"I have no greater joy than to hear that my children walk in truth." III John 4

No Greater Joy

Makin cake



- In Defense of Biblical Chastisement, Part 2
- Recipe for Angel Food Cake

No Greater Joy

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All Scripture taken from the Authorized Version (King James) Holy Bible

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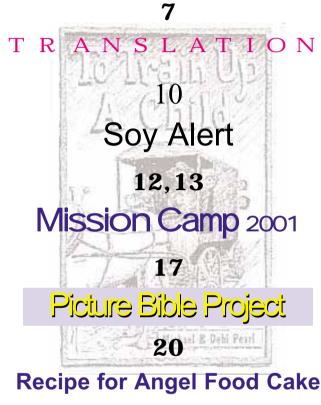
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Contents

In Defense of Biblical Chastisement, Part 2

Thailand Prison



23

Order form

On the Cover

The Pearl's daughter, Shalom gets some help making a cake. Four little girls, Victoria, Holly, Virginia, and Shelby (left to right), daughters of Dewayna and Deanne Noel, decided they want to help, and they all wind up in the mix. Though the cake didn't turn out so well, they all had a good time. By the way, Deanna had her baby last Sunday morning. Little William David weighed 9 lb. 12 oz and was 22 inches long. Mother and baby are doing well, praise the Lord!

In Defense of Biblical Chastisement, Part 2

This is the second half of "In Defense of Biblical Chastisement." We have examined the Word of God and seen God's perspective on the necessity of incorporating the rod as part of our child-training methods. Now we will discuss the how, when, and where. This is a practical look at spanking children.

Parents must understand that spanking is just one element in God's child training program. It is essential, but is not the whole—only a part. Nor is it the most important part. Important yes, but not all-important.

One of our wise readers suggested: "Try, yet again, to explain to parents how to train, discipline, and enjoy their children. Too many parents get stuck on one of these elements and let the other two slide. But just as you need several key ingredients to make a cake, as parents, those three elements are crucial to having happy, obedient children." E. D.

1. Enjoy your children

Parents must first enjoy their children. Only in an atmosphere of mutual respect and trust can parents impart anything positive to their children. In an environment of tension and criticism, training and spanking are ineffective, even counterproductive. Make your children part of your life—the biggest part. Look them in the eyes and smile right through them. Love your way into their souls. Delight in the things they delight in, and they will delight in you. If they know that their existence pleases you, they will want their actions to please you also. Only in this context are either of you ready for training.

2. Training

Training is done before the need to discipline arises. Training is what you do in the moments when all is well and you take time out to condition them to obedience. Your well-spoken words of praise and instruction will prevent many possible acts of disobedience or foolishness. Impart an understanding of why obedience is important. When you cause children to understand that you will hold to your authority firmly, you are pre-conditioning their hearts and minds to obedience.

You must also condition their bodies to obedience by seizing many opportunities throughout the day to walk them through acts of obedience. As the military drills their soldiers, you must drill your children. We have discussed this many times, and since our subject is the rod, we will not go into the training aspect here, but we want you to see training and discipline in perspective.

When parents have failed to train, their "discipline" tends to come in explosive spurts. Instead of training the child to obey, they wait until his disobedience drives them into violent discipline. That is like driving a car by bouncing off the guardrails on either side. It might knock your kids back toward center, but in the end it will wreck

them. If you don't take time to train, you haven't taken time to be a parent, and your discipline will be more like war. If it makes you feel abusive, it proves you still have a conscience. Spanking is a great corrective tool when used on trained children, but it will make an untrained child stubborn and mad.

3. Discipline

There will be times when the loving and the training will not be enough. You may have a great relationship with your child, and he may delight to please you, but he is still made of flesh, and is possessed of many lusts, and wooed by a world filled with distractions. The best of children will still experience the struggle of Romans 7 and must be loved, trained, and disciplined to "walk in the light."

If you have enjoyed your child, and you have taken time to train, you are now prepared to discipline when necessary. The Bible says, "The **rod** and **reproof** give wisdom...(Proverbs 29:15)." The first level of discipline is reproof. You can chasten your children with your words, but as we have already pointed out, words that are not backed up with constraining force are nothing more than empty suggestions—personal opinions to be rejected or obeyed as the child pleases.

Page 4 No Greater Joy

You will also want to use other forms of discipline when they are effective, like making them work, repeating a chore, or any number of unpleasant consequences. Children can also be disciplined by denying a privilege or pleasure. But this kind of penal discipline will only work when they know you have the power of the rod to enforce your rule. The ultimate child motivator is the rod. That brings us to our subject of how to apply the rod.

The rod in training

Those who oppose the use of the rod view it as an act of violence. Even among those meek Christians who use the rod in moderation, there are some who view it as punishment—"whipping them back into line."

Others have discovered the power of using the rod in training. If you would learn to use the rod in training, it is possible that you would never have to use it in punishment. If you put off use of the rod until the child gets crazy with rebellion, and you wait until you are thoroughly provoked, you are in danger of acting with a disposition to punish. By then, it has gotten personal with you. You are thinking, "How dare that child defy me; I will show that little brat!" Ugly indeed.

On the other hand, if you seize the smallest disturbances as opportunities to train, you will use the rod more frequently but with no stress or significant pain for either you or the child. For example, one mother is out in the yard having war with her four-year-old, trying to make him sit in the car seat. She has taken him in the house and spanked him until his legs are striped, but he still resists. She is mad. He is angry. They are fighting. Her neighbor sees it and calls the authorities. She

was practicing "corporal punishment."

Another young mother is wiser. When she first sat her five-monthold in the car seat, and he arched his back and puckered his face, she resisted his usurpation of authority by firmly saying, "No." When he continued to express his displeasure, without further ado, she enforced her word by giving him a little tap on the bare leg while repeating her command. If-now pay attention to the third word that follows—she is consistent and never rewards the child's protest by letting him out of the car seat, then that will be the end of the matter. He is forever trained to sit in the car seat. If an entirely different issue comes up later, one where he again demands to exert his will against hers, and she gives in, then in the future he may again protest the car seat. For where there are many issues with the mother, each one separate in her mind, there is only one issue with the child—will I get my way or will she get hers?

If you use the rod to enforce your word in training, you may never have to use it as punishment. But if you allow the child to get his way for the first year or two, when you do begin using the rod you will have to be more forceful and it will be stressful.

The rod as chastisement

Training is done on the spot, without much discussion or hesitation. The rod falls within three seconds of the disobedience. You don't even break stride. Onlookers hardly notice it, whereas chastisement is more involved and demanding.

When a child has developed a resistance to obedience and his attitude is bad, and you have lost his respect, and he has become entrenched in his self-will, he needs

to be chastened with the rod. Chastisement will train, but it goes beyond training, yet it does not rise to the level of punishment. Chastisement is meant to put such discomfort in the way of the transgressor that it is no longer comfortable for him to continue in his errant ways. To relieve the pressure, he must turn his face to his master.

The rod as punishment

If you fail to gain the child's heart through proper training and chastisement, his self-will may carry him into acts or motives that are evil. When a child has chosen the path of corruption, like anger that results in hurting someone, he has grieved his conscience and is in a psychological state of estrangement from all authority, from God, and from his higher impulses to be good. His guilt will isolate him from the social order and put him beyond the pale of reason and rebuke. It will be the jumping off point into total rebellion. You may see this occur in a child as young as three or four, but more likely in older children.

If you have trained properly, this may never happen to your child, but if it does come to this, you are not helpless. The soul of your child needs to be punished. He feels the need to suffer for his misdeeds. What I am telling you is well understood by the most reprobate of modern psychiatrists and psychologists. They call it a "guilt complex." Children and adults in this state of mind often do harm to themselves. Their anger is turned inward because they hate the bad person they know themselves to be. Their soul is crying out for justice to be done to the self. They don't know what is happening, and they will not voluntarily seek punishment, but their soul needs judgment. When your child is in the first throes of this debilitating condition, be kind enough to punish him. Care enough and love enough to pay the emotional sacrifice to give him ten to fifteen licks that will satisfy his need to experience payback.

If you do not see the wisdom in what I have said, and you reject these concepts, you are not fit to be a parent. I pity your children. They will never experience the freedom of soul and conscience that mine do

What instrument would I use?

As a rule, do not use your hand. Hands are for loving and helping. If an adult swings his or her hand fast enough to cause pain to the surface of the skin, there is a danger of damaging bones and joints. The most painful nerves are just under the surface of the skin. A swift swat with a light, flexible instrument will sting without bruising or causing internal damage. Many people are using a section of 1/4 inch plumber's supply line as a spanking instrument. It will fit in your purse or hang around you neck. You can buy them for under \$1.00 at Home Depot or any hardware store. They come cheaper by the dozen and can be widely distributed in every room and vehicle. Just the high profile of their accessibility keeps the kids in line.

When are they too young?

As soon as they are old enough to exercise a stubborn will or throw a fit of anger, they need to be lightly spanked. The younger children should not be punished, and the very young will not need chastisement. But from the time they are old enough to resist your will, they will need the little swats of training. Remember that we are not punishing the small child. We are just giving authority to our words. In most

cases the child will not even cry.

When are they too old?

It is hard to say. It differs with each child and each family. Some families spank their kids until they are eighteen. Others stop by the time they go through puberty. Obviously you should stop when it ceases to be effective, or when they won't cooperate. When it is embarrassing to you as well as to them, it is time to resort to reasoning and appeal. If you have a good relationship with your children and they recognize their need to be chastened or punished, then they are not too old. But if you have lost fellowship with your children and they are past puberty, they are probably too old.

Public or private?

Don't be so indiscreet as to spank your children in public—including the church restroom. I get letters regularly telling of trouble with in-laws who threaten to report them to the authorities. Parents have called the Gestapo on their married children. Church friends who have noses longer than the pews on which they perch can cause a world of trouble. If you cannot get them trained before going out in public, stay home and read our four books again.

As to whether or not you should discipline your children in front of the other members of the family or in front of close, trusted friends, that is a matter of choice. In our home it did not make any difference to anyone whether the other family members were present. The children receiving the discipline were occupied with much more pressing matters.

When the rod is being used as training, it would be totally counter-productive to remove the child from

the scene. For the rod to be effective as a training tool it is best delivered within seconds of the offense. If it can be delivered immediately, that is best. If a child is trying to stand up in his highchair and he receives a swat every time he puts his foot under him, he will be trained quickly. If you took him out of the highchair and removed him to another room, you would not be training him to stay in the chair. Parents who hold fast to the philosophy that you must remove the child to a private place are unable to train. By the very nature of it they put off spanking until the situation becomes unbearable. They fail for want of immediacy and therefore, consistency.

How hard?

Some parents spank their children too hard, though most do not spank them hard enough at times. The severity should be scaled to the offense and the moment. If it is training, sometimes it doesn't even need to hurt. A rolled up newspaper that makes a lot of noise can be extremely effective to gain an immediate response. Obviously, if you ever need to punish, the spanking will have to be more painful. The painfulness is not as important as consistency. Certainty and swiftness will eliminate the need for severity.

Your own heart tells you not to do bodily harm to your children. Be calm and patient, and your reason will have time to prevail.

If you are motivated by anger, wait until you calm down. Put the child in a room to wait until you are motivated by your head, not you anger.

How many licks?

There is no number that can be **Continued on Page 8**

Page 6 No Greater Joy

Thailand Prison

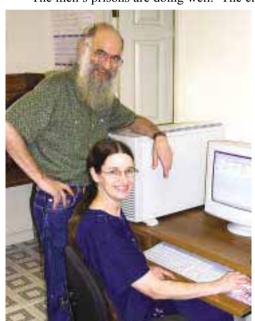
Tom and Kathy Slayman – our missionaries in Thailand

Greetings everyone. We are now back in Bangkok after being in America for 7 weeks. We attended the missionary training camp that Mike & Debi Pearl hosted in August and it was a great success. We shared a lot and learned much. We think everyone came out a whole lot wiser that week. We also attended our daughter's wedding, and then started preparing for our return to Thailand. We had a good flight back, even though it was a long one. Tom is really enjoying the warm weather again, and we both missed the Thai food.

The work at the prisons is still going well. Our two helpers took care of things while we were gone, and we came back to a BIG stack of mail. It's a great feeling to know that your ministry is having an impact.

We keep in touch with some of the women prisoners, and they have written us that they now have a new commander and that things are much better. The atmosphere is a lot more relaxed, and even the guards have become less aggressive and calmer. This is a TRUE answer to prayer. It had become quite difficult for missionaries to get into the women's prison and nearly impossible to get Christian materials inside. Now that it's opening up again, we are going to work it into our schedule for visitation. The women really have it rough. Even the men prisoners say that the women have it rougher than they do. We send in food to supplement the men's diets, and we are getting more and more requests for medicines. We hope to be able to supply some basic needs for the women as well.

The men's prisons are doing well. The churches inside the long-term prison are growing, but the churches inside



the shorter term prison are still on the weak side. It's very easy to get materials into the long-term prison so they all have a chance to grow and learn, but the shorter term prison, is just now opening up some. In fact, we can now get cassette tapes into the short- term prison, so that's going to help the churches there grow and get grounded before they are released. We have learned recently that there are a few groups of Christians inside the shorter term prison that we didn't even know existed, but Tom's name has been spreading and we have received some interesting letters from some guys that are wanting to meet Tom and share the word of God with him. Amen! We have been putting together a correspondence course for the prisoners and we hope to have it ready by the end of the year. We really didn't want to do it, but we just weren't reaching enough prisoners. Many are already saved, but needed to be taught more "meat" from the Bible. Many are new Christians and need to be rooted and grounded in the word of God. But we are excited because we know that the results are going to be GREAT. Many are anxiously awaiting the courses, and hopefully we can now get them into the women's prison. But we need your prayers about something. Once we get these correspondence courses going, we need someone to take over

that job for us so that Tom can keep witnessing and evangelizing those who have never heard. We need help! So pray that God will touch the heart of someone to come over here and help us with that segment of our ministry. We trust God for the supply of every need.

We have also received a couple of E-mails from some of the men we have witnessed to down at the Immigration Center. They were writing to tell us that they really appreciated our support and our sharing the gospel with them. They said it gave them strength to walk holy and with the Lord Jesus by their sides. It was a great blessing to hear that we had such an impact on their lives. One is now back in Africa and the other is in Europe and they are sharing their testimonies with others. Amen!

Please keep praying for us and for the churches in the prisons here. Your servants of the Lord Jesus Christ, Tom and Kathy Slayman Page 8 No Greater Joy

Chastisement-Continued from Page 5

given. It would be better to administer more licks that are less forceful than to administer few licks that hurt severely. It is much more effective to administer chastisement or punishment in a slow thoughtful fashion. Our goal is to cause the child to voluntarily surrender his will. We want to impress upon him the severity of his disobedience. It takes time and thoughtfulness for the child to come to repentance. I have told a child I was going to give him 10 licks. I count out loud as I go. After about three licks, leaving him in his position, I would stop and remind him what this is all about. I would continue slowly, still counting, stop again and tell him that I know it hurts and I wish I didn't have to do it but that it is for his own good. Then I would continue slowly. Pretending to forget the count, I would again stop at about eight and ask him the number. Have him subtract eight from ten, (a little homeschooling) and continue with the final two licks. Then I would have him stand in front of me and ask him why he got the spanking. If his answer showed that he was rebellious and defiant, he would get several more licks. Again he would be questioned as to his offense. If he showed total submission, we put it all behind us, but if he were still rebellious, we would continue until he gave over his will. Only about three of our five children ever resisted after a spanking and refused to cooperate. Each of the three required only one experience of continued spankings until they surrendered. None of the three ever tried it a second time. In all cases, it was between the ages of two and four that they tried their moment of defiance.

If you ever have a child who stands his ground of defiance and

you let him win, you have lost his heart forever—unless you are able to go back and win a confrontation and keep on winning. If you ever let his rebellion triumph just one time, it makes it much harder to conquer in the future. After he gains the upper hand, one victory on your part will not be sufficient. You will have to persevere in several contests of wills until he is convinced that he can never stand against your authority.

Where on the body?

The Bible says, "the rod is for the back." That would include anything that is not the front—the back from the shoulders down to the feet. When training, and not chastening or punishing, any convenient place on the body is effective. When you have told a child not to touch, and he reaches out, you can thump or swat his hand. If he is trying to climb down from his chair after being told not to, you can swat his legs. But when you are engaging the child in serious chastisement. the small of the back down to the thighs is the most effective. You can spank half as hard on the back with a light, stingy switch and be more effective than spanking harder on the bottom or thighs.

What position?

When training, you swat them in whatever position they are in when the offense occurs. If you are chastening, cause them to exercise their wills to place themselves in a yielding position over a chair or bed. This is one way of determining if you are conquering their wills. If they comply, they are already repentant. When my boys were larger, I would have them stand up and hold on to the door frame, or put their hands against the wall.

I never made my children naked on their bottom to spank

them. If it was winter and they were over dressed, I would have them strip down to the clothes they would wear in the house.

What if they fight back?

Children fight back because they think they have a chance of forestalling the spanking. First make sure the child never gains anything by fleeing. Second, cause the child to understand that he is further hurting himself by resisting. Slow down, stay calm. If you are in a frenzy, the child will respond in kind. If a child flees, don't chase him. Wait and allow time for the tension to go out of the air. Slowly pursue him, explaining that he cannot win. If it takes a long time, that's fine. Go to his hiding place and laugh at his frail attempts. Explain that if it takes fourteen days to bring him to justice, he will be brought to justice. Patience. Calm. Dignity. Wait until he calms down in the back of the closet, or under the bed, and as you sit outside, or just beyond him, quietly tell him that you are coming to give him his ten licks, but that since he has fled, he is now going to get one extra lick. Wait several minutes for him to calm down and listen with reason, and ask him how much ten plus one is. "That's right, eleven. Would you rather have 10 licks or 11?" He answers "10." Then tell him that it is too late to get just 10, but if he doesn't come out immediately you will raise it to 12. He must have calmed down for him to make a rational choice. If not, then wait a little longer. Keep this up until you raise the stakes to about twenty licks, explaining to him that when you get to 20 licks you are coming after him. If he is locked in his room, explain that you will unlock the door. There is no escape. Be calm, non-threatening in tone. Just quiet dignity. Think of yourself as a

high-ranking government official in charge of negotiations. Know that in the end you will win. It is the quality of the win that counts. You want him to voluntarily surrender. There is no "violence" that way. It is a great victory if you can get him to finally give over and take the few steps toward you. One win like this and you are likely to never have this problem again.

If your negotiation for an unconditional surrender fails, calmly unlock the door and enter the room. While quietly explaining what you are doing, drag him out of the closet or out from under the bed and restrain him until he calms down. Explain your position and then put him in a confining position. And then proceed to spank slowly. When you get to the former number of licks that he would have received, stop and say, "OK that is the ten licks you had coming; I am tired of spanking, but I must give you the other lick that I promised if you did not come to me." Whap! "There, now that is eleven, but you still did not come, so I told you you would get 12, so here is the twelfth...." And so continue talking him through it so that he knows that he is getting exactly what you promised.

If a kid is hysterical, he will not learn anything, except that you are more powerful. That is a good lesson, but you want more. You want him to come to repentance and take responsibility for every action. He must understand the causes and effects of his actions.

If you raise your voice and run and jerk the child around, you will add to his hysteria, and he will learn nothing. If you give over in any way, or you beg, or you act as if you are emotionally suffering, he wins; you lose, and in the end he loses in the area of character. The child

needs you to win with dignity. His soul needs to surrender to a power greater than self. Remember, you are representing all authority to the child, including the authority of God

How often?

Each child will be different. Some four-year-olds will need five spankings a day, whereas others will need only one a month. Some children hardly ever need a spanking after they are seven or eight; others still need one after they are married. Not that anyone is going to spank him.

You should not spank beyond your fellowship with the child. If you feel that your spanking is excessive, it is because it is not working. If it is not working to produce happy, creative kids, then you are missing one of the other elements we discussed. You have probably forgotten how to relax and enjoy your children. Or perhaps you have failed to train. The bottom line is that if other things are equal, and you give a child a spanking every time he needs it, the time will soon come when he will not need to be spanked so often, and eventually not at all.

When is it abuse?

You are abusing the child when it starts doing harm to the child. Listen to your friends—especially to those friends that share your philosophy. Ask the opinion of people you respect. If they think you are abusive, get counsel in a hurry. Ask the opinion of your older children. If your child is broken in spirit, cowed and subdued, you have a problem. Children should be happy and cheerful, full of enthusiasm and creativity. If your children are fearful or anxious, you should get some counsel.

What about in-laws and friends?

In-laws can be outlaws when it comes to raising kids. If they did a poor job raising their children and they criticize you, ask your trusted friends if there is any truth in what they are saying. If your conscience is clear, and your children are a delight and glory to God, and other counselors approve of your methods, then avoid displaying your discipline before your in-laws. You have no business having close friends that don't share your views on child training.

If you train at home, you will not need to worry about offending your in-laws and friends, for your children will always be exemplary in public. When my children were young, we had a signal that was used in public. If they acted up in a way that required a spanking, I didn't even rebuke them publicly. I just held up one finger, which meant, "You are going to get five licks when we get home." Two fingers meant ten licks, and so on. With the lifting of my index finger. I have seen them tuck their bottom and cease all offensive actions. They knew it was waiting when they got home. It was as good as spanking them then and there.

Conclusion

Biblical training, chastisement, and punishment are of God's design. They are consistent with the laws of human nature. The final proof of the superiority of our methods is the children raised in this manner. Those who oppose the Biblical method often find it necessary to drug their children as well as themselves. The most empirical proof of God's way is the joy. You cannot argue with joy. We parents of joy obey God and our joy increases along with our joyful children.

Page 10 No Greater Joy

Soy Alert by Debi Pearl

This past month a dear friend of mine called with the disturbing news that she had estrogen receptive breast cancer. She asked, "What do you know that could help me?" I knew nothing, so I got busy on the web trying to find everything I could on the subject. I found more than I could have imagined.

In the course of my research, I discovered that I had been swallowing a lot of propaganda. If you say something loud enough, often enough, and convincingly enough you can make anyone believe anything you say. The commercial side of the health food industry in America has vigorously promoted soy products and additives, turning a deaf ear to research that should throw up red flags. While other countries have acknowledged the potential danger and taken steps to warn their citizenry, powerful, rich concerns in this country have not admitted the problem.

Soybeans! Healthy, right? Full of vitamins? Full of protein? Yes, everyone knows that. Not according to new research. It is common knowledge that soybeans are loaded with plant compounds that mimic estrogen, a female hormone. Many post menopausal women use soy products to help control hot flashes and other problems caused by hormonal imbalances. And soy is very effective in supplying the hormones needed! Think about it. If soy products supply sufficient hormones to balance out older women, what are they doing to newborn babies fed soy formula? What is this female hormone doing to men who have a constant diet of tofu and soy milk? What about younger women who already have a full supply of estrogen; how does a diet of estrogen rich soy affect them? Research is now strongly pointing to some very disturbing facts. I have summarized many studies and reports and have tried to give a brief outline of the increasing volume of research now being done.

Some studies on the effects of soy products on humans have been in progress 40 years. They are now examining the brain tissue of the deceased. There are many recent studies done on animals. They noticed that birds fed soy developed their adult plumage at 2 months instead of the normal 18 months. At first this was a real plus because the young chicks could be marketed better with their full adult color. Then they noticed that the early maturing, soy-fed birds aged prematurely and died young. This caused much consternation among bird handlers, for they also noticed a great increase in growth disorders, thyroid problems, infertility, and tumor growth.

This was a wake-up call. People were asking, "If soy does this to birds, what is it doing to us?" National health agencies and physician associations of some countries have warned their populace to exercise caution in using sov based infant formulas. In the U. S. two of the Federal Drug Administration's own researchers, Daniel Doerge and Daniel Sheehan, have stepped forward to their own protest agency's allowance of health claim labeling regarding the effects of soy protein on coronary health. In a letter to the FDA, they cite their deep disturbance over potential risk to the public by the FDA's failure to require that the same safeguards be put in place for soy use as for estrogenic (prescribed hormone substances) and goitrogenic drugs (thyroid medication), i.e., that people be informed of the risks and be under a physician's care while using it.

Our Babies

Preliminary studies are indicating that children given soy formula go through puberty much earlier than children who were not fed soy products. Why? Because the phytoestrogens/ isoflavones in soy act like a hormone in the body, causing the infant to have hormones like the adult body. A 1994 study done in New Zealand revealed that, depending on age, potency of the product, and feeding methods, infants on soy for-

mula might be consuming the equivalent of up to 10 contraceptive pills a day. By exposing your baby to such large amounts of hormonal-like substance, you are risking permanent endocrine system damage (pituitary gland, pineal gland, hypothalamus, thyroid, thymus gland, pancreas, ovary, testis, adrenal glands). Phytoestrogens (substance in soy) are now strongly implicated, through research, in thyroid disorders, behavioral and developmental disorders and cancer. Thyroid problems are now in epidemic proportions. Theodore Kay of the Kvoto University Faculty of Medicine noted in 1988 that "thyroid enlargement in rats and humans, especially children and women, fed with soybeans has been known for half a century." Recent research leaves little doubt that dietary isoflavones in sov have a profound effect on thyroid function in humans. If you were fed a soy formula or soy products and suffer from a thyroid disorder, contact www.sovonlineservice.co.nz/thyroid.htm for help.

Little Boys

"Early puberty (caused by consuming soy products) may increase a boy's chances of developing testicular cancer later in life, because it means longer exposure to sex hormones," said University of North Carolina researcher Marcia Herman-Giddens. Congenital abnormalities of male genital tracts are also increasing. Recent studies found a higher incidence of birth defects in male offspring of vegetarian, soy-consuming mothers.

The hormone issue is not the only concern. Research now in progress strongly ties aggressive behavioral problems in children to soy. Soy formula has manganese levels that are 50 times higher than the level found in mother's breast milk. Research is now showing that high levels of manganese found in sov beverages may be neurotoxic to babies, causing brain damage. These studies suggest a correlation to the dramatic increase in ADHD and violent behavior seen in adolestoday. The website: www.insightmag.com/archive/20 0106252.shtml reviews a study of unusually high manganese levels found in the hair of hyperactive children and youths convicted of felony crimes. Manganese is a trace metal that is essential for life, but when it is on overload it becomes "manganese-toxicity syndrome." If I had a child who was a soy child and showed signs of aggressive behavior, I would study oral chelation to see if the manganese levels could removed naturally.

Allergies are a growing concern. Soy is one of the most allergenic foods in modern diets. It is reported in several research reports to contain at least 30 allergenic proteins. Many of our prepared foods from MSG to crackers and cookies, to frozen fish sticks, and TV dinners, to drinks and most everything in between contain soy. Many soy products are listed as natural ingredients or natural flavorings. Health authorities in other countries are taking products off the markets until they are clearly labeled due to the wide spread allergic reactions to soy. Does your child have asthma? If so, then it is time for you to do your own homework and find out what can be done to clean up your family's diet.

Little Girls

We regularly get letters from parents that are shocked and horrified to have discovered that their babies, as young as 18 months, are, without doubt, masturbating. It is a shocking but growing phenomenon. Some of the problems are associated with small children clutching vibrating toys, but not in all cases. Yet, there must be a predisposing prompted by hormones. Could it be caused by the hormone element in soy formula? It is becoming clear that our little girls' hormonal levels are being elevated at a very young age by the health food we eat! Soy-formula provides a hormone level at least 240 times higher than breast milk.

In 1982 pediatric endocrinologists reported that their studies indicated an increase in the incidence of breast development in girls younger than eight years of age. In the first study of 130 little girls, 68% of them had the onset of thelarche (breast development) before they were 18 months old! Investigators found a positive statistical association between thelarche and the consumption of soy formulas (affecting 22 girls), various meat products (affecting 10 girls) and the mother's history of ovarian cysts (affecting 16 girls). For years, health food gurus have been blaming hormone fed chickens (chickens fed soy) for our early puberty problems, but they

Please turn to Page 14

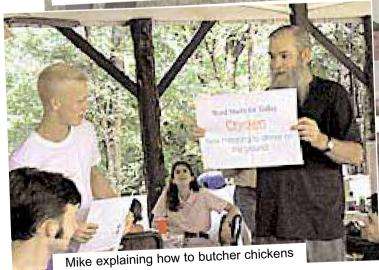
Page 12 No Greater Joy

Mission

Future missiona









The classroom at Cane Creek

August 19-25, 2001

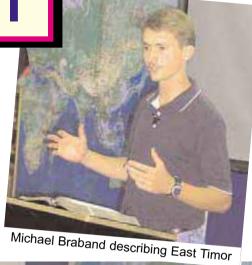
ries in training







Mike teaches how to use visual aids





Tom Gaudet reaches the world with literature



Each mission candidate takes a turn teaching

Page 14 No Greater Joy

Soy-continued from Page 11

remained silent about the hormones we have been eating in the vast number of soy products!

Little girls that go through puberty early face a greater lifetime risk of breast cancer and early ovarian cysts, which is a factor in ovarian cancer and of developing autoimmune thyroid disease (ATD).

Younger Women

Over the years I have known women of childbearing age who guarded their diets, were in excellent health, did not have a family history of breast cancer, and yet came down with breast cancer and died. Why? What was the common factor in these women? You will be shocked to learn that phyto-estrogen compounds found in sov may actually increase the risk of breast cancer. Dr. Claude Hughes, director of the Women's Health Center at Cedar-Sinai Medical Center in Los Angeles said of chemicals found in soy, "It can speed up divisions of those cells that are already cancer cells that depend on estrogen for their growth."

Chanfeng Wang and Mindy S. Kurzer, who wrote *Phytoestrogen Concentration Determines Effects of DNA Synthesis in Human Breast Cancer Cells* say, "Our data suggests the possibility that, at typical concentrations in humans, phytoestrogens and flavonoids and lignans <u>may stimulate</u>, rather than inhibit, growth of estrogen-dependant tumors."

It is important to understand that it is not uncommon for hormonally active agents to act as both estrogens and anti-estrogens, to stimulate or inhibit the growth of certain types of cells, such as those found in the human breast. The difference lies in doses and life stages. It is a double-edged sword. Risks may greatly outweigh the benefits. Research strongly suggests that younger women need to use soy products with care and not upset the natural estrogen levels with an overload from an outside source.

Two glasses of soy milk a day, over the course of a month, contains enough of the chemical to change the timing of a woman's menstrual cycle. Many women of child-bearing age are having terrible mood swings, depression, and they experience monthly PMS. Could these women be playing havoc with their hormones by what they are eating? We already know that women on birth-control pills are known to have more volatile emotions due to the hormonal upset. Just 100 gm of any soy product has the estrogenic content of a contraceptive pill.

And OUR MEN? A Half Helping of a Man?

What are phytoestrogens doing to the men? Researcher, W. David Kubiak reports that "...because female hormones or estrogen given to men in small quantities can quickly overwhelm androgen activity, and soy produces estrogen molecules in biologically significant amounts, it might be inferred that a steady diet of miso, tofu, soy sauce, and so on might not be best for leadership trainees or aspiring Lotharios (lovers)."

Researchers believe that the

trend toward lower male fertility may be due to environmental estrogens, including the soy phytoestrogens. There is strong evidence that soy phytoestrogens inhibit an enzyme which is required for the synthesis of testosterone and the development of the CNS-gonadal axis. Much research is now being done to determine the effects of soy on male animals (even male insects) of all sorts. Research with animals and insects from the grasshopper to the cheetah, are showing that soy affects males by making them less confident, less aggressive, indecisive, show less sexual interest, lower sperm count and in some studies less everything male. Research on humans is slow (years), but the short-term studies on men are showing the information obtained through animal life spans correlate with what is happening in human research. A Half Helping of Man? Research sure looks that way. I am sorry for all the soy products I tried to shove down my husband's and sons' throats and thankful they were 'male-stubborn' and refused my "health food."

Old, Old, Old Men and getting older with each serving of tofu eaten

The longest study on soy products began in Hawaii in 1965 with 8,006 Japanese-American men. It questioned the men about 27 foods and drinks. Over the years the men were monitored, questioned, and studied. The study shows a significant statistical relationship between two or more servings of tofu a week and "accelerated brain aging" and

association with even an Alzheimer's disease, says Dr. Lon White, who has been studying diseases and aging in this Honolulu Heart Program. White said the scientists found "a significant link between tofu consumption during midlife and loss of mental ability and even loss of brain weight." Tofu was the only consistent link among the men. "The test results were about equivalent to what they would have been if they were five years older and the guys who ate none, their test scores were as though they were five years younger." Said White. The brains of 300 men who died were examined in a unique autopsy study conducted as part of the Honolulu aging project. White reports, "But what I did see was the simple weight of the brain was lower. Shrinkage occurs naturally with age, but atrophy progressed more rapidly in those men who had consumed more tofu."

At the conference where White presented his findings, Finnish scientist Herman Adlercreutz, who led the scientific explosion of interest in his studies on soy 20 years ago, said of soy and it components, "I am myself frightened a little bit by all this. There is so much we don't know."

Lon White, who has been a researcher in this field for many years said, "The bottom line is these are not nutrients. They are drugs. They will have some benefits and some negative things."

Summary

In my study I noticed several

important factors. Those who are speaking out against soy products, use extensive data and research reports. They also do not have monetary gain as a motive for putting out the information.

On the other hand, those promoting soy show an obvious lack of scientific study and research. Information promoting soy products often refers back to the Asian people's dietary habits and their health records. Soy advocates also do not share critical information about the conditions in which the soy plant is grown, which can greatly change the chemical structure of the plant, causing the soy plant to have antiestrogenic effects, rather than estrogenic effects. Stress, fungus, and other environmental and growth conditions can change the types and of phytochemicals amounts responsible for soy's touted health benefits or risks.

The way the Asians use soy is also never mentioned. The vast majority of soy eaten in Asian countries is used in combination with protein foods, such as pork, fish, milk or eggs. The animal proteins greatly change the chemical structure of the food and how it is digested. Much of the soy in Asian countries is also highly fermented (using fungus), process changing the hormonelike properties. In the literature I read that told how healthy the Asian people are because they ate soy did not mention that research is finding that Alzheimer's is higher in Asian people than any other group in the world. As I studied soy's health benefits, it would have helped if the soy industry would have addressed some of the findings of the research that has been done and is now being done that so clearly points to some serious health threats, but I could find no serious rebuffs. Many people would lose huge fortunes if this information began to affect the health food markets.

Conclusion

I have read for days, even weeks. My neck is stiff from sitting in one spot researching. There are thousands of pages on soy, stating that it is wonderful, and thousands of pages saying how terrible it is. After all I have read, it is clear that money is the deciding factor, not health. Soy is a drug, like many herbs. It is too powerful of a drug to use freely as a food. I visited a health food store yesterday. There was aisle after aisle and shelf after shelf of ready-made, packaged, long lasting, processed, soy health food. There were soy based vitamins, medicines, creams, lotions, rubs, green drinks, baby food, cereal, crackers, milk, soup, cookies, meat substitute, noodles, hot drinks, sauces, nut substitute, chips, candy bars, and anything else a person eats. While I stood there looking around, I felt like I had been a big fool to have thought that all that stuff was healthy. When men try to improve on what God gave, it should be questioned. Cereal should be grains; milk should be the way it was in the Promised Land; meat should be as it was when Jesus fed the multitude, or when Abraham fed the angels of God, and vegetables should be garden fresh.

Isaiah 7:15—Butter and

Page 16 No Greater Joy

honey shall he eat, that he may know to refuse the evil, and choose the good. (prophecy of Jesus and what he would eat and why)

II Samuel 17:29—And honey, and butter, and sheep, and cheese of kine, for David, and for the people that were with him, to eat: for they said, The people is hungry, and weary, and thirsty, in the wilderness. (God's anointed man and his army are fed)

Isaiah 7:22—And it shall come to pass, for the abundance of milk that they shall give he shall eat butter: for butter and honey shall every one eat that is left in the land. (noted because it was a blessing from God)

Life is learning, and learning is expending an effort to know the truth. I have given you just a tiny bit of information. Chances are if you buy any prepared foods, you are eating soy. If your child was raised on soy formula, you need to do research. If your child has unusual behavioral problems, you need to study this through. If your child has asthma or allergic health issues, then you need to get to work and find out if this concerns you. If you have thyroid problems or breast tumors or cancer, this might help you find an answer to good health. If your husband lacks leadership and male dominance, but you seem to have a strong assertive drive, then stop eating soy and do some research. If you

have stomach ulcers or lack digestive enzymes, stop eating soy. If you have been sucked into the health food craze like so many of us, you need to do some major homework. Don't ask me. I won't respond to inquiries. It is in your hands now. It is for you to find out for yourself and make your own decisions. We are including a starting point of several websites.

If you don't have a computer with the Internet connections, go to your local library with the websites listed here and give them to the librarian, asking her to help you find the information and print it out. Most public libraries will assist you, and charge a minimal fee for any copies of web pages. ©

Websites for further information

www.soyonlineservice.co.nz - search this site thoroughly www.insightmag.com/archive/200106252.shtml www.cdc.gov/epo/mmwr/preview/mmwrhtml/mrk121 www.voyager.co.nz/~patric/soy.html http://abcnews.go.com/onair/2020/2020_000609_soy_feature.html http://www.mercola.com/2001/sep/22/soy_protein_policy.htm

Also search the web under "soy infant formula" and it will take you from there to many other websites.

Before you write

seeking answers for your own unique issues, read the three books: No Greater Joy Volume One, Volume Two and Volume Three. In them you will find over 300 pages of answers to questions we have received in the mail between 1994 and 2000.

You Can Minister:

We have thousands of sample newsletters—a generic, 8 page version. We will ship you as many as you can give away. You just need to request them. If you are having a homeschool fair, we will provide enough for everyone. In addition, we discount many of our books when purchased in quanties of eight of more. Now you can have something to give to that poor mother in front of you in the checkout line whose kid is screaming and throwing a fit. Or give them to your family and friends as gifts, or for that new mother.

Note: These bulk sample newsletter requests cannot be added to your name/account for regular bimonthly mailings.

Picture Bible Project



We have finally begun the arduous task of placing text into the bubbles of our Picture Bible project. We will be doing this while our gray scale artist is finishing his work. Dewayne Noel and Tom Gaudet, two of the teachers that attended our recent missions conference, worked out this procedure. We are building a database for the text of all 300 pages. Another missionary who taught at our conference, T. J. Slayman, serving the Lord in the Far East, took one of the pages with text in English and converted it into Lao, as can be seen below. This will be a powerful tool for the proclamation of the gospel all over the world!



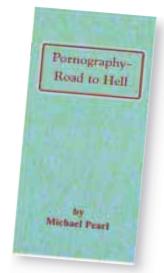
We are looking for an artist who can add gray scale to our cartoon pictures using a computer. If you are a skilled graphic artist and need another project please contact Hugh at the Church at Cane Creek. Only professional artists need inquire.

Page 18 No Greater Joy



Two New Booklets!

Michael and Debi Pearl have received much mail describing the destructiveness of pornography in homeschool families. Even preachers have written, begging for help, confessing that they have used pornography on and off since they were teenagers. In Pornography–Road to Hell, Michael addresses this issue head on, calling sinners to repentance. Since publishing this article, The Church at Cane Creek has received many letters testifying of victory over this damning sin. We now make it available in pocket size so you can distribute them freely.



Only 75 cents each or 50 cents in quantities of 25 or more.

To Betroth or Not to Betroth brings objectivity back to a subject that has run afoul of Biblical truth. With the destructiveness and evil that come out of the modern recreational dating game, many have panicked and jumped into the "safe zone" of a betrothal system so tightly regulated that it creates a whole new set of dangers. This booklet takes a look at every verse in the Bible where the word "betroth" is used. The Church at Cane Creek has received hundreds of letters from thankful parents who were relieved to be out from under the man-made rules of betrothal as taught by some. Let the Word of God be your guide and allow the Holy Spirit to lead your children to the spouse God has for them.



Introducing

No Greater Joy

VOLUME THREE

You've asked for it and now it's ready! No Greater Joy Volume Three picks up where Volume Two left off. In it, Michael and Debi Pearl continue to answer your most asked questions. This new, 103 page book is filled with humorous stories from past newsletters illustrating their Biblical, common sense approach to child training, parenting and family relationships. Order this tremendous resource today.

No Greater Joy Volume Three includes:

- Children with the will to dominate
 - Finding joy and controlling anger
 - Husband and wife relationships
 - Potty training
 - Use of the rod





"A Wise Woman Builds Her House"

is a beautiful set of 12 colored laminated cards with the proverbs that Debi Pearl wrote for our May -- July 2001 newsletter. We have had an incredibly positive response to that article. These cards measure 5 1/2 by 4 1/4 and are bound with a sturdy ring.

Limited, one time only. Both sets: \$10.00. Not sold separately.

"A Wife of Honor" is an attractive set of 56 laminated flashcards, each of which contains a Bible verse depicting the characteristics of the virtuous woman and her relationship to God, her husband and her children. This durable set measures 4 1/4 by 2 3/4 and can easily be carried with you. Have God's Word to turn to for instruction, comfort, and to use as a teaching tool.



When we published "How A Woman Can Build Her House," by Debi Pearl (May-July 2001 Newsletter), we had no idea that the response would be so tremendous. Several publishers contacted us wanting to use our story. We chose Bible Memory Challenge Ministries of San Antonio TX, because they offer a truly beautiful product and because every woman in our office loves them so much. We know you will want one of these sets for your very own.

Through December 31, 2001, we are offering these two beautiful sets of cards as a package for just \$10.00! We have only 500 sets. Order now; don't delay. Men, this would make a beautiful gift for the holidays for that special lady of your life.

Also available from: Bible Memory Challenge Ministries, 8107 Green Forest, San Antonio, TX 78239



articles from back issues of the popular No Greater Joy newsletter in which the Pearls answer child-training questions received in the mail. These books will make great gifts this

holiday season. Be a blessing to someone by giving these valuable resources. This offer is good from now until December 31, 2001.

Page 20 No Greater Joy

Recipe for Angel Food Cake by Michael Pearl

You may be tempted to use your mother's old recipe. If you liked her cake, fine, but if it fell when baked, or slid off the plate, or left a bad taste in your mouth, then you will need to be careful not to fall into old habits that have already proven less than satisfactory.

In preparation for the cake, place your opinions in a disposable bowl and grind them into fine powder. If you have any books on psychology you can throw them in along with the approval of your friends. This will make a stinking, gooey mess, but if you will burn a candle scented with the book of Proverbs it makes the odor easier to bear. You can place this mess in a bio-safe container and mail it to the nearest university doing a study on child behavioral disorders. It will speed up their work and save millions of dollars in government grants. Don't include a return address.

To make angel food cake, you must use all natural ingredients, no drugs. You must keep your working area sterile. Periodically use the word of God to disinfect your working area of such bacteria as psychology, therapy, social services, pastoral opinions, and public schools.

Start with two, big heart-shaped bowls, inseparably joined together in the middle. Fill them up with hope, joy, love, and peace. Stir these ingredients together until both bowls are running over. Now we are not making cake yet. We are just getting ready. You may think that since the bowls are full there is not room for the cake, but this is no ordinary cake. Just leave these

ingredients in the two bowls until they start making bubbles that sound like giggles. You will then have the perfect environment for your cake.

Gather your basic ingredients: fine flour, well sifted; buttery praise; oil of grace; for seasonings you will need a mound of mercy, just a pinch of the salt of rebuke, and a bunch of instruction. You will want to have an inexhaustible supply of words of honey. You will need a good paddle to occasionally whip the ingredients into a workable consistency, but you do not want to whip the batter too much or you will cause it to fall. The object is to get the mix to rise higher and higher until it is fit for the angels to eat. You don't want a heavy, over worked mix. It could stick in your throat. You must have sensitive hands and a delicate touch to make quality angel food cake.

Some people have started out with the right ingredients but put them in the wrong proportions and ended up with devil's food cake. If you get too much rebuke and then fail to whip the batter into a yielding consistency the whole thing may harden in the bowl and you will never be able to shape it.

Place the finely sifted flour into the two heart shaped bowls. You will notice that there is some overflow but the flour quickly soaks up the love, joy, and peace. Liberally stir in the honey of your words. Everyone will notice the sweet smell immediately. Stir in the praise and grace. Hold on to the mercy. You will need it later. Stir

the bunch of instruction in slowly, never more than can be assimilated, but continue until you have exhausted your supply. If you run out, you may need to get down on your knees and look for some more. You will find more mercy and grace at the same place.

According to flavor, occasionally stir in the salt of rebuke. Believe it or not, it makes everything sweeter. Honey alone will not sweeten the mix. Without the salt of rebuke the whole mess gets syrupy sweet, but will not stand firm in the oven of trials. When everything is stirred together, and you find the honey of your words and salt of rebuke have failed to sweeten the mix, it is time to use the paddle to whip the ingredients into a malleable consistency. Go gently but firmly until the salt and honey soak into the flour. As I pointed out earlier, if the other ingredients are not in the right proportions the paddle may harden the mix and keep it from ever rising. If it does get too hard, eat the mercy yourself, stir in some more honey of your word, and proceed forthwith.

When the mix is to your satisfaction, it is ready for the oven of trials. Some people are afraid to turn loose of the mix, but the time comes when you must commit it to be baked. If you have done your job well, it will come forth from the oven a cake fit for the angels.

Repeat for each new layer. Ice with thanksgiving, and serve with a scoop of humility. Your guests will be delighted. So will you. ©

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Husbands, learn how to sanctify your wife and cleanse her of spots, wrinkles and blemishes.

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Two video tapes - \$16.00

Michael Pearl teaches from the Word of God on husband and wife relationships.

CHANGED WIFE AMAZED AT CHANGE IN HUSBAND

To Debi Pearl,

Thank you for the article "Bound" and the book, *Me? Obey him?* My dad had three girls and one boy. He never left us home. There isn't much of anything we can't ride or drive. We hunt and fish with the best of them. This was great growing up, but became a problem for my husband. He loves me dearly, but had issues with me telling him the best way to do man things. My parents were visiting, and my mother caught me doing this to my husband. She promptly took me aside and told me never to speak to my husband in such a way. She asked me if I trust him to do a good job. Well, of course I said, "He's wonderful." She didn't have to say anything else. Not long after, I ordered *Me? Obey him?* I read it without telling my husband, angry with it at first, [me] being so capable and independent and all, but in the end, praying to God to please let me be a good and obedient wife for my husband. I put it into practice and never said a word about the book. I had thought I had such a great husband before, the change in him amazed me. My husband is a blessing to me and to our daughter.

Thank you so much for your work, E

Michael & Debi Pearl published *To Train Up a Child* in August 1994. By July of 2001 we had sold over 345,000 English copies. It has also been translated into several foreign languages.

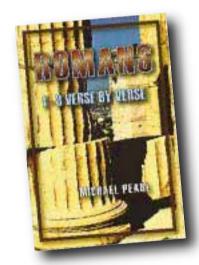
This publication came about as a way to answer many questions we receive in the mail each day. This is a non-profit ministry. The low prices reflect our concern to make these materials available to as many as possible. We give a 38-45% discount on books by the Pearls when purchased in volumes of eight or more. We also make available a limited number of books and videos that we believe will be a great blessing to your family.

We are dedicated to the advancement of the gospel of Jesus Christ here in America and in those countries where Christ is least known. After operating expenses, all money from the sale of books goes to foreign missions. All gifts, so designated, go directly to foreign missions, none being retained here in the States, unless otherwise designated by the donor.

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Page 22 No Greater Joy

Get a Bible College Education!



Romans

Commentary

by Michael Pearl

Michael has been studying and teaching the book of Romans for over 40 years. This 222 page, verse-by verse commentary is not devotional in tone. Instead, it addresses all the hard theological issues that have been the foundation of the Christian faith down through the centuries. It is original in many ways; not a restatement of other writers. Though controversial interpretations are supported by analysis of the Greek language, it is written for the layman from the unique perspective of a student that believes the Bible rather than a scholar that critiques it.

Dear Bro. Pearl,

We really like the new format layout of "No Greater Joy." But, as always, the thing I like most is the practical wisdom from God's Word and life experiences you share.

Thank you for reminding us about "enjoying our children." My wife and I love and delight in our children, and it's the simple things that bring the greatest joy!

Last week the kids piled in the back of our old pickup, and we drove down to a campsite at the nearby wildlife management area. We built a fire and had us a weenie roast and then went squirrel hunting. Needless to say our party wasn't exactly stealthy on the hunt, but a wonderful time was had by all (except for two squirrels that came home with us.)

I appreciate you being transparent. This world is starving for Christians who will just be honest and forthright and quit their silly religious games. The story about eating peppers was great. Please send the tape set on Galatians. I sure look forward to hearing it. God bless you.

Your friend and servant, MS

Dear Michael and Debi,

I really enjoyed your tapes on Galatians. I didn't know [before] what you spoke on the Law and cross. I never was told or even thought of totally separating them.

I will be ordering more tapes on the Bible. Thank you and please pray for me and my family.

Many thanks, DL



Romans

Verse by verse

15 tapes in a vinyl album

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The books of Ephesians, John, Romans and Galatians are Bible studies taught word by word, phrase by phrase, verse by verse, by Michael Pearl to *The Church at Cane Creek*. You have asked what we believe. Now you can find out.

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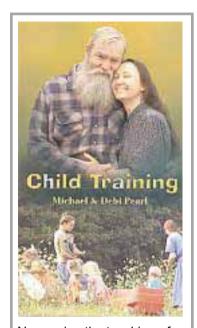
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_	To Train Up a Child, No Greater Joy V.1 & No Greater Joy V.2 <i>9 tapes in vinyl album</i>		24.00	
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	From the Ends of the Earth Audio tape		5.00	
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	Child Training Videos set of three tapes—five hours	+-	24.00	
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	Computer Products Holy Bible Software CD (formerly SwordSearcher)		24.00	
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Page 24 No Greater Joy



Now, enjoy the teaching of Michael and Debi Pearl on video in this five hour, three tape series. Learn how they successfully trained up their five children with love, humor, the rod, and a King James Bible. \$24.00

A MOTHER FINALLY FINDS THE ANSWER . . . AND PEACE

Dear Michael and Debi.

I read your book "To Train Up A Child" for the first time seven years ago. I am ashamed to say I just recently began to understand what it was all about! I had applied all your teaching techniques since my oldest was born but she still had a rebellious heart. Oh, she would obey any command given, to the letter, but [did] things like contradicting nearly everything her daddy and I said, always questioning our motives. Now at seven, she is a perfect picture of . . . ME! I had always "tried" to be "submissive." But my own heart was full of rebellion and pride! No wonder that my children didn't obey with the right heart. My husband has never read your books and so he does things different than what I thought was the "right" way. My good friend and I were talking at her house a week ago, and we both finally realized what the problem was and right there at her kitchen table, we both prayed for God's forgiveness for our rebellion and pride. I truly repented that day. What a weight has been lifted! I was always so frustrated because my kids were rebellious; but it was all because of me. I thought it had to be all my way. I would call my husband aside and tell him what I thought he was doing wrong. Now with a heart truly submitted to God and my husband, I feel much more free. I don't have to worry. God is in control and everything will be OK.

In Christ, F

Sign up at our website for email notification of the release of our latest newsletter.

Website Address:

www.NoGreaterJoy.org

The Church at Cane Creek 1000 Pearl Road Pleasantville, TN 37147 October - December 2001

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