oppressed by being lowly in spirit, why should we hate it so much when we don't get recognized and treated as we feel we deserve?... Lord I still covet glory and honor, but I know I should serve without the thought of getting credit. Make your selfless love for me so palpable and affecting that I don't care what others think.

Tim Keller

If Jesus is God, then He's got to be great enough to have some reasons to let you go through things you can't understand.

Martin Luther

This life therefore,
is not righteousness,
but growth in righteousness,
not health, but healing,
not being, but becoming,
not rest, but exercise.
We are not yet what we shall be,
but we are growing toward it.
The process is not yet finished,
but is going on,
this is not the end,
but it is the road.
All does not yet gleam in glory,
but all is being purified.

Martin Luther
The Ninety-Five Theses

When our Lord and Master Jesus Christ said, "Repent" (Mt 4:17), he willed the entire life of believers to be one of repentance.

Martin Luther
The Ninety-Five Theses

The smaller the love, the greater the fear.

1 Corinthians 13:1

If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal.

Marshall Segal

Christians live, and suffer, so that as others look in on our lives, they might marvel at how powerfully Christ upholds us and satisfies us with His light.

Pastor Zarlengo
Be Strong - May 26, 2019

- Eph. 6:10: "Be strong in the Lord and in the strength of His might."
- 1. Sit with the Lord.
 - a. Aggressively sitting with the Lord makes us strong. You must be purposeful and intentional, even militant if you have to.
- 2. There is strength in surrender..
 - a. 2 Cor. 2:19: "My strength is made complete in weakness."
 - b. Surrender to God and you will conquer weakness. He will reinforce your vulnerable breaking points with His grip.
 - c. It can be tempting to fall asleep during crisis, like the disciples in Gethsemane. Don't run from the battle.
- 3. Storms create strength.
 - a. Mark 6:47-51: Jesus calms the storm with just His voice. His presence can carry you through.
- 4. Connection creates strength.
 - a. Psalm 32:8: "... I will guide you with my eye."
 - b. Prov. 4:18: "... the path of the righteous..."
- 5. Submissions creates strength.
 - a. Submission differs from surrender. When you submit you're willing to obey authority.
 - b. James 4:7-8: "... the devil will flee from you."
- 6. Find your identity in Him.
 - a. Gal. 2:20: "I am crucified with Christ..."

C. S. Lewis
Mere Christianity

I am sure God keeps no one waiting unless He sees that it is good for him to wait.

Lessons from I Corinthians

1. We are called to be saints together (1:2).
2. God chooses what is low and depressed in the world (1:28).
3. Folly can lead to wisdom (3:18).
4. Following Christ is not easy in this world (4:9-13).
5. Everything is lawful, but not everything is beneficial. The price of abusing freedom is high and sin always produces loss (6:12).
6. You are not your own. You were bought for a price (6:19-20).
7. Lead the life God has called you to (7:17).
8. Knowledge puffs up. Love builds up. (8:1).
9. Don't allow your freedom in Christ to put a stumbling block in front of others (8:9).
10. Run to receive the prize. Run with purpose. Be disciplined so you are not disqualified for the "imperishable wreath" (9:24-27).
11. God will not let us be tempted beyond what we can bear; He will help us endure it (10:13).
12. Whatever you do, do to the glory of God (10:31).
13. Love never ends (13:8).
14. Be willing to die every day for Christ (15:31).
15. What you sow doesn't come back to life unless it dies to Christ (15:36).
16. We bear the image of the man of dust, but shall bear the image of the Man of Heaven (15:49).
17. Death is swallowed up in victory (15:54).
18. Be steadfast, immovable in your service to the Lord (15:58).
19. "Be watchful, stand firm in the faith, act like men, be strong" (16:13).

Tim Keller

It is never loving to make it easy for someone to sin against you.

Jon Bloom

Most of the greatest gifts and deepest joys that God gives us come wrapped in painful packages.

Bob Kauflin

Maturity isn't freedom from temptation, but responding to temptation more often with what God has said and done for us in Christ.

Thomas Brooks

Precious Remedies Against Satan's Devices

His first device to draw the soul to sin is, to present the bait, and hide the hook.

Gary Millar

Prayer is hard work. It is designed to be a key part of God's lifelong work of transforming us right in the middle of a fallen world.

John Piper

If you do not listen earnestly to Jesus, consider Him daily, and fix your eyes on Him hourly, then you will not stand still, you will go backward.

Bonhoeffer

None learns the secret of freedom save only by way of control.

Lessons from II Corinthians

1. We are comforted by God in our afflictions so that we may comfort others (1:4).
2. The purpose of our suffering is to make us rely on God (1:9).
3. Reaffirm your love to those who cause you pain (2:5-8).
4. Be the aroma of Christ to those who don't know Him (2:15-16).
5. Where the spirit of the Lord is there is freedom (3:17).
6. By degrees, as we look into the mirror of the Gospel, we are being slowly transformed (3:18).
7. Do not lose heart, because of God's mercy (4:1).
8. Be a jar of clay, so that everyone knows where the power comes from and where the glory should be directed (4:7).
9. Our bodies may waste away, but we can be renewed in heart and soul daily (4:16).
10. Earthly suffering is momentary; salvation is forever (4:17).
11. We are new creations in Christ (5:17).
12. Have nothing; possess everything (6:10).
13. Your zeal can stir others (9:2).
14. Give cheerfully (9:7).
15. We walk in the flesh, but our weapons are not of the flesh (10:3-4).
16. Boast only of your weaknesses (11:30).
17. When I am weak, I am strong, because of Christ's power that rests upon me (12:10).
18. Examine and test your faith (13:5).

Scott Hubbard

Every decision to grumble is a decision not to pray. And every decision to pray is a decision not to grumble.

Tim Keller

Friends voluntarily tie their hearts to one another. They put their happiness into their friends' happiness, so they can't emotionally flourish unless their friends are flourishing too.

Stephen Zarlengo

Undone - June 16, 2019

- If you get cut or exposed, you cover it up to avoid infection. When you go to the doctor, you know it's a safe place to take off the bandage.
- There are areas in our lives that are hidden, that we don't want exposed. It started in the Garden.
- Eph. 5: "everything that is illuminated becomes a light"
- God's glory can reign in our dark places: John 1
- You are not called to be hidden.
- God will not reject us. He knows every area of our heart and want to bring healing, bring His light.
- Satan delights in making us ashamed to go to our Good Father.
- What sins and failures do you keep locked away?
- Hiding leads to shame, anxiety, paralysis. Exposure leads to freedom, growth, renewal.
- Judas and Peter: Both were called by name and saw miracles. Both betrayed Jesus. Their responses were very different.
- Judas: He tried to fix his failure in his own power by giving back the silver. If we try to fix even a small cut it can lead to an infection that can take our life. Judas forgot Jesus' goodness, even though he saw all of His miracles, love, and forgiveness of sins. In his exposure he moved away from Jesus and took his life.
- Peter: He went to God and wept. He ran to the empty tomb. He saw Jesus on the shore and dives out of the boat. In his exposure and vulnerability he does not run and hide. He runs to God and is thus restored and empowered. Jesus' light shines on him and he shines in the world.
- Christ on the cross feels forsaken, but still moves closer to His Father... "into your hands I commit my spirit."
- We are meant to be a light of hope, goodness, and life in the world. We are meant to reflect His glory, not hide in shame.

Tim Keller

The Marks of a Friend:

1. Constancy (Prov. 17:17, 20:6)
2. Transparency (27:5-6)
3. Sensitivity (25:20, 27:14)
4. Counsel (27:17)

Proverbs 12:18

The words of the reckless pierce like swords, but the tongue of the wise brings healing.

Proverbs 18:21

The tongue has the power of life and death, and those who love it will eat its fruit.

Lessons from Galatians

1. If I was still trying to please man I would not be a servant of Christ (1:10).
2. Speak to a brother when he is out of step (2:11-14).
3. Our identity should be in Christ and nothing else (3:28).
4. You are free. Do not submit to slavery (5:1).
5. Circumcision and uncircumcision don't matter, only faith working through love (5:6).
6. Those who belong to Christ evince the fruits of the spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control (5:22-23).
7. Restore a brother who has sinned (6:1).
8. Bear one another's burdens (6:2).
9. Do not grow weary of doing good; if we don't give up we will reap (6:9).
10. Boast in nothing but the cross (6:14).

Tim Keller

We were not created for a world of death, of the loss of love, of violence and loneliness. We must remember that on this side of heaven and Judgment Day, much of life will feel vain and pointless. The first advice: Don't let the times of darkness completely overwhelm you. This world will not last forever.

Matthew 12:34

The mouth speaks what the heart is full of.

Thomas Jefferson

On matters of style, swim with the current. On matters of principle, stand like a rock.

Warren Buffet

Someone's sitting in the shade today because someone planted a tree a long time ago.

Abraham Lincoln

Give me six hours to chop down a tree and I will spend the first four sharpening the axe.

Gen. Douglas MacArthur

Never give an order that can't be obeyed.

Ben Franklin

Search others for their virtues, and yourself for your vices.

Abraham Lincoln

You can tell the greatness of a man by what makes him angry.

Hemingway

There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self.

Woodrow Wilson

I not only use all the brains that I have, but all that I can borrow.

Michelangelo

The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark.

Hanlon's Razor

Never attribute to malice what can be ascribed to stupidity.

General Patton

Lead, follow, or get out of the way.

Lessons from Ephesians

1. The Holy Spirit is the downpayment for our inheritance (1:13-14).
2. We are the Lord's workmanship (2:10).
3. He is able to do far more abundantly than all we can ask or think (3:20).
4. Build up the body of Christ (4:12).
5. Brothers and sisters in Christ are members of one another (4:25).
6. Don't let anger be an opportunity for Satan (4:27).
7. Let no corrupt talk escape your mouth, only building up (4:29).

8. Expose darkness (5:11).
9. Sacrifice for your wife (5:25).
10. Strive for your wife's purification (5:26).
11. Don't provoke your children to anger (6:4).
12. Put on the armor of God for we fight against darkness, not flesh and blood (6:11-12).
13. Stay spiritually alert (6:18).

Lessons from the Garden

I've spent a lot of time in our garden this summer, weeding, digging, transplanting, and mulching. As the hours rolled by I had plenty of time to consider the spiritual lessons that can be derived from the process of working the soil.

1. Pruning allows for future growth.
2. If you're not diligent, weeds will spring up.
3. It takes work to prevent weeds; it takes more work to remove them.
4. You must remove weeds by the root, lest they grow back.
5. If we're not being fed, we will wither; we will not bear fruit.
6. Being moved can feel painful, but if we're moved by the Gardener we can trust we're going to a place where we will thrive.
7. If we do not spend time with the sun, we will shrivel.
8. A patch of pachysandra looks benign, but poison ivy can be lurking among it.
9. Pests lurk in areas we allow to become overgrown.
10. Ideal conditions for flowers are ideal conditions for weeds. Never be complacent.
11. Dry ground can be brought back to life.
12. Weeds can look and smell appealing. We need to know how to spot them.

Weaknesses to Focus On

"Like a city whose walls are broken through is a person who lacks self-control (Prov. 25:28)

- Finding security in earthly things
- Impatience
- Delighting in the praise of men
- Vanity
- Sloth

John Piper

All self-exaltation is a re-crucifixion of Christ, because he died to kill pride. Every boast mocks the suffering of Jesus.

Greg Morse

Zeal for the glory of God is the proper harness for biblical manhood. Godly jealousy makes good men dangerous--to the world, the flesh, and the devil.

C. S. Lewis
Mere Christianity

Surely what a man does when he is taken off his guard is the best evidence for what sort of man he is? Surely what pops out before the man has time to put on a disguise is the truth? If there are rats in the cellar you are most likely to see them if you go in very suddenly. But the suddenness does not create the rats; it only prevents them from hiding.

Lessons from Philippians

1. God will complete His good work in you (1:6)
2. Your perseverance can embolden fellow believers (1:14)
3. Count others greater than yourself, especially in light of Christ's humility (2:3-8)
4. Distinguish yourself from the world by doing everything without grumbling (2:14)
5. Count everything as loss except knowing Christ (3:8)
6. Continue to strive forward, press on for the prize (3:13-14)
7. Do not be anxious about anything. When we bring out requests to God we will find peace (4:6-7)
8. Think about what is true, honorable, just, pure, lovely, commendable, excellent, praiseworthy (4:8)
9. I can do all things through Him who strengthens me (4:13)

Lessons from Colossians

1. In Christ all things hold together (1:17)
2. Abound in Thanksgiving (2:6)
3. Set your mind above earthly things (3:2)
4. Put to death what is earthly in you (3:3)
5. Forgive as the Lord forgave you (3:13)
6. Let peace rule in your heart (3:15)
7. Let the Word of Christ dwell in you richly (3:16)
8. Do everything in the name of the Lord (3:17)
9. Fathers, do not provoke your children (3:21)
10. Work for the Lord, not for men (3:23)
11. Be gracious and speak graciously with outsiders of the faith. With wisdom, know how to answer each individual person (4:5-6)

Lessons from Theodore Roosevelt
from Theodore Rex by Morris

1. Challenge prejudice and injustice: He dines at the White House with Booker T. Washington, inciting a scandal.
2. Always retain a piece of boyhood: Politicians were often forced to go on treks while meeting with TR.
3. Don't be prodded to rash action by critics: He maneuvers a successful outcome in the Philippines, having withstood backlash from the press, Congress, and anti-imperialists.
4. "When the weather is good for crops, it is also good for weeds."
5. "It takes more than a trolley accident to knock me out."
6. Possess an insatiable thirst for knowledge.
7. "Speak softly and carry a big stick."
8. Do the right thing despite criticism: He comes to the defense of a black, female postmaster in Mississippi and assigned a black district attorney in Boston. Backlash in the press was swift.
9. "It always pays for a nation to be a gentlemen": He avoids embarrassing Wilhelm II during the Venezuela blockade, though he easily could have.
10. Protect beauty: Roosevelt's conservationist convictions are reawakened on his 1903 western tour.
11. Give life to others: "He was the embodiment of spring, bubbling with life and joy."
12. Inspire admiration in your critics and enemies by your gentlemanly conduct: Wilhelm II lauds him in a letter, even in the midst of tensions over the Dominican Republic.
13. Do what is right despite the political cost: "I had much rather be a real President for three years a a half than a figurehead for seven years and a half."
14. Be the peacemaker: He became revered worldwide for providing wisdom and tact during international crises.
15. Be courageous: He knew the whole world was watching his every move in the Japan-Russia peace negotiations, but takes on the challenge anyway.
16. Don't make hasty decisions: He regrets his decision on the black Brownsville soldiers.
17. Hold loosely all power: He refuses to run for a third term, despite knowing he's win by a landslide.
18. Value reputation above title: He refuses incessant cries of four more years despite the allure, because accepting after his loud refusals would have undermined his integrity with apparent false modesty.
19. Be aware of your example to others: Though he had no conviction about playing tennis on the sabbath, he refrains, knowing it was his duty as President to respect how much it means to others.

20. Enjoy challenging work: "I do not believe that any President has ever had so thoroughly a good time as I have had."
21. Know when to ease up the throttle: He wears out his welcome with Congress and the House with several throaty speeches in his final days.
22. Know when it's not your moment: He makes a concerted effort not to detract from Taft's inauguration ceremony.
23. Dash out the side exit when your work is done: He is gone in a flash once Taft is officially President, sending a shiver of sorrow through the Senate.

Lewis Smedes

My wife has lived with five different men since we were wed--and each of the five has been me. The connecting link with my old self has always been the memory of the name I took on back there: "I am he who will be there with you."

John Piper

Even though God is displeased when His people sin, He never looks on us with contempt. He's always for us, never against us.

Vaneetha Risner

While we're waiting, God is with us. One day, we will thank Him for everything that He gave us, and denied us, on this earth.

Scott Hubbard

Your thought life will not become pure on its own. Ask God to give you strength again today, and then set your mind on whatever is glorious, true, and lovely.

Henri Nouwen

In the Name of Jesus

- Every time fear, isolation, or despair begin to invade the human soul it is not something that comes from God.
- The same Lord who binds us together in love will also reveal himself to us and others as we walk together on the road.
- The mystery of ministry is that we have chosen to make our own limited and very conditional love the gateway for the unlimited and unconditional love of God.
- Confession and forgiveness are the concrete forms in which we sinful people love one another.
- The temptation of power is greatest when intimacy is a threat.
- Jesus' vision of maturity is the ability and willingness to be led where you would rather not go.

- The loud, boisterous noises of the world make us deaf to the soft, gentle, and loving voice of God.

Hebrews 4:15-16

For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. **16** Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

Jon Bloom

Sin is not fundamentally defeated through the power of self-denial, but through the power of a greater desire.

Tim Keller

Wise words are honest, nondeceptive, kind, gentle, apt, timely, unprejudiced, calm, forthright, and few.