

PROTESTING WITH LOVE

Nobel Prize nominee Chai Ling fights for human rights

Twenty seven years ago this April thousands of Chinese students protested in Tiananmen Square for democratic freedom and willingly laid down their lives.

One of the 1989 protest leaders was Chai Ling, who continues to carry their torch in opposition to China's childbirth policies that have taken an estimated 200 million lives by abortion, mostly girls.

The two-time Nobel Prize nominee founded the All Girls Allowed movement in 2010, after realising that the abortions resulting from these restrictions and hefty financial penalties are a "gendercide" and are "hundreds of times more deadly than the Tiananmen Massacre."

China's policy change in October 2015 cancelled a "social maintenance fee", up to double a household's annual per capita income (around A\$30,000), but only for a second child born after that date.

Yet the manhunt and harassment of Chinese pro-democratic dissidents continues today as 2010 Nobel Prize winner Liu Xiaobo remains in jail. Despite this, Chai is unfazed.

"My life was no longer the same



Chai Ling (L), founder of "All Girls Allowed", at a press conference calling for an end to gendercide in Washington, DC, June 1, 2011. Photo: Jim Watson/AFP/Getty Images

after Tiananmen, but my desire for freedom never changed," Chai said in a 2013 Justice Conference speech in Pennsylvania.

After ten months with the Chinese underground, Chai escaped in a ship's cargo box for five days to America, where she studied business and aimed to become a successful entrepreneur like Bill Gates.

She co-founded an education software company and human rights foundation with her husband, and funded orphanages, humanitarian efforts and human rights organisations in China.

Then a crippling panic attack in 2009 led to her founding All Girls Allowed.

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Suffering cannot be endured

BY DARRYL BUDGE

As a paratrooper in the Australian Army a deep desire to curb injustice and cruelty motivated Michael F. Bird to explore the spiritual beliefs he had once mocked.

In his youth Michael was convinced religion was a crutch due to the instruction of his secular home and education in suburban Brisbane.

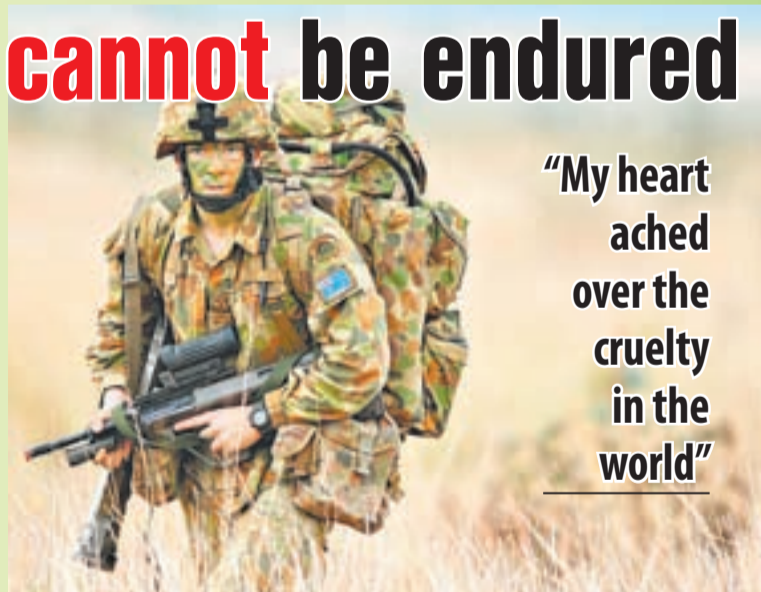
He echoed the belief of those around him that Christians were "morally deviant hypocrites" and later wrote poetry mocking belief in God.

As an Australian Army paratrooper and intelligence operator he was brought face-to-face with the moral problem of evil, which challenged his beliefs.

"I felt conflicted when my heart ached over the injustice and cruelty in the world," he says.

As an atheist, Michael says, "I 'knew' that ethics were nothing more than aesthetics, a mere word game for things I liked and disliked."

He then developed "an acute sus-



NO BLIND LEAPS: An Australian Airborne Combat Team paratrooper on patrol. Michael jumped over 30 times in his paratrooper career (File photo)

"My heart ached over the cruelty in the world"

picion there might be... something supreme", a God who has given mankind objective moral laws.

In all those years when he mocked those who believed in the Bible, Michael admits he had never studied the life of Jesus in the New Testament. He recalls being immediately surprised when he finally did.

"The Jesus I encountered was far different from the deluded radical, even mythical character described to me," Michael recalls.

"This Jesus... of history was real.

He touched upon things that cut close to my heart, especially as I pondered the meaning of human existence."

As he studied textual and historical evidence for Jesus' divine identity and resurrection, Michael says that "faith grew from seeds of doubt".

This was liberating, he recalls, because "I came upon a whole new world that, for the first time, actually made sense to me."

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INSPIRED BY SACRIFICE

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WIN THE BATTLE OF THE MIND

BACK PAGE

Four-time world Crossfit champion **Rich Froning**

Suffering cannot be endured

• From page 1

Doubt gave way to faith in Jesus Christ as Lord of the Universe, which Michael says “opened a constellation of meaning, beauty, hope, and life that I had been indoctrinated to deny”.

This new liberty spurred Michael on in a lifelong quest to study the Bible and early Christian history to the doctorate level. He is now a lecturer at Ridley College in Melbourne, Australia.

Michael describes himself as an “anti-type of Bart Ehrman” – another New Testament scholar with a university doctorate who rejected his early faith and has argued that Jesus never claimed to be God.

Michael flatly rejects Bart’s assertion, saying, “A careful look at the Gospels shows that the historical Jesus explicitly claimed to exercise divine prerogatives [or characteristics].”

“He (Jesus) identified Himself with God’s activity in the world. He believed that in His own person, Israel’s God was returning to Zion, just as the prophets had promised. And He claimed He would sit on God’s throne.”

Michael also points out that these de facto claims to divine personhood were “the reasons religious leaders of the day were so outraged.”

And he adds, “Within 20-some years after His death and resurrection, Christians were identifying Him with the God of Israel, using language and grammar of the Old Testament to do so.”

Michael says it is not scholarship but a false sense of superiority that kept him from seriously investigating Christianity.

Taking a leaf out of Philippians chapter three, Michael writes: “If anyone thinks they are assured in their unbelief, I was more committed: born of unbelieving parents, never baptised or dedicated; on scholarly credentials, a PhD from a secular university; as to zeal, mocking the church; as to ideological righteousness, totally radicalised.

“But whatever intellectual superiority I thought I had over Christians, I now count it as sheer ignorance. Indeed, I count everything in my former life as loss because of the surpassing worth of knowing the historical Jesus who is also the risen Lord.

“For His sake, I have given up trying to be a hipster atheist.

“The real story of Jesus Christ is good news, and it transformed my life. That’s why I’m fighting to tell it amidst a cacophony of misguided voices.” •



Former paratrooper Michael Bird

WHY NOT TIE THE KNOT?

BY ALAN BAILEY

Getting married is still fairly popular but not as popular as simply living together. We have husbands, wives and partners. And who should question it? After all, what people do in relationship is their business.

Well now, if the de facto position is defensible, why should it all be a taboo subject? Let’s take a quick look at two sides of the question.

Partners may say,
 • We have an understanding between us and that’s all that matters.

• Marriage is only “a piece of paper.”
 • Man-made rules have no weight as far as we are concerned.

• There are advantages financially—saving on wedding expenses—saving up for later consideration of marriage—sharing of accommodation.

But think of the following:

1. A marriage ceremony is making public what has been a private commitment: and for good reason. They are telling those who witness the ceremony, and the world around them, that they are claimed, spoken for, each by the other, and are no longer open to anyone else’s advances.

2. Marriage is not merely a human idea. The Bible shows it to be God’s invention. There are rules and condi-



tions that apply. For example: *Marriage should be honoured by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral* (Hebrews 13:4). Redefining marriage is a perilous way to go.

3. Legal marriage provides safeguards of accountability. Loved ones and friends are invited to stand by the couple in their vows and be a support for them. The vows bring to light the virtues of trust, faithfulness, thoughtfulness and ceaseless love. Serious vows taken seriously mean more than “a piece of paper.”

4. Living together is a second

class option. Either party can choose to walk out any time. One partner can be seduced and there are lesser restraints in place. Then come heartburnings over rights to money, property and children.

Now I know that all these problems can and do come to marriages. But why not settle for the better option. Why not commit to each other wholeheartedly? If you really love the man or woman in your life, tying the knot is the most precious way to affirm your undying commitment to each other.

Let’s recognise that God knows best. •

PROTESTING WITH LOVE

• From page 1

On a plane trip she lost all her strength and says, “I realised how small I actually am when confronted with the force of an entire regime.”

Months later, at a hearing in the US Capitol about China’s one child policy, she was gripped by the story of one woman’s forced abortion. She testified that Family Planning officials found her in hiding, dragged her into an abortion clinic and cut up her baby.

Chai remembers that the mother, Wujian “blamed herself for not being able to protect her child. She was only saved through finding her faith in (Jesus) Christ,” escaping the terrible statistic that “every day in China 500 women commit suicide.”

Chai thought, “If anyone could stop

this brutality, it could only be God ... God knows how hard I had tried, and we did not succeed.”

After questioning several mentors and friends about who Jesus is, Chai recalls in her online testimony: “I prayed: ‘Dear Lord, Jesus Christ, I now accept you as my Saviour and my only God. Please forgive all my sins, known or unknown; please come into my heart and guide my life.’”

“Then I waited, to see what might happen. I was expecting some serious fireworks or loud music! What I got was an amazing sense of peace... Finally, God is in charge!”

Her zeal and frustration for justice, she realised, was to self-medicate her own pain: “I have put my definition of justice above this all-loving, all-kind, all compassionate and all-just God!”

“God started healing my long neglected health. God brought my children to him. Our marriage blossomed as never before, with more intimacy, joy and love, after the Lord drew both of us closer to Him.

“All my life, I have been struggling and fighting on my own. Now I have never felt so completely welcomed and embraced. I am home, at last.”

Chai Ling now wants to bring the hope of God’s love and freedom to the people of China.

She is not alone in her quest as other 1989 protesters have become Christians: Zhang Boli (now a pastor), Yuan Zhiming (now an evangelist), Xiong Yan (now a US Army chaplain), and Bob Fu (founder of the ChinaAid charity).

These dissidents concluded that universal human rights only makes sense if it is founded in the loving and just God of the Bible who made



ALL GIRLS ALLOWED: Chai Ling

us all equal.

As Chai said in 2013, “The unquenchable fire in my heart for freedom and justice could not be satisfied until 20 years later, when I gave my life to Jesus.”

Instead of bitterness against China’s leaders, Chai Ling has words of compassion for those responsible for the massacres and current policies.

“God’s forgiveness is so complete that Christ promised to bring with Him to heaven one of the two criminals who were crucified with Jesus, because he was repentant for his sins,” Chai shares in her online life story.

“If only the leaders of China could hear that, no matter what they have done, if only they repent, they can receive the same kind of love and forgiveness we all receive. What a great gift they would receive; freedom for themselves and for China, at last!” •

Crossword

ACROSS	9 Frequently (5)	18 Cease trading (5,4)	DOWN
1 Brass instrument (4)	10 Nile snakes (4)	20 Girder material (5)	1 Diplomat’s asset (4)
3 Banded stone (5)	14 Toiletry item (4)	21 Heavy cart (4)	2 Blushing (7)
8 Clean by using jet of grit (9)	15 Florida city (5)		4 Mongolian expanse (4)
			5 Leaves in a bag (3)
			6 Look of contempt (5)
			7 Squirrel away (5)
			11 Business workshop (7)
			12 Wall Street purchase (5)
			13 Relatively insignificant (5)
			16 Heredity unit (4)
			17 2004 Brad Pitt film (4)
			19 Loophole (3)

SOLUTION PAGE 11

Sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

Puzzle Level: Medium

								8
	5		6					4
	4		3	9	5			7
5		3	9	1				
	2							9
				2	8	1		3
	6		4	5	2			8
9					7			6
2								

SOLUTION PAGE 11

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Hoc skater's second chance



Paul Murphy has realised from prison, "There's so much more to this world than... what I want."

Former international inline hockey player gains freedom from drugs and mistaken self-belief

Prior to his \$500-a-day meth addiction, Paul Murphy was raised in a loving, non-religious family and recalls having "the world at my feet" as a junior inline hockey sportsman for WA state and Australian sides.

"I was named assistant captain of the Australian Junior Men's team that competed in the world championships in Detroit, USA and Dusseldorf, Germany," Paul recalls.

Unwise experimentation with drugs and alcohol from age 15 led to regular weekend meth use after high school and dramatic changes in his behaviour and relationships.

"I was manipulating people, lying to family, stealing from my family and stealing in general to feed my habit, which caused me to lose my job," Paul admits.

He kept up his drug habit by trafficking meth around Western Australia before he was busted driving into Esperance in September 2014.

"I hit rock bottom; I knew my time was up,"

Paul remembers feeling after 24 hours in lock up and charges of drug possession and intent to sell or supply.

He obtained bail, talked with his family and applied to the Christian-based Fresh Start recovery programme in Subiaco, Perth.

In their rehab centre in Northam he was confronted by the dramatically different lifestyle and beliefs of the men there – especially Joel Hamman, the leader of the voluntary Bible study classes.

Paul comments that previously "I found it nearly impossible to believe in God due to a non-religious upbringing."

However, he became determined to learn about God, he says, "because I could see what God was doing in lives of guys in

the rehab centre. I felt as though I was gaining a second chance at life."

Four months after starting, he remembers, "I asked the Lord Jesus to take control of my life and from then on I have felt a joy and happiness, like a massive burden was lifted from my shoulders."

Paul admits he is "still learning" about what living for Jesus means, and adds, "I have faith Jesus will provide me with full time work once I get my car license back and that He will be with me however long my jail sentence will be."

Since attending a welcoming church, Paul reports, "I have been blessed with a beautiful girlfriend, and her Christian parents have blessed me with their love and support – I cannot thank them enough."

Paul thanks rehab worker Joel "for helping me confess my sins and turn to Jesus", as well as Keith Ford "for teaching me every week about the Bible and who Jesus is".

He shares a public apology to his family: "I am truly sorry for what I caused over the years but I am thanking you for the love, support and not giving up on me. I know that God will always be making changes in my life to provide you with the son that you have wanted back for years."

Now as he serves his prison sentence, Paul says, "God and having faith in Him really helps me to stay positive in the situation as a whole and being at peace with it."

Therefore, he says that rather than praying that his parole will be approved, "I pray for the will of God to be done in my life, and ask Him that whatever happens He will give me the strength to deal with it."

As he reflects on his life, Paul concludes, "I have realised there's so much more to this world than just myself and what I want."

"This perspective helps me to look forward at a new life with God, rather than back at all my mistakes, because I know I am forgiven." •

"I have felt a joy and happiness, like a burden was lifted from my shoulders"

FINDING A FATHER.....

BY ELISHA HAMMOND

Genevieve Gilbert-Quach was swept up in a lifestyle of prostitution after her biological father left her stranded without financial support.

"I didn't choose prostitution," Genevieve says sadly.

"It was chosen for me by a longing to be loved by my biological papa. I was going to make all the men pay for the child support money my father never provided."

Living a life mapped out by poverty, anger and sexual addiction, Genevieve made the "secret transition" into the world of prostitution relatively easily.

"If I can have one-night stands and friends-with-benefits, why not be paid for it?" she remembers asking herself.

This lifestyle came with its costs and she soon found herself miserable.

"I lied to many friends; basically to everyone," she admits.

"Adult entertainment 'workers' know how to bluff happiness."

Alongside masking her own unhappiness, Genevieve experienced rape and sexual harassment ("it is an intrinsic part of the trade", she says), along with constant psychological torment and was left with the emotional scars of PTSD.

Eventually this prostitution damaged her body as well.

"I got many sexually transmitted diseases, including herpes, which is incurable. Men were blind to my pain and I was blind to their emptiness," she explains.

Initially used only to pay off her student fees, prostitution had become something far more destructive than she ever could have imagined.

Two years of 'working' in prostitution brought Genevieve to her most vulnerable state.

In 2002 a university friend gave her the book *Too Busy Not to Pray* by Christian author Bill Hybels.

She read his quote from Luke chapter 11, "Which of you, if his son [or daughter] asks for



SCARS HEALED: Genevieve Gilbert-Quach

bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you then, though you are evil, know how to give good gifts to your children, how much more your Father in heaven give good gifts to those who ask him!"

Crying profound tears of joy, she felt this was an invitation from God to put her trust in Him as the Father she never had.

She remembers thinking, "I might have found a papa that loved me, really loved me!"

Her friend kept reaching out to her. A few months later Genevieve reluctantly agreed to attend a dinner with her friends where the introductory Alpha Christian course was taking place.

Out of curiosity Genevieve started to research more about who Jesus Christ is, by starting to attend church. She was drawn to His promises of forgiveness, a fresh start and eternal life in heaven. Understanding that

Jesus had lived a perfect life on earth and was executed on a cross for her wrong doing against God, she realised how much God loved her and wanted her to be made right with Him.

"A day comes when the joy of knowing Jesus cannot be held inside your heart anymore," she expresses after committing her life to God.

"This is the day when you feel no shame in sharing the goodness of having accepted this Heavenly Father as your Saviour."

Finding a father figure in Christ, Genevieve reached out for help and through "intense, regular care and counselling" she found a job and says she "was healed from the oppression I was a victim of."

After becoming a Christian, Jesus helped her to turn away from her previous lifestyle. "2010 was the year I became prostitution-free."

"Jesus was and is a warrior for social justice," she affirms.

"With Him there is no more fear, no more anxiety, no more revenge, no more hatred, and no more shame in our hearts; just love."

God's love has not only healed Genevieve's past wounds, it has given her a new burden to share the good news of Jesus Christ with others in her past position.

"God has clearly spoken to me to carry my cross like Jesus has," she says, referring to her new lifestyle of allowing God to control the direction of her life.

"The stigma that prostitution carries makes this cross very, very heavy. I do need help to carry it."

However, Genevieve knows she can feel secure in her newfound faith with the knowledge that her Heavenly Father will not let her carry this cross alone.

She founded Pink Cross Foundation Australia, helping those suffering with the scars of prostitution and "work" in the adult film industry.

Counselling others with similar backgrounds to her, she is able to use her position to testify to the healing power of God's love and how it has worked personally in her life.

"Through God we learn to love others and ourselves better," she concludes. •

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Not another drop

For forty years Frank Lee was addicted to drinking, smoking and gambling before a day of severe gambling losses brought him to the edge of suicide and a miraculous turn to sobriety.

After two failed marriages, the second producing “three beautiful children who I loved”, Frank admits he still spent more time in pubs, clubs and racecourses than with his family.

“I could not relate to my children because I was too busy drinking in clubs and betting at the races. I bought them material things, but did not give them my time and love.”

In his 30s Frank tried to end his habits, but gave up after 18 months as he could not resist for more than three days.

One night he met an extraordinary man who once was a violent drunk and had not had a

drink or smoke for ten years.

“I told him that I did not have the willpower to break my addiction,” Frank recalls.

“He replied that I would never break them by my own strength or will, and I needed a higher power – the power of the Lord Jesus Christ.”

Frank responded hotly, “Mate, I am not religious. I believe in God, but Jesus was just a man. Give me something more tangible than religion.”

The man then told his story.

“Ten years before he was a heavy drinker and a wife beater, and worked as a professional fisherman,” Frank begins.

“Up to four drinks he was okay, after which he would become agro, and if he couldn’t pick a fight in the Geelong pub he would belt his wife at home. He said it was an uncontrollable demonic power that rose up in him.

“This man’s brother talked him into going to church. After several trips to church, he committed his life to Jesus and was spiritually born again. Jesus led him out of his drinking and wife beating.”

Frank recalls thinking this testimony was very powerful, but he forgot about it for two weeks until he lost his temper with a shop-keeper client and angrily began drinking and gambling at the races.

He lost every bet, then tried on the poker machines and lost even more.

“I lost so much money and was so upset that I contemplated suicide, but I didn’t have the stomach to do it,” Frank adds.

For 30 years Frank Lee (front, left) and friend Shirley (back, centre) have lead a singing group visiting aged care homes



“Suddenly my mother’s words and the man’s testimony reminded me to turn to Jesus. My mum had taught me that if I want to talk to God I should be honest and never lie, because He knows if I’m telling the truth before I open my mouth.”

In the spare room Frank began to pray, “God I know you are there in heaven, I need your help to stop my habits. This man said that if I commit my life to Jesus and ask for forgiveness for all my sins He would give me the power to resist my addictions. I have never

believed that Jesus is God, but if Jesus is God and He can really take away what I cannot give away, then come into my heart Jesus and I will follow you forever.”

Frank clearly remembers a miracle hap-

pened: “Suddenly I was crying and weeping, asking for Jesus’ help, and I heard a voice say, ‘It is finished’. Suddenly I knew that I would never drink, smoke or gamble again.”

Frank is now 88, and 40 years on he says, “I have never drank, gambled or had a smoke.”

On that day of decision, Frank says, “That power from Jesus came into me like a bolt of lightning. That is the miracle of my life. I cannot stop telling people of the love Jesus has for them.”

With God in control of his life, Frank eagerly bought a Bible, and he explains, “I started reading it to understand who Jesus really is and why He died as a substitute for our sins (see Romans 5, verse 8).

“I realised that only Jesus could give me eternal life (Acts 4, verse 12). Jesus said, ‘I am the way, the truth and the life. No one can come to the Father but through Me’” (John 14, verse 6).

“What a loving God we have!”

nudge WITH KARL FAASE

War: like time-lapse photography



Above: D-Day Invasion on Omaha Beach, Normandy on June 6, 1944.

Below: Omaha Beach May 7, 2014



DIETRICH BONHOEFFER was a pastor who lived in Germany through the World War II, and was executed by the Nazis for his involvement in a plot to kill Hitler.

Bonhoeffer was a prolific writer with unusual insight. He wrote often about the scourge of war and what it shows us about humanity.

He once compared war with time-lapse photography. When you watch time-lapse photography, subtle changes that naturally occur over hours and hours, which pass unnoticed, are accentuated and made obvious.

Bonhoeffer wrote that war did the same for human behaviour. Attitudes and actions that went unnoticed were now obvious. He concluded that war did not produce these attitudes, it only revealed and emphasised them.

We can all tend to blame circumstances for our poor or excusable behaviour but perhaps all they do is make obvious the attitudes that lie beneath the surface of our lives every day.



Dietrich Bonhoeffer (1906-1945) German Christian theologian & anti-Nazi dissident

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“I could not relate to my children... I was too busy drinking and betting on races”

FAIRYTALE FADES FOR MOVIE CRITIC



Ben McEachen

Ben loved his dream job but the internal guilt was too much

As a kid Ben McEachen dreamed of being a movie critic but the dream ultimately faded as he became desensitised to horrifying images.

“For most of my working life, I was a full-time film reviewer,” says Ben. “Yes, I lived the dream.”

However, he adds, “I’ve seen and heard some things I wouldn’t wish upon anyone.”

Working for a highly distributed newspaper and movie magazine, he recalls, “some days, I’d see three or four films in a cinema or private screening and I was paid to write about what I thought about what I watched.”

In his mind, he tried to persuade himself, “movies do not affect me”.

“That was a lie,” he recalls knowing inwardly in his conscience.

“I became desensitised to the extreme and obscene areas of entertainment.”

“And worse, I paid no mind to what God might think about what I watched and how I then wrote about them.”

Ben had grown up hearing about the God of the Bible in church and knew in his moral con-

science that he was living outside of His loving commands for mankind.

“I liked the love and forgiveness and ‘nice’ things of Christianity,” he shares.

“I said I was a Christian and I definitely believed in God, Jesus, the Bible and that kind of stuff. Well, I believed in them as much as I wanted to.”

To him the Bible was “something I could pick and choose from, so I still could do what I wanted to do.”

“I’d often have feelings of guilt or hypocrisy about the way I lived. While claiming to love God, I would do or say things He called His people to forsake. From drinking far too much alcohol to having sex before marriage, I did what I wanted.”

In the end, Ben says he turned away from the darkness of his life and chose “the overpowering light of Jesus”.

In 2009 he surrendered control of his life to the Lord Jesus Christ and he says he was “spiritually reborn”.

“As amazing as it is to live the dream, there is a reality that is vastly more meaningful, sig-

nificant and eternal.

“That reality is Jesus’ offer to us of salvation from the terrible consequences of our sins and how it impacts every area of our lives. Me. You. Everyone.”

He steered clear of his dream job and went to Bible college instead, he explains, “To devote more of myself to Jesus, rather than allow another passion to take His rightful place.”

Gradually, his understanding of Jesus changed.

“If Jesus is my Saviour, He also must be the boss of my life,” Ben realised.

“[Jesus is] the loving ruler of all I do and think and say. Because you can’t fully believe in and trust Jesus with your life, unless you give all of it over to Him.”

Ben admits that giving Jesus full control is not easy.

“It’s an ongoing process of handing over areas of my imperfect life that I would prefer to cling to. Accepting Jesus as Saviour and Lord of your life brings such fullness and meaning that everything else cannot compare. Even your dream job.”

LIFE TO THE FULL

Rose shares the secret to a life of no regrets

While many people hold the view that Christians lead boring lives dictated by rules and a list of 'do nots', child poverty advocate Rose Daniels is evidence to the contrary.

Having travelled all over the world, lived overseas, and been on countless

high adventure camps, the 25-year-old shares that her faith in God has given her the freedom to make the most out of life.

"Following Jesus does not mean life will always be easy, but living the way God wants me to will bring the greatest adventure, joy and contentment I will ever know," Rose says confidently.

She was raised by Christian parents, before she independently decided at age 12, "I don't want to just keep being 'a good little Christian girl' if it didn't mean anything; following rules for no reason. I don't want to do what was expected of me just trying to earn people's approval."

This led her to seriously consider the concept of eternity.

"The whole idea of something going on forever really scared me. I knew I wanted to make sure I was going to the right place when I die - Heaven."

After getting worked up about this on several occasions she decided one night at home to surrender her life to Jesus.

"I prayed to Jesus, and thanked Him for dying on the cross and rising again to save me from my sins, for all the times I had fallen short of His perfect standard," she recalls.

"I told Him I was sorry for my sins, asked Him to live inside of me and committed my life to following Him. At that moment all my fears about eternity were taken away and I was filled with peace."

From the moment Rose realised her eternal destiny was secure, she knew that a true Christian was one who continually built on their relationship with Jesus through reading the Bible, obeying God's commands and praying to God regularly.

"Finding time each day to spend with God soon became a habit," she recalls, "and I found that I looked forward to it."

"Years later, when I was backpacking in Europe I would sneak out of my dorm room to have my devotion time on a couch or even in the bathroom if that was the only place, because hearing from God was so important to me."

"God says, 'Be still and know that I am God' (Psalm 46:10). It's when I'm the busiest that I most need to be reenergised by God and be given the right perspective for the day."

While Rose depends on her faith in Jesus to guide her in making good life choices, she confesses that for a long time she was unsure of which



"Live in the moment, not for the [passing] moment," says Rose Daniels

career to follow or what her future would hold.

After studying a Communications degree she took some time out to attend a Bible College in England and to focus on getting to know Jesus better.

"In one of the first lectures at Capernwray College we were advised to live in the moment, but not for the moment."

"This is something that God has kept reinforcing to me. Rather than constantly worrying about what I will be doing next, I am simply to be content and to trust and rest in God."

When she arrived home from her overseas adventures, Rose was amazed to find that all she had been studying and involved in had prepared her perfectly for a job as a Relationship Administrator at Compassion, a Christian organisation

that seeks to release children from poverty in 26 developing countries.

"This has taught me so much about trusting God. Even when you don't know what the end destination is, you just need to keep putting one foot in front of the other and following God."

Rose quotes the Bible proverb, "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight" (Proverbs 3:5-6).

"The reason I can trust Him is because God is faithful and I know He loves me and has a great plan for my life," she shares happily.

"God has been looking after me, and following His advice has kept me from having major regrets. But whenever I do make mistakes or disobey Him, I know He will forgive me."

CAN QUALITY OF LIFE BE MEASURED BY DIGITS?

Rich yet unhappy

BY DARRYL BUDGE

FOR THE PAST TWO YEARS a UN Human Development Index has ranked Australia the second best in the world for its quality of life, although it did not address values like happiness, safety, or peace.

Based on a life expectancy of 82.5 years, a mean of 13 years of schooling, and gross national income per person of \$58,618, Australia sits between Norway and Switzerland, the identical trifecta of nations that topped the 2014 UN report.

Norway is marginally lower in the first two measures but per-person income is above AU\$90,000. On the HDI rank of 188 countries the UK is 14, while The Democratic Republic of Congo is down at 176, with \$680 income per capita.

However, perhaps this is not the best measure of quality of life. There are plenty of people who are wealthy and old but who are very unhappy.

NY-based psychologist and researcher Arthur Aron has studied friendships and romantic attachments, and found the quality of such relationships are the biggest indicator of happiness in life.

Quality relationships may increase quality of life by 50 per cent, according to a meta-analytic review of mortality risk in 2010 by Holt-Lunstad et al.

The researchers noted, "...having a satisfying romantic relationship is important for retaining and increasing future life satisfaction".

That study's results show that we are hardwired to form relationship bonds. God said it all when He first made man: "it is not good for man to be alone."

The major review in 2010 also showed that once we establish these quality relationships they form a primary factor in determining the extent to which we are happy.

The Bible says that God made us for relationship with Himself and others. "None of us lives for ourselves alone, and none of us dies for ourselves alone," wrote the apostle Paul in Romans chapter 14, verse 7.

Jesus said that the second greatest commandment is "to love your neighbour as yourself". Jesus taught that the Holy Spirit fills us with His love if we 'abide' in Him by keeping His greatest commandment: to love God with all our being (see John 14-15 and Luke 10:27).

2015 UN HDI REPORT TOP 10: (1) Norway, (2) Australia, (3) Switzerland, (4) Denmark, (5) Netherlands, (6) Germany, (7) Ireland, (8) United States, (9) Canada and New Zealand tied (NZ down 2 spots), (11) Singapore



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Finance

BRANDING YOUR BUSINESS

Your brand is more than your logo or your colours, it is a promise of what your customers can expect from your business. "Your brand is what people say about you when you're not in the room," said Jeff Bezos, Founder of Amazon.

1) WHO IS YOUR COMPANY REACHING?

No single company is the answer to the whole problem, but it can be part of the solution. A business or non-profit cannot help everyone and do everything. What is the company's role in the bigger picture? What people or customers do you need to reach to achieve that goal? Those people are your target audience.

2) WHY ARE YOU DIFFERENT?

Clarify 'who your company is' by how different it is from other organisations in the same space or market. What is it about your organisation's vision that made you and the other staff commit to it rather than another organisation?

3) MAKE BRAND PROMISES THAT STICK

You cannot create the perfect brand,

but then not be able to sustain it with your customers.

An online business that never sees its customers can get away with an idealistic portrayal, but a face-to-face business will quickly be exposed as inauthentic. Customers appreciate honest statements about what the company wants to be, but will reject a brand that does not deliver on the promises it makes to its customers.

4) APPLY ACROSS THE BOARD

Having developed your brand's vibe, personality, tone and promises, they need to be applied to all aspects of your company. For example, how does your new juice bar for young people and families affect your bottles and packaging, your prices and customer service? Or how does your non-profit community announcement affect your messaging, photos selection and phone responses?

5) CHANGE SLOWLY

Break big transitions into

smaller amounts, as this helps faithful staff transition. Make easier adjustments, like those of the visual appearance or the environment of your office, as these will help move harder changes, like changing the behaviour of your faithful staff.

A Forbes article "10 Questions to Help you Find your Brand's Voice" helpfully asks:

What does your organisation do?

Why did you start your organisation?

Why do people visit your website?

Who are your customers/visitors?

Why do people choose your organisation over your competitors?

What other brand voices do you admire?

If your brand were a person, how would you describe him or her?

How do you want people to feel when they visit your website?

Can you describe your company in 3-5 words?

What do you love about your job?

Rationality meets reality

My desire to be wanted is finally fulfilled, says Bridget

As a sexually liberated atheist Bridget Brenton thought she ought to feel free, but the advice she was following seemed inconsistent with her life experiences.

She took on the messages of the *Queer as Folk* TV show and *Cosmo* magazine and believed that sexual experimentation ought to deliver happiness.

"I jumped from person to person, not knowing what I was looking for," Bridget acknowledges.

"I ended up cheating on my boyfriend, hooking up with girls and boys, clubbing and partying, because I believed that is what people fresh out of high school did.

"Growing up I was tomboyish, which led to my sexual confusion, but I was mostly with guys as they fulfilled my addiction to the thrill of being wanted."

On a Toronto working holiday Bridget met 'Mr. Right'. She soon met his family, became engaged and he moved back to Australia to be with her.

Just as she started to have cold feet he gave her the shock of her life.

"He told me he believed in God! I told him that I felt cheated and that

only idiots believed in a deity," she explains.

Bridget had always regarded religion as irrational because her nominally religious school taught that science has solved everything about our origins.

"I took it for granted that all educated people knew that God didn't exist," Bridget says.

The couple began researching their respective viewpoints and assumptions, at which point Bridget realised, "At school we never heard about difficulties or alternative views about the theory of evolution, and I never thought to question it."

As she freely explored all sides Bridget discovered that science is based on the philosophical principle of induction, the assumption that tomorrow will be the same as today.

This belief in an ordered, non-chaotic and non-deceiving universe (including the reliability of our brains) is the foundation of scientific

experimentation.

The only logically valid justification for order in the universe, says Bridget, is that it was created by an unchanging and trustworthy God who upholds the natural laws of the universe.

The Bible affirms science's assumptions and our experience of life, Bridget adds, as death, suffering and disease, the unwinding of the original perfect order, are a consequence of mankind's wrongdoing against God.

After months of research, Bridget recalls, "I could not escape the conclusion that God could very well exist. I humbly realised that I did not know everything and had ignored the existence of an absolute standard of morality."

During a bus ride Bridget noticed a little white church like one she wanted to be married in, so she told her surprised fiancé that they should visit it.

"Early on in the Sunday sermon, I just started crying and I couldn't stop," Bridget remembers.

"I understood that I was a sinner (that I had broken God's universal Ten Commandments), which was strange because this concept of sin was so foreign beforehand."

On that day she asked Jesus to forgive her and gave Him control of her life, Bridget says she was "instantly changed."

"God gave me this incredible peace and a hunger for His Word. I began



RATIONAL BELIEF: "I could not escape the conclusion that God could very well exist," says Bridget Brenton

reading the Bible constantly. I previously swore constantly but it just stopped – I did not want to insult my Lord or the people around me.

"I dressed more modestly and I started talking about Christianity often, because Jesus became 'my everything'. I realised that my fiancé and I were living in sin, so despite my previous cold feet we registered straight away and were married a month later."

The biggest transformation, according to Bridget, was the meaning of life.

"I hadn't realised how meaningless life was as an atheist. It's not something you can appreciate until you have some transcendent meaning that matters.

"I don't fear death, even though I think about mortality often, but it is a happy thought of being one with God forever. I trust my Saviour and have

nothing to fear."

As she left behind a bisexual lifestyle Bridget honestly shares that she has battled against selfish lust and pornography.

"I do experience many sexual temptations, but God helps me through them. The Bible says, 'If we confess our sins, He is faithful and just and will forgive our sins and purify us from all unrighteousness.'"

Bridget shares that her heart became hard against God five years ago, which led to adultery.

"I thought I was doomed after falling into that trap and was unsure if God could renew my heart again. But God has shown me that He is faithful to forgive and my husband graciously forgave me. As the Bible says, 'I am the Lord, the God of all mankind. Is anything too hard for me?'"

Now 11 years after she gave Jesus control of her life, Bridget shares, "The daily process of handing my faults over to Jesus is never-ending, because there is always something that needs to be completely surrendered. Thankfully God never fails us."

Believe it or not

BY CREATION MINISTRIES INTERNATIONAL

Cave artists 'more accurate' than Leonardo da Vinci



Rock drawing. Acacus Mountains in western Libya, Africa

Researchers led by Gábor Horváth of Eötvös Loránd University, Budapest, Hungary, examined cave artwork and modern paintings and statues of animals including horses, bulls and elephants. They found the majority of depictions of animals walking or trotting had the legs wrongly positioned. However, cave paintings had the lowest error rate of 46.2%. The highest error rate, 83.5%, was in modern era artworks before the late 19th century. Leonardo da Vinci was famous for his anatomical drawings, but he, too, "got it wrong when he tried to portray animal movement".

The error rate decreased to 57.9% after the 1880s thanks to Eadweard Muybridge's pioneering detailed studies of animal gait. But illustrators of moving animals still could not match cave art for accuracy.

The researchers wrote: "Cavemen were more keenly aware of the slower motion of their prey animals and illustrated quadruped walking more precisely than later artists."

- Cave art animals 'more accurate', uk.news.yahoo.com, 18 December 2012.
- Cavemen Were Better at Depicting Quadruped Walking than Modern Artists: Erroneous Walking Illustrations in the Fine Arts from Prehistory to Today, PLoS ONE 7(12):e49786, 5 December 2012.

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? # * & ! The hidden meaning of taboo words

Bridget Brenton explains why she gave up "colourful talk"

WHEN my brother and I were young kids, we used to sit in the back of the car and carefully under hushed breath say words like 'bum' and 'pee' and 'poop', with fits of giggles following.

Later on in high school I used to think taboo words made me sound tough and used 'colourful language' as much as possible, thinking proudly that nobody would expect it from a tiny blonde girl like myself.

What is it about taboo words that make us want to say them? And why do many people think it's cool to use profanity?

A recent academic study found that babies often learn profanity before their ABCs.

From birth, our hearts are attracted to wrong rather than right, even before conscious or reasoned choice is involved.

The best explanation for this rebellious nature comes from the Bible's historical account and what it tells us about 'original sin'. Following the first rebellion of Adam and Eve against God, we have been born morally rebellious against His perfectly good nature and character.

Some taboo words are intended to demean the intrinsic value of people – stripping a person of the absolute worth they were born with when God created them in His image through offensive language.

In other cases people use taboo words to emphasise their anger and offend others, perhaps hoping to incite anger by offending their moral conscience. There is a noticeable difference between saying someone is 'lazy' or someone is 'a lazy &#x\$&*'.
Likewise, there is a reason people use the name of their perfect Creator in vain – either by saying Holy (insert word here) or using the name of God or Christ as if it was a curse word.

Original sin (the wayward heart) best explains the existence of profanity and the offensiveness of words – something that, if we evolved with no God, doesn't make sense. There needs to be a God to offend in order for these words to be wrong, since people will realise they're wrong even if they say them with no living person around to hear them.

If there were no offense in profanity then people wouldn't do it. But it's not because it's shocking to other people, it's because a watching God must exist to offend by using these words and by misusing His Holy name.



THE POWER OF WHY

Steve Sinek was considering his own business and was wondering why it wasn't going as well as he felt it should have been. In the process he discovered a significant insight that helped his business and his life. He penned down this discovery in a book called *The Power of Why*.

Sinek's insight was that in life and in business people don't buy what you do; they buy why you do it.

He reflected that when Martin Luther King delivered his famous speech at the Lincoln Memorial in 1963, his key theme was "I have a dream" not "I have a plan".

This speech has been marked in history because people connected with and bought into the "why".

It is good to have a plan to follow in life but it's better to have a "why" to live for. What is yours?

Following Jesus is not just about how to live, but it's about why you live.

People don't buy what you do; they buy why you do it.

Miracle healing brought faith

Producer and director Ferd Sebastian, credited with 14 films, has survived a heart condition, a stroke and cancer, and gives all praise to the only one who could heal him

After pounding my body to the breaking point my heart was clogged up from stress and improper eating. I needed open heart surgery!

My operation was a success but after six months my bypasses started stopping up.

The doctors said my best chance would be if they blocked off or killed half of my heart. I would be severely restricted in my activity, but that if I didn't do it I was sure to have a fatal heart attack.

I was a film producer living in Los Angeles at that time, so dejectedly I went to the studio.

A thought came as clear as day. 'Ferd, you can't handle this. There is nothing you or your money can do. You need help.'

Somehow, I knew Jesus was the answer. I asked my wife and son if they would pray with me and we went out to a vacant sound stage. As we were walking out to the stage, I remembered something my father told me as a child, that Jesus made promises to his followers. One of them being answering prayers.

I was 56 years old at the time of my heart problems, and I hadn't been to church or picked up a Bible in probably 40 years. But I wanted to claim Jesus' promise.

We prayed to Jesus to heal me. I told Jesus I didn't know where it said this in the Bible but I had faith that He could and would heal me. I felt a small snap in my chest. Jesus reached down and picked me up and said, "Why didn't you call on me sooner? I've been with you all the time, but you wouldn't listen."

Jesus healed my body, renewed my mind, and filled me with His Spirit and love.

From that day on I got stronger. I told the doctors, Jesus had healed me. They didn't believe me. They gave me a test where they put a radioactive solution in my veins and photographed my heart. It was healed.

That was the start of waking me up to Jesus. I had not been putting Jesus first in my life. Jesus was lucky to be in fifth place after work, money, family and play. In other words I thought of Him very seldom. But He had not forgotten me. He gave me the chance to live and I thank Him with every breath I take.

I wanted to help other people so I started to talk to heart patients as my main ministry as I could relate to how they felt.

At that time I didn't know why my prayer worked. I started reading the Bible and asking God to make His Word clear to me. It became interesting to me and I started reading it like a novel. It never made much sense to me before but now it did. Every time I read the Bible I learnt

something new.

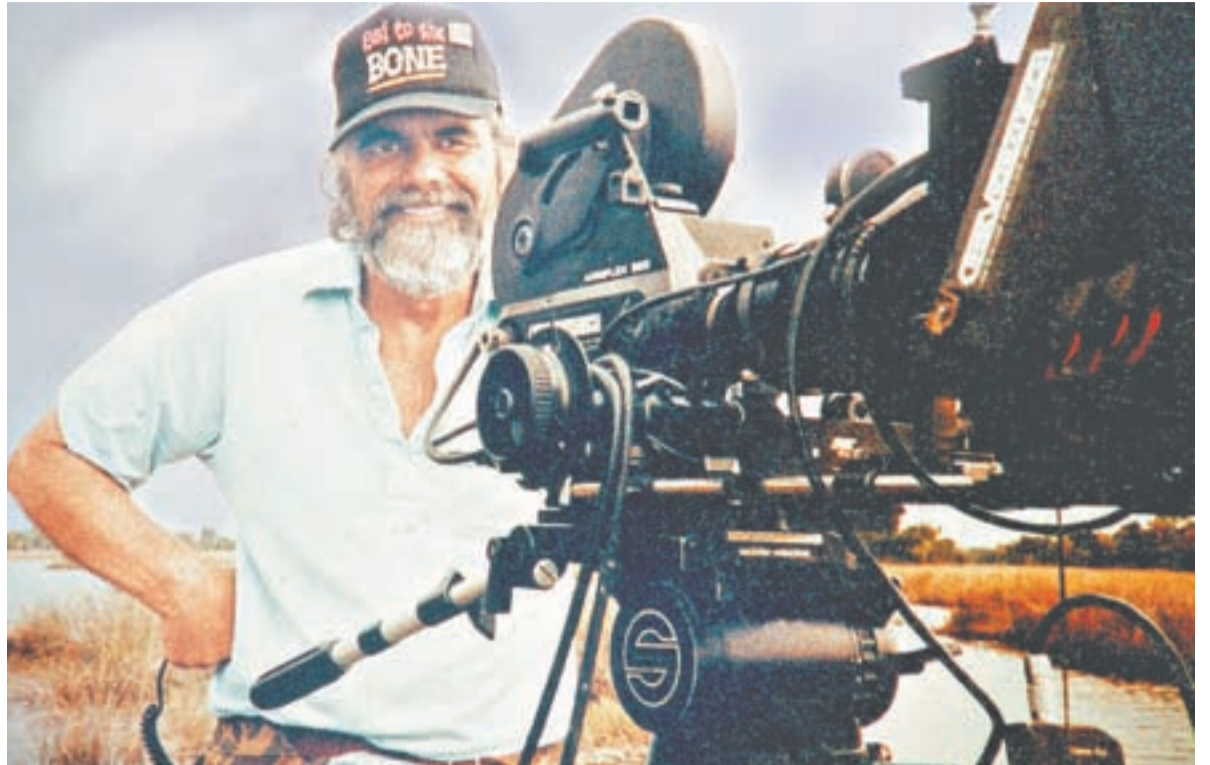
God keeps opening my mind and revealing new things to me. Thank God for His teaching, now I can better serve other people by going over with them passages in the Bible.

In 1996, tests revealed I had prostate cancer. I went home and prayed to Jesus to heal me. After 30 days I went back to the doctor to take another test. The test was negative. Praise The Lord!

When I was 64 years old, I had a stroke which entirely paralysed my left side. While waiting for the ambulance my wife and I phoned our son and we prayed together for Jesus to heal me. By the time the ambulance arrived I could walk and I had all my feelings back. I love Jesus so much. He has been so good to me!

In hospital they gave me a CAT scan and they didn't find a clot.

"There is nothing you or your money can do. You need help"



HOLLYWOOD DIRECTOR: Ferd Sebastian, then aged 58, on the set of B

movie in 1997

This time I think one of the nurses believed me when I said that Jesus took it away.

After three days in hospital my wife took me home. On the way we met the owner of the small cafe who was a friend of mine. I told him that

Jesus healed me. He asked me to talk to his cook, as his father had just had a stroke.

I now knew that, like my previous two illness, my stroke was a blessing by which I could help new people. If you trust in Jesus, He will turn your

misfortune into a blessing for others.

As I have faith and trust in Jesus, thank God that when He looks at me, He doesn't see this faulty person I am. All He sees is the Christ that lives inside of me and to Him that makes me perfect.

INSPIRED BY SACRIFICE

Hours before his death, a young Australian wrote a letter to his wife

BY JOANNA DELALANDE

ON ANZAC DAY we remember men like Lieutenant Herbert Crowle who gave his life in the battle for the French village of Pozières in July 1916.

According to Australian historian Charles Bean, the Pozières ridge "is more densely sown with Australian sacrifice than any other place on earth".

Lieutenant 'Bert' sees a friend, a fellow officer, is badly wounded, and he runs to his side. As he runs, two machine-gun bullets hit his thigh; another glances off his water bottle and another off the periscope he has in his pocket. He is carried on a stretcher for four miles to reach the Australian line as bullets whistle back and forth past the stretcher-bearers.

Bert's wounds fester in the month he spends in hospital. Hours before his death on August 25, he writes a letter to his wife:

"You must be prepared for the worst to happen any day," he tells her.

"The pain is getting worse and worse.

"Give my love to Dear Bill and yourself, do take care of yourself and him."

We love remembering stories like Bert's — stories of sacrifice and courage.

For the 100th anniversary of the Gallipoli landing last year, a record crowd of 150,000 gathered for the ANZAC Day services at the Australian War Memorial in Canberra.

ANZAC Day is even said to have replaced Australia Day as our country's national day. It is a day



An Australian WWI postcard, captioned: "These are the men who shortly after midnight of Sunday, July 23rd, 1916, took Pozières by a splendidly dashing advance through shrapnel, shell and machine-gun fire." (Photo: Culture Club/Getty Images)

where we commemorate the people who gave their lives, lost their loved ones, experienced trauma beyond what we could ever comprehend for their country. And we hope that somehow, by doing this, we can let ourselves and the world know how grateful, how in awe we are of these heroes.

We feel the people whom the stories belong to deserve to be remembered.

Bert sacrificed his life in service of his country, his family and his friend. Such stories are sad but they also give us hope.

There is another story like it. Jack spent his life doing hurtful things; he stole, he lied, he

even killed.

The police eventually caught him and were about to take him away to ultimately serve a life sentence for his crimes when his estranged father rushed up to stop them. Jack's father had never broken a single law; but he loved his son overwhelmingly despite all the terrible things he had done.

His father begged the police to let him take the punishment on his son's behalf. They agreed and as he was led away Jack stood there in tears as he witnessed his dad's loving sacrifice for him.

At that moment Jack vowed to make his father proud by turning away from all the wrong things he had been doing. He committed to restoring his relationship with his father by visiting him regularly in prison.

That is like my personal story too. It's also your story. We disappoint God — our Heavenly Father — constantly when we lie, cheat, ignore Him and hurt people we love. We actually deserve punishment for those things.

Yet someone stepped up and said He would pay the price instead; that He would give his life up on the cross so we might continue to live; just because He loves us that much.

His name is Jesus, and He is why I try to live my life in a way that pleases Him. I owe it to Him. He has taken all the punishment for me. I am forgiven. I am free.

We remember the ANZAC soldiers for sacrificing their lives for our freedom's sake. We should also remember Jesus' sacrifice that has restored our relationship with God and given us the ultimate freedom.

"You must be prepared for the worst to happen any day"

Building Better Marriages

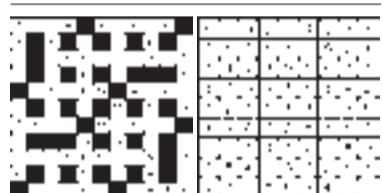
DANCE WITH ME!

BY ROB FURLONG

THE HIT SONG *Shut up and dance* captures the wonder and excitement of a blossoming romance:

*We were victims of the night
The chemical, physical, kryptonite
Helpless to the bass and the fading light
Oh we were bound to get together
Bound to get together
She took my arm
I don't know how it happened
We took the floor and she said
Oh don't you dare look back
Just keep your eyes on me
I said you're holding back
She said shut up and dance with me
This woman is my destiny
She said oh oh oh
Shut up and dance with me*

You'd be forgiven for thinking that the phrase "shut up and dance with me" is not the number one pick for encouraging love and intimacy between a couple, but I disagree!



The boy is attracted to the girl but he is hesitant to get out onto the dance floor with her. Perhaps he can't dance; he could be afraid of making a fool of himself or that someone else will cut in and dance with his girl.

He has a question – does she really want to be out there with me or is she reluctant?

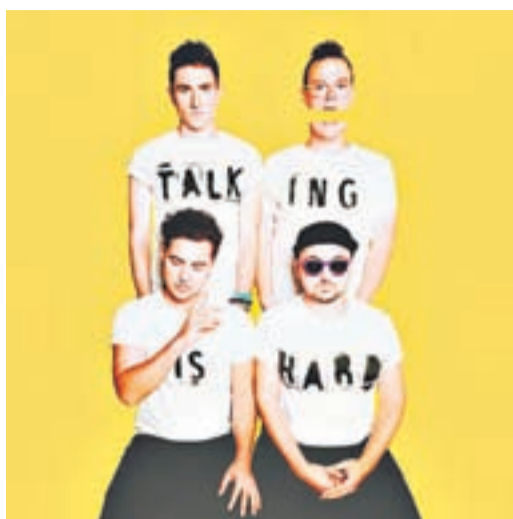
So she looks him in the eye and says, "Shut up and dance with me!"

It's not bad advice for when a relationship hits a bump or two, regardless of how long you have been together.

A lack of good inter-personal skills can be one of those bumps. Some people are extremely shy, so sharing deeply with another person can be awkward and embarrassing.

For others, it may be that past experiences with family members or friends have left them emotionally damaged or wary of intimacy.

The good news is that there are a wealth of tools available today that enable people to develop healthy relational and communication skills – the Emotionally Healthy Spiritual-



Walk the Moon wrote 2014 hit 'Shut up and dance'

ity website (emotionallyhealthy.org) has a variety of resources to encourage deeper relationships among people.

Then there is the bump of fear that relationships often encounter. "What if this won't last?" "What if the other person doesn't really like me?" "Did I marry the wrong person?"

Unfounded fear severely hampers intimacy between two people and it will cripple a relationship.

If you are struggling with fear and it is holding you back from intimacy, then give voice to it. Speak with a counsellor or trusted friend about your fears and find healing in their objective advice.

Bring your fear into the light and see

how quickly it begins to fade!

The bump of insecurity also damages a couple's intimacy. We all have insecurities but some of us allow them to eat away at us, gnawing at our brains.

"Am I good enough for my husband/wife?"

"Does he/she really love me for who I am?"

"Will they leave me for someone else?"

I have found that the best way of dealing with some of these insecurities is to talk to your husband or wife about them. Make sure that you clearly explain to them that this is your problem, not theirs and then share openly the "what" and "why" of your insecurity.

And if you are the receiver in this conversation then listen with your ears and your heart, ready to speak the words of assurance and comfort that they need.

Every relationship will have its bumps and these need to be addressed, worked through – never ignore them.

But sometimes, as the song above suggests, we can allow the bumps to consume us and we look for reasons as to why this will fail.

Sometimes a husband or wife just needs to look their troubled lover in the eye, speak the words of love and reassurance they long for and simply say, "Shut up and dance with me!"

May you know the utter exhilaration of dancing forever with the one you love deeply!

medical spot

Do you snore?

SNORING may seem harmless enough but it can in fact be dangerous to your health.

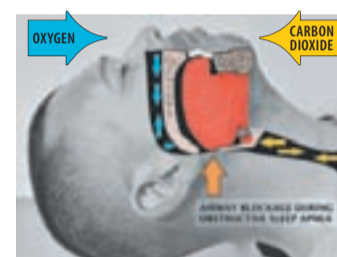
Snoring is one of the main symptoms of obstructive sleep apnoea (OSA), a condition where there is significant obstruction or restriction of breathing.

If you snore, you should see your GP as you may indeed have OSA, which can cause high blood pressure, diabetes, heart attacks and strokes.

Resultant daytime drowsiness can also seriously impact your job performance and risk of accidents.

What causes snoring or OSA?

Alcohol, muscle relaxants and sleeping tablets can cause the tongue and throat muscles to relax and may obstruct breathing.



Overweight people are also more likely to snore because the airways become narrowed and squashed by fat surrounding the area.

OSA can also be caused by anomalies in your nostrils, tongue (i.e. enlarged), uvula (the dangling bit in your throat that helps close your nasal passage when you swallow), tonsils or adenoids.

What to do about it?

According to Better Health Channel Victoria and a free 2015 Choice report about anti-snoring products, there are a few immediate lifestyle changes to try.

Simply changing your sleeping position might be enough to stop your airway from being obstructed.

If you are overweight, a healthy diet and daily exercise can deliver moderate weight loss sufficient to reduce OSA and snoring.

Also, seek alternatives to sleeping pills and muscle relaxants. Ask your GP about cognitive behavioural treatments if you suffer from anxiety or a sleeping disorder.

Avoid drinking alcohol in the four hours before you sleep.

Smokers are more likely to snore than non-smokers; yet another reason why giving up smoking will be a relief to your family and friends.

Your GP may refer you to a specialist called a sleep physician, who is qualified to help sleep disorder sufferers make an informed decision about the most appropriate treatment.

Treatments will vary according to the severity of OSA, age, body-weight, degree of daytime sleepiness, alcohol-consumption, medical history and the anatomy of the upper airway.

Other options are Continuous Positive Airway Pressure (CPAP) treatment, an oral appliance, and surgery for selected patients.

Don't ignore the snore – get it checked out now!

How can I become a Christian?

Anyone can gain the eternal life offered through Jesus Christ

We read in God's word: "God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life" (John 3:16)

OUR PROBLEM:	Separation from God "Everyone has sinned. Nobody is good enough because God's standards are perfect" (Romans 3:23)	ADMIT
GOD'S REMEDY / SOLUTION:	Jesus died on the cross "God demonstrates His own love for us in this; while we were still sinners, Christ died for us" (Romans 5:8)	BELIEVE
OUR RESPONSE:	Trust Jesus by receiving Him "To all who received Him, to those who believed in His name, He gave the right to become children of God" (John 1:12)	COMMIT

Here is an example of how you can pray.

"Lord Jesus, I need You now. Please forgive me for my sins. I open the door of my life and receive You as my Saviour and Lord. Thankyou for loving me so much that You died on the cross for me. Take control of my life. Make me the person You created me to be. Amen"

The Lord Jesus says: "I tell you the truth. Everyone who believes in me has eternal life." (John 6:47). He gives life of a wonderful quality that continues forever.

AS A NEXT STEP :

If you prayed the above prayer, tick this box

I have prayed this prayer.

Please send me:

- Bible
- Some 'starting off' literature
- Information on a helpful church

If you have NOT prayed the prayer at this stage, tick this box

I would like to think about this.

Please send me:

- More information as I am inquiring about being a Christian.
- I have a problem (see attached letter)

** Please tick and write clearly **

Name _____

Address _____

Phone _____

Age and occupation (it helps) _____

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Computers & Technology

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BY DARRYL BUDGE

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Plus, you can cast a desktop computer Chrome web browser tab or a Windows PC full screen. Just search for and install the "Google Cast Chrome extension" using your computer's Chrome browser.

You can stream music and video stored on your phone using free apps like AllConnect on the Android Play store. The iOS app 'Video & TV Cast for Chromecast' is a free option.

The latest Chromecast (2015 2nd Gen version, RRP \$59) works faster than the old model, using the superfast 802.11ac standard Wi-Fi (2.4Ghz or 5Ghz) available in Wi-Fi modems released less than four years ago. This means that video streams load in under two seconds, or about four times faster.

If you have a slow broadband service (under 5Mb/s), you may be better off with the Chromecast 2013 version (RRP \$49; pictured right), because the streaming storage buffer is four times larger than the new model.

Chromecast Audio (RRP \$59; pictured right) is an audio-only device for your audio system, offering cheap multi-room streaming (take that expensive Sonos!). It comes with a 3.5mm male-to-male audio cable, or you can connect to your speakers using an RCA adaptor cable or a high quality TOSLINK digital optical cable. **HOW TO SETUP: You must have a Wi-Fi router or hotspot and broadband internet connection.** (1) Plug the Chromecast into a TV HDMI port and switch to the correct HDMI port on your TV. (2) Install the Chromecast app from the Apple App Store or Google Play Store, (3) Activate Wi-Fi and Bluetooth on your phone. (4) Follow the instructions on the Chromecast app and your TV.

Once setup, try mirroring the screen of your phone or tablet using the "Chromecast" app. Tap on the top left menu button, and choose "Cast screen / audio". If you cast content using a compatible app like YouTube (tap the icon pictured top right), the content is fetched directly by the Chromecast and your phone battery will last much longer.

You can buy a Chromecast at major electronics stores or online. For more info and the full list of Chromecast compatible mobile apps see google.com.au/chromecast.



Tap the above square-shaped icon in a compatible app to watch via a Chromecast (2015 model pictured)



Chromecast (out 2013)



Chromecast Audio (out 2015)

Rich Froning was the global CrossFit Games champion from 2011-2014



BATTLE OF THE MIND

"The mental aspect is huge," says Rich, a former firefighter who started doing CrossFit workouts in 2009



Dubbed the "Fittest Man on Earth" four years running, physical endurance and a diet consisting of abnormally large amounts of milk and peanut butter are not all that keep Rich Froning motivated during his brutal CrossFit workouts. Strong enough to deadlift over 240 kilos, squat 190, bench 150, clean and jerk 150 and snatch 120 yet also as aerobically fit as an Olympic swimmer, Rich earned his title consecutively at the 2011 through to the 2014 gruelling CrossFit Games.

Most recently Rich led team CrossFit Mayhem Freedom to victory at the 2015 CrossFit Games, winning the Affiliate Cup.

"CrossFit is a real life fitness program combining weightlifting, gymnastics, running, biking, rowing,

swimming – it's the full gamut of fitness activity in one program," Rich explained to SweatRX magazine.

"Mental strength outweighs the physical by far. There are people who are a lot more physically gifted than myself, but you have to be able to push past that point when you want to quit, when you think you can only do so much, when you think you can't do anymore," he says. "The mental aspect is huge."

Rich is familiar with pushing himself to the limits, training hard for football, baseball and hockey teams growing up and then for the demands of four years as a fire fighter before starting CrossFit in 2009.

While performance played a part in his motivation, he admits that physical appearance and an extremely competitive nature lead to him feeling like he needed to prove himself to others.

"Mental strength outweighs the physical by far ... you have to be able to push past that point when you want to quit"



Rich Froning relies on a diet of abnormally large amounts of milk and peanut butter to sustain him during intense workouts

"I would pray that God would help me and give me strength and all that," he says.

"Basically [I competed] for self-glorification for myself and to make myself look better, to show people my appearance and my fiancé, my friends and close family that I could do this – basically for myself."

Rich says he believed he was a Christian because he attended church with his mom from a young age, but he knew that he was putting himself first instead of God. Thus, he was disobeying Jesus' command to love God first.

With his heart set on winning his first CrossFit Games in 2010, Rich felt devastated when he finished second.

"I put a lot of pressure on myself after the games and I didn't want to compete anymore," he recalls.

After taking time to reflect on why he was doing what he was doing, Rich says he realised that CrossFit should not define him but instead be used as a platform to reach out to people.

"I came to the conviction that it's not about me, it's bigger than me and that I should train to glorify Christ and to show people that you can do CrossFit and still believe in Jesus and God," he shares in a YouTube clip about his faith and fitness.

"If you are in a workout and something happens and you fall off a rope it's not the end of the world because Jesus died for us and this life is temporary. This body is temporary but while I am here I want to get as much out of it as I can and do the best that I can to glorify Christ and just use what God has given me to reach out to people. That's why I train."

From a young age Rich knew that Jesus Christ had paid the ultimate price on the cross for his wrongdoing but he came to the realisation that

it was not enough to just believe it, he actually needed to live out his faith by making God his number one priority in life.

In 2011 Rich had 'Galatians 6:14' tattooed on his side, referencing a Bible verse that says, "As for me, may I never boast about anything except the cross of our Lord Jesus Christ. Because of that cross, my interest in this world has

been crucified, and the world's interest in me has also died."

"I feel like putting Christ first in my life relieved a lot of pressure," he says.

"God couldn't care less if I won the CrossFit Games but I think He uses me to reach people and show people that you can live your life for Christ and not for yourself.

"It doesn't matter what I've done. When I retire or when I walk away from competing from CrossFit, I won't have it anymore, [but] Christ will always be there," he said openly in an interview for TheBlaze.com.

He further shared with SweatRX magazine that he once wrote Bible verses on his feet like Matthew chapter 27, verse 17-56 – a reminder to Rich of Jesus' death and suffering on the cross for him.

"When I was getting tired or feeling weak, I would look down and think 'what I'm going through is nothing compared to what He went through for us'. So that was great motivation," he recalls.

Knowing that his life and success are only temporary, Rich says he is further motivated to live differently to society's expectations – free of sexual immorality, drugs, alcohol and hard partying.

"You are living for something else, not living for earthly things because once this life passes what do you have?" he says on this topic.

By being obedient to God, Rich says he hopes to break out of the negative stereotypes some people have of Christians and instead encourage others to live their dreams for more than just themselves.

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